

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

England & Wales · Charity number 801343

Details

Other names BEAT, EATING DISORDERS ASSOCIATION

Status Registered

Legal form Charitable company

Company number [02368495](#)

Registered 1989-04-07

Register [View on the Charity Commission register](#)

Contact

Address Beat (Eating Disorders Association)
1 Chalk Hill House
19 Rosary Road
Norwich
NR1 1SZ

Phone 0300 123 3355

Email info@beateatingdisorders.org.uk

Website www.beateatingdisorders.org.uk

Activities

Objects: (A) THE RELIEF OF THOSE SUFFERING FROM ANOREXIA NERVOSA, BULIMIA NERVOSA, BINGE EATING DISORDER, OTHER EATING DISORDERS AND DISORDERED EATING (HEREINAFTER IN THIS CLAUSE REFERRED TO AS 'EATING DISORDERS'). (B) THE PRESERVATION AND PROTECTION OF THE PHYSICAL AND MENTAL HEALTH OF THE FAMILIES OF THOSE CLOSELY INVOLVED WITH THE SUFFERERS OF EATING DISORDERS BY THE PROVISION OF ADVICE AND INFORMATION. (C) THE EDUCATION OF THE PUBLIC IN RESPECT OF THE NATURE AND TREATMENT OF EATING DISORDERS. (D) THE PROMOTION OF RESEARCH INTO THE CAUSE AND TREATMENT OF EATING DISORDERS AND THE DISSEMINATION OF THE RESULTS OF SUCH RESEARCH.

Activities: Beat exists to end the pain and suffering caused by eating disorders. We: Support people affected by anorexia, bulimia, binge eating disorder or other eating disorders through helplines, online support and information. Campaign for change to government policy and health service practice to improve the care for

and understanding of eating disorders. Educate professionals and the public.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|------------|-------------|------------|-----------|
| 2025-09-30 | £4,031,229 | £3,894,866 | £368,060 | 84 |
| 2024-09-30 | £7,651,119 | £7,478,414 | £231,697 | 132 |
| 2023-03-31 | £4,550,512 | £6,714,368 | £58,992 | 163 |
| 2022-03-31 | £4,991,518 | £4,543,921 | £2,433,288 | 104 |
| 2021-03-31 | £3,415,088 | £2,745,418 | £1,985,691 | 65 |
| 2020-03-31 | £2,576,065 | £2,635,992 | £1,316,021 | 52 |

Trustees

| Name | Role | Appointed |
|--------------------------------|-------|------------|
| CHRISTOPHER JOHN MARTIN | Chair | 2025-03-17 |
| Danielle Twitchell | | 2025-03-17 |
| Dr Angela Hind | | 2025-03-17 |
| Dr Selma Stafford | | 2023-06-13 |
| Malika Bouazzaoui | | 2025-03-17 |
| Robin Graham Hepburn | | 2025-06-16 |
| Stephen Cooke | | 2025-09-15 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

England & Wales - Charity number 801343

Accounts

Company number: 02368495
Charity number: 801343
OSCR: SC039309

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Report and financial statements

For the year ended 30 September 2025

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Contents

For the year ended 30 September 2025

| | |
|--|----|
| Reference and administrative information | 1 |
| Trustees' annual report | 2 |
| Independent auditor's report | 22 |
| Statement of financial activities (incorporating an income and expenditure account) | 27 |
| Balance sheet | 28 |
| Statement of cash flows..... | 29 |
| Notes to the financial statements | 30 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Reference and administrative information

For the year ended 30 September 2025

| | |
|---------------------------|---|
| Company number | 02368495 |
| Country of incorporation | United Kingdom |
| Charity number | 801343 and SCO39309 |
| Country of registration | England & Wales and Scotland |
| Registered office address | 1 Chalk Hill House 19 Rosary Road Norwich Norfolk NR1 1SZ |

Trustees Trustees, who are also directors under company law, who served during the period and up to the date of this report were as follows:

| | |
|-------------------|--|
| Mike Cooke | Chair (resigned 17/03/25) |
| Valerie Jolliffe | Treasurer (stepped down as Treasurer 15/09/25, remained a Trustee) |
| Jo Bennett | (resigned 31/12/2024) |
| David Smart | (resigned 16/06/25) |
| Robin Hepburn | (stepped down 30/9/24 – re-appt 16/6/25) |
| Emily Rothwell | |
| Dr Selma Stafford | |
| Chris Martin | Chair (appointed 17/03/25) |
| Danielle Glennon | (appointed 17/03/25) |
| Malika Bouazzaoui | (appointed 17/03/25) |
| Angela Hind | (appointed 17/03/25) |
| Steve Cooke | Treasurer (appointed 15/09/25) |

| | | |
|---------------------------------|-----------------|--|
| Key management Personnel | Robin Hepburn | Interim Chief Executive Officer (from 1/11/24 to 31/05/25) |
| | Vanessa Longley | Chief Executive (from 16/06/25) |
| | Caroline Price | Director of Services (to 17/12/24) |
| | Sandie Barton | Director of Services (from 23/06/25) |
| | Tom Quinn | Director of External Affairs |
| | Claire Reynolds | Director of Finance and Resources |
| | Justine Black | Director of Fundraising (from 10/02/25) |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Reference and administrative information

For the year ended 30 September 2025

Bankers

NatWest
21 Gentlemans Walk,
Norwich,
NR2 1NA

CCLA
One Angel Lane,
London, EC4R 3AB

Auditor

Sayer Vincent LLP
Chartered Accountants and Statutory Auditor
110 Golden Lane
LONDON, EC1Y 0TG

Trustees' Annual Report

For the year ended 30 September 2025

The Trustees present their report and the audited financial statements for the year ended 30 September 2025.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims

Beat exists to end the pain and suffering caused by eating disorders.

We do this by working directly with people affected by eating disorders and the people who support them, and by using that experience to highlight the challenges they face and to campaign for change in public policy. We work both nationally and locally and focus on three priority areas: early intervention, family and carer empowerment and prevention and cure.

We produce information to alert people to the early signs of an eating disorder, what to do about them and how to support someone who falls ill. We help people to understand their illness, guide them to seek medical help, and support them to ensure they get the treatments to which they are entitled.

We work with others to produce research that highlights the challenges and inequalities faced by people affected by eating disorders, and we campaign for increased public sector resourcing for eating disorders, reduced waiting times and better education on eating disorders for health and medical professionals.

The Trustees review the aims, objectives and activities of the charity periodically. The review also helps the Trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes. This report sets out what the charity has achieved and the outcomes of its work in this reporting period. The Trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help.

The Trustees refer to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

Our Workplan

Our extended workplan guided everything we did during this reporting period. It enabled us to build on what works, and to keep making the biggest possible difference for people affected by eating disorders, their families, and the professionals who support them, while we developed our new long-term vision for the years ahead. At its heart, our delivery focused on three priorities:

- Early intervention – so that anyone who develops an eating disorder can access treatment quickly, giving them the best chance of full recovery.
- Family empowerment – so that families and carers feel informed, supported, and confident in helping their loved one through every step of their journey.
- Prevention and cure – so that eating disorders are better understood, better treated, and, in time, prevented altogether.

Everything we do continues to build towards a future where no one faces an eating disorder alone. To achieve that, our work over the period has centred on three interconnected areas:

- Supporting beneficiaries – being there for anyone who reaches out for help through our Helpline, online programmes and resources, and peer and carer support.
- Empowering professionals – equipping teachers, clinicians and others with the knowledge and confidence to identify eating disorders early and respond with care.
- Changing policy and practice – campaigning for fairer access to treatment, stronger services, and greater investment in research and prevention.

This approach has helped us extend our reach, deepen our impact, and lay the groundwork for the next chapter of our work — one that builds on these achievements to create lasting change across the UK.

Achievements and performance

Over the past year, every part of our work has been focused on creating meaningful change for people affected by eating disorders, through direct support, professional training, and policy influence. Our main areas of activity continue to be:

- Supporting beneficiaries
- Empowering professionals
- Changing policy and practice
- Income generation and awareness

- Supporting beneficiaries

We've been there for people when they've needed us most — offering guidance, information and hope through our Helpline, online resources, self-help programmes and peer support. Thousands have turned to us for understanding, advice on accessing treatment, and practical tools to help them take the next step in recovery. Families and carers have continued to be at the heart of our work, with hundreds supported through our specialist skills programmes, webinars and facilitated groups that build confidence and resilience.

- Empowering professionals

We know that when professionals can recognise the early signs of an eating disorder and respond quickly, lives can change. That's why we've continued to train and equip teachers, GPs, nurses, therapists and others to provide compassionate and effective support. Over the past year, our training programmes — both commissioned and open-access — have reached thousands of professionals across health and education, giving them the tools to make early intervention possible and recovery more achievable.

- Changing policy and practice

Our voice has remained strong in shaping national conversations about eating disorders. We've worked with parliamentarians, governments and health bodies across the UK to push for better access to treatment, stronger service standards and greater investment in research. Through reports, campaigns and partnerships, we've championed the experiences of those directly affected — helping decision-makers understand the realities behind the statistics and the urgent need for change

- Income generation and awareness

Despite a challenging environment for the charity sector, our community of supporters, funders and partners have continued to stand with us. Their generosity has made it possible to deliver and expand our services, raise awareness in the media, and ensure that people affected by eating disorders know where to turn for help.

Supporting our community

Supporting those impacted by eating disorders is at the heart of what we do at Beat, striving to develop and deliver accessible multichannel support to those who need us. In the 12 months up to 30 September 2025, we delivered 22,278 support sessions on our Helpline which included phone calls, web chats, emails, social media contacts and our range of online moderated peer groups. We know that need is greater than demand and are working hard to build our capacity to respond to even more who need us.

We provided 2,808 sessions through our range of 1:1 structured support programmes. These include Momentum, our guided support for people with binge eating disorder, Nexus, our support for parents and carers of young people with an eating disorder, and Anchor, our 1:1 personalised support specifically for carers of young people with ARFID behaviours.

We know that building a community of support is vital for recovery so equipping carers with the knowledge, skills and confidence, as well as looking after themselves, is vital. In addition to 1:1 carer support we also delivered our group workshop programme enabling 1,111 sessions for carers of someone with an eating disorder to better support their loved one:

- Developing Dolphins 2 – We reviewed and extended our Developing Dolphins workshops – the online training delivered by a Beat Clinical Associate Trainer based on the New Maudsley method, to include further content on mealtime stress, setting boundaries and motivational techniques to support recovery
- Harnessing Hope – Our carer skills workshop designed specifically for those supporting someone with an enduring eating disorder (one that has been consistently present for five or more years), with a focus on the impact of long-term eating disorders, as well as the tools and skills needed to support a loved one's recovery.
- Endeavour – our support group for parents of young people with ARFID behaviours, with or without a diagnosis.

We continue to host our online platform for anyone supporting someone with an eating disorder: POD (Peer support and Online Development) provides tailored psycho-education, information, peer support, Q&A, thematic webinars and Ask an Expert Drop-in sessions with clinicians in one easy-to-navigate and free to access online platform. As of September 2025, we had 3,780 active users on our POD platform.

Our Amplify programme helps people to have a better understanding of their health care rights and supports them to self-advocate or where needed, directly advocates on their behalf to services to challenge and overturn decisions that deny them treatment, support or information they are entitled to, in line with guidance. After a successful pilot which saw us support 21 people to overturn decisions about their access to care in all cases we were successful in securing Scottish Government and National Lottery funding to employ a part time Amplify case worker. The initial focus of the project has been on capacity building within our Helpline team who supported 2,279 contacts to self-advocate on decisions about their health care, developing and piloting a bespoke AI tool to support the development of self-advocacy letters, and developing an advisory service for politicians supporting their constituents.

Empowering professionals

Equipping professionals to better recognise, respond and support people with eating disorders and their carers remains a crucial part of our work, enabling earlier identification and intervention, and improving recovery outcomes.

Beyond the Symptoms is our training course for health care professionals, delivered over two half-days either online or in person. The course aims to enable health professionals to be better able to spot the signs of an eating disorder, respond effectively, make earlier referrals and provide appropriate support. We provided this training to 434 professionals during this period.

Our free online learning platform for schools professionals (SPOT) provides accessible information, learning resources, monthly webinars and scheduled regular sessions with expert clinicians to support their ongoing learning and school support. SPOT is a well-used resource with 1,315 active users from 982 schools across all 4 nations.

We continued to enhance the support available to schools through the delivery of our online or in person 'Spotting the Signs' training, for schools professionals. During this period, we ran 7 courses providing training for 99 school staff, as well as piloting a version developed specifically for schools working with young people with special educational needs. Learning from this pilot will inform the development of our school training resources in the next financial year. We also ran two of our Bridging the Gap training courses for university staff and 4 of our introductory awareness webinars.

Our workshops for professionals offer opportunities for ongoing learning in the field and during this period we ran successful online and in person workshops with 3,526

Trustees' Annual Report

For the year ended 30 September 2025

attendees, in collaboration with various eating disorder professionals and experts by experience on the following topics:

- ARFID in Adults
- Coping with Celebrations (planning festive season for carers and professionals)
- Autism and Eating Disorders
- SEND and Eating Disorders: Essex
- National Specification for Eating Disorders in Scotland: Implementation & Challenges
- ADHD & Eating Disorders

Changing policy and practice

This year, we have seen considerable success with our 'There's No Place Like Home' campaign, highlighting the considerable academic and lived experience evidence that intensive community and day treatment is beneficial to patients and cost-effective. Following a very successful launch event in Parliament, we have been campaigning for greater provision of such treatment, discussing the issue with Governments, the NHS and clinicians across the UK.

Some notable successes include recommendations (and citations of our report) in two soon-to-be published pieces of NHS England guidance for children and young people's treatment, and for the provision of inpatient care; the commissioning of a review of such provision in Wales, of which we will be a partner, and the commissioning of services specifically referencing our recommendations in their criteria. We are now creating a toolkit for clinicians looking to establish a service in their local area and are planning a symposium in spring 2026 to support this work.

We have continued our campaign to increase funding for eating disorder research, discussing the issue with ministers, leading researchers and funders. We have begun a follow up to our successful 2021 report examining how spend on eating disorders has changed since then and we have worked closely with the four research projects funded as part of the £4.25m investment we secured following our *Breaking the cycle* report.

We completed facilitating lived experience input into a UCL-led collaboration on integrating eating disorders into the 'Born in Bradford' study, which explored the impacts of social media, school environments, and neighbourhoods on the risk of eating disorders developing in young people. We also recruited a panel for the Empowering Recovery project, which co-produced digital resources with young people who have experience of an eating disorder aimed to support with navigating social media.

We have continued to partner with the Royal College of Psychiatrists on the national audit of eating disorders. Alongside this, we are partners on projects at Cardiff University exploring ARFID and eating disorders in gender diverse and neurodivergent adults. Overall, we have worked with over 70 experts by experience, ensuring that their voices are meaningfully represented and reflected in research, service development and policy. We have undertaken a major project to advise a popular social media platform on how to improve safety for people with, or at risk of developing eating disorders on their platform. This consisted of a grey literature (non-academic research and policy papers) review, a significant content review, a survey of close to 400 people with experience of eating disorders and 12 lived experience panels discussing all relevant issues. Our recommendations covered creating a safer online environment, increasing safety and user control, supporting user wellbeing and ensuring long-term safety. Our work with this platform over the last year has already contributed to strengthened safety features, including increased parental controls, improved user control features and the introduction of wellbeing initiatives.

In Scotland we have supported the implementation of the review of eating disorder services through membership of the National Network which supports services to implement the review's recommendations. We have run a lived experience panel to support the work of the Network, and worked with those with experience of eating disorders to produce a user-friendly version of the National Specification for the Care and Treatment of Eating disorders to ensure everyone affected by eating disorders in Scotland understands what they should expect from service providers.

In Wales, we were members of the Wales clinical implementation network to drive progress in implementing recommendations of their national review. We also joined the Wales Alliance for Mental Health to campaign for improvements to mental health policy alongside other mental health charities, and provided the secretariat, alongside Mind Cymru, for the cross-party group on mental health and eating disorders. We also called for urgent action through our The Time is NAWR for Action on Eating Disorders campaign, stressing that the problems people affected by eating disorders face across the country need to be addressed without delay.

In Northern Ireland, we have joined the new Managed Care Network, which aims to bring together clinicians, policymakers, people with lived experience and the voluntary and community sector together, helping to shape policy and improve key areas including service access, medical education and collaboration with other mental health services. We have also worked with supportive MLAs to form an all-party group on eating disorders which will raise awareness of eating disorders in Stormont.

Trustees' Annual Report

For the year ended 30 September 2025

All of our policy work was supported by our relationships with supportive politicians across all four nations who raised awareness and called for action on eating disorders, including hosting multiple debates, asking oral and written questions and writing to ministers and other policy makers.

Income generation

In the year ended 30 September 2025 we had an income of £4,031,229, of which £3,282,528 was generated through our fundraising efforts. Despite a challenging year marked by economic uncertainty and increased pressure across the charity sector, our fundraising achieved a positive year end result. The most significant other portion of our income, totaling £686,512, came from contracted work commissioned by our public sector partners.

Through the dedication of a relatively small pool of donors and fundraisers, and the creativity, resilience and perseverance of our staff team we have been able to finish the year making the impact that we wanted to have. This success demonstrates the commitment of our community to our mission and highlights the trust placed in our work, even during difficult times. We are continuing to implement our new CRM system across Beat to better enable us to monitor and track sources of income and we have improved our internal systems for managing our relationships with public sector partners to sustain this important work.

Awareness raising

HelpFinder, our online directory of eating disorder services and support, continued to enable people to find details of their local NHS community eating disorder service including how to obtain a referral for assessment. The results also include Beat services funded by the NHS in their locality, and the availability of other services provided by the private or charity sector which meet our criteria for quality. This year we improved the usability of the tool and increased the coverage of services provided by the other excellent charities supporting people with eating disorders locally. Helpfinder had close to 90,000 unique visitors during this time.

Our website continued to be a very popular destination, both for individuals looking for information for themselves or their loved ones, or for those looking to find out more about our work and how they can support us. We had 1.6 million visitors. We grew our followers to 193k on social media. There were 25 million chances to see our content on

Trustees' Annual Report

For the year ended 30 September 2025

social media reaching a huge number of people with 541k engagements across all channels. Our email subscribers increased to just under 50,000.

Our media coverage continues to be very strong, enabling us to raise awareness of eating disorders and the support we provide, as well as highlight our policy calls. We featured in the press over 3,000 times including almost 30 appearances on flagship news programmes, including appearances on Breakfast TV. We also continued to advise on story lines involving eating disorders in mainstream dramas such as Casualty.

Looking ahead

This October marks the beginning of Beat's new five-year strategy. At its heart is a clear mission: to reach further, support people better, and speak louder so that no one is left behind. We start by building strong foundations: growing direct support through our helpline, online groups, and structured support programmes, ensuring equity of access across communities, growing public understanding through training and awareness campaigns and strengthening our influence with decision-makers to secure lasting change. Alongside this, we will invest in the internal building blocks of a stronger Beat, from sustainable income growth and smarter use of technology to supporting our people and volunteers to thrive, so that we can grow as a stable, resilient organisation ready to meet the challenges of the years ahead.

Our new five-year strategy calls for language that speaks directly to the people we serve, and those we need to influence. That's why we are expressing our purpose more simply: so everyone can understand what drives us, and the hope we hold. Words matter, and in the new strategy we've chosen simpler, stronger language to capture the heart of Beat's purpose:

**Eating disorders can be prevented,
Recovery is always possible.
We help those affected now,
And work to stop others being affected in the future.**

We will deliver this through our three new strategic priorities:

Answer the Call: Too many of those facing eating disorders feel they have nowhere to turn. When they ask for help, we are there. Through our Helpline, our range of support services and our online information and resources, we offer accessible support and guidance directly to those who need them.

Whether that's for those with an eating disorder or those who support them, we are there for people when they need us most, empowering them to take the steps they need.

Spread the Word: Too many people living with an eating disorder tell us they feel alone. We will support those around them to know what to do to help. If people can recognise and respond to the earliest signs of an eating disorder, more will get the help they need earlier. Through awareness raising, training for professionals, and supporting research, we will continue to build a community that understands eating disorders and how to help.

Change the Story: Too often those with eating disorders are failed by the system. We will influence those with the power to change this. We need policy makers to understand eating disorders and how to stop them in their tracks. By influencing Government, the NHS and industry through the voices of those with lived experience and evidence-led campaigns we can create long lasting change for everyone affected.

In the coming months we will lay down clear measurable changes we look to see over the next five years to meet our purpose. As we enter into our new financial year with our new strategy, and led by a new CEO we know this will be a time of ongoing change at Beat. Our single focus will continue to be there for all those struggling with an eating disorder; which we will achieve by exploring models of organisational growth that allow us to increase reach sustainably, and developing a robust plan for long term sustainable delivery through rebuilding of reserves

Management and Governance Changes

After nine years in post as CEO, Andrew Radford retired from Beat in 2024. To allow the Board time to consider options, Robin Hepburn stepped over from being a trustee to take on the role of interim CEO and to lead the organisation following Andrew's departure. The CEO position was advertised in December 2024 resulting in considerable interest and following a wide ranging and open recruitment process, the Board has appointed Vanessa Longley as permanent CEO with effect from June 2025.

Other changes at Executive level include the appointment of Justine Black as Director of Fundraising in February 2025, and the appointment of Sandie Barton in July 2025 who returns to Beat as Director of Services. This complements Tom Quinn as Director of External Affairs and Claire Reynolds who served as Director of Finance & Operations throughout this reporting period.

Financial review

During this year our financial priority has been to continue rebuilding cash and free reserves.

Beat's total income for the year to 30 September 2025 was £4,031,229 and its expenditure was £3,894,866. The resulting surplus meant total funds of £368,060 were held by the charity at 30 September 2025, compared to £231,697 at 30 September 2024.

This period has been one of stability, with staffing remaining at a constant level and there has been a strong focus on our operating costs. It is our aim to fully rebuild reserves at the earliest point possible whilst continuing to deliver high quality services and support to those who need us. With reserve levels currently low, we are committed to close monthly monitoring of income and costs through the Finance and Risk Committee, with all Trustees sharing fiscal oversight and responsibility. The Trustees along with management will conduct a full strategic financial review in 2025/26 to explore models of growth and delivery to maximise growth of reserves.

Principal risks and uncertainties

Risk management

The Trustees are responsible for ensuring effective risk management and that internal controls are in place to appropriately manage the risk exposure of Beat. In December 2024, the Trustees completed their annual review of the Beat's risk management strategy. In the course of this review, the Board has considered:

- The major risks to which Beat is exposed.
- The potential impact and probability associated with each risk.
- Existing internal controls and accountability for them.
- Mitigating actions needed to reduce each risk to a level that the Trustees consider to be acceptable.

All significant risks are reported in a risk register and are monitored quarterly by the Executive Team and by the relevant Board committees, as well as being subject to a formal review by the Board of Trustees every year.

The key risks identified by the Trustees and mitigations taken are as follows:

- Financial risks due to a lack of sufficient reserves, in particular that Beat will fail to raise the necessary funds to meet our liabilities. Our financial position is improving, and we now have strong cost controls in place. The Trustees along with management will conduct a full strategic financial review in 2025/26 to explore models of growth and delivery that could rebuild reserves more quickly.
- An inability to deliver our contracted work with the NHS due to a lack of referrals would also lead to us not being able to recognise income and incur further costs in delivery. We have amended our contracted terms to reduce this risk greatly and we closely monitor the productivity and margins for this area of work.
- Cyberattack causing loss or theft of data of a commercially sensitive or personal nature– strong technical controls, encryption and firewalls are in place. We have cyber insurance and ensure access to sensitive data is limited with users receiving training to mitigate against cyberattack.
- Failure to comply with data protection legislation. We have a clear data protection policy, and all staff receive bespoke training. We use multi factor authentication and VPNs and regularly test for vulnerabilities. We have a clear procedure for reporting breaches and providing information under subject access requests and carry out data protection impact assessments as well as a full data audit annually.
- Inability to recruit or retain staff and volunteers. We have a robust recruitment and induction process. We promote learning and development and open feedback and communication from staff. Turnover is carefully monitored and exit interviews are carried out.

None of the above risks have caused significant loss or harm to the organisation during the period of this report.

Reserves policy and going concern

Reserves and Funds

The Trustees review reserves every year and set a reserves policy that reflects the risks faced by the organisation. Currently it is the charity's policy to have a General Fund of free reserves (i.e. excluding restricted funds and tangible fixed assets) in order to:

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Trustees' Annual Report

For the year ended 30 September 2025

- Allow continued operation in the event of a loss of a major source of funding while a new source of income is secured or while costs are cut in a considered manner.
- Provide a buffer in the event of making an operational loss in a given financial year.
- Bridge cash flow challenges resulting from slow payment or bad debt.
- Manage fluctuations in income, such as permitting very large donations or legacies received in one financial year to be spent in a reasonable manner in subsequent financial years, resulting in expenditure exceeding income in those subsequent years.
- Permit investment in key opportunities at short notice.

This policy is reviewed annually alongside the production of the annual accounts in order to:

- Ensure that the reserve held is equal to or greater than the minimum level identified.
- Check that the assumptions underlying the policy are still valid and the minimum amount is still sufficient for its purpose.
- Agree any action that may be required to ensure an adequate reserve is maintained.

From time-to-time Beat also holds designated funds in reserve in order to plan for future spending on specific infrastructure projects that will increase our effectiveness and/or sustainability. There are currently no designated funds.

The charity assesses its reserves requirement using a number of methods to ensure that the reserve figure required has been robustly tested. Using a risk-based approach, we calculated that at 30 September 2025 we require reserves of £0.75 million and we considered that one month's operating expenditure (c£350k) represented a minimum comfortable level of cash balance.

As at 30 September 2025 current funds are as follows:

| | 30 Sept 2025 £'000 | 30 Sept 2024 £'000 |
|------------------|--------------------------|--------------------------|
| Restricted funds | 273,898 | 213,978 |
| General funds | <u>94,162</u> | <u>17,719</u> |
| Total | <u>368,060</u> | <u>231,697</u> |

At 30 September 2025, Beat had free reserves of £3,176 but we continue to achieve positive general funds and an improvement in overall funds since our last accounts to 30 September 2024. Cash held at this point was £319,581. The Trustees have reviewed Beat's actual reserves and cash position since September 2024 and forecast cashflows for the 12 months to March 2027. Both historic and forecast reserves are below the required level of £750k and in certain months are around the minimum level. While the Board has a high degree of confidence in the forecast cashflows, there is limited cash headroom at certain points in the forecast. An agreed overdraft of £100k is in place to help mitigate this risk.

While reserves are forecast to remain low, the Trustees have identified and approved a series of mitigating actions including close in-year monitoring, and initiation of a strategic financial review, which will run on a rolling basis over the coming financial year. This work is intended to strengthen the charity's financial sustainability, improve the pace of reserve recovery, and ensure the organisation is positioned to respond effectively to emerging risks and opportunities.

Given this position, the Trustees have considered the charity's ability to continue as a going concern and have concluded that there are no material uncertainties.

Fundraising

Beat's approach to fundraising is to maintain a balanced portfolio of income streams, in order to achieve a sustainable funding model.

We currently employ fifteen fundraisers, led by the Director of Fundraising who was appointed in February 2025. Our Fundraising has always been guided by a strong commitment to ethical practice and full compliance with established fundraising codes. More recently we have taken an important step forward by formally registering with the Fundraising Regulator and adopting the latest Fundraising Codes of Practice. This ensures that all our activities continue to meet the highest standards of transparency, accountability, and respect for our Supporters. In addition, we actively promote our Supporter Promise, which is shown on our website, which reaffirms our dedication to treating every donor with honesty, fairness and gratitude. We ensure personal data and details are collected and managed appropriately and we would never sell information to other parties.

Beat does not currently use the services of professional fundraising agencies to conduct any part of our fundraising programme. There were no fundraising complaints in this financial year or the period before.

Structure, governance and management

Governing document

The charity is a company limited by guarantee, incorporated on 5 April 1989 and registered as a charity on 7 April 1989. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

Following a general meeting on 24th March 2020 the previous approach to membership was removed with the Trustees of the charity becoming its only members, who guarantee the liabilities of the company in the event of a winding up, to a maximum of £1 each.

Recruitment and appointment of Trustees

The directors of the company are also the charity Trustees. Under the charity's Articles of Association, they are also the members of the Board of Trustees. The Trustees who served during the year and up to the date of this report are listed on page 1. Trustees are appointed by the Board. A recruitment panel, delegated from the main Board, interviews and recommends Trustees for appointment. Trustee recruitment is carried out as an open recruitment process with appointments being made on skills and experience.

Under the requirements of the Articles of Association, the Trustees are elected to serve for a term of three years. Trustees may serve a maximum of two terms (up to a maximum of six years), not including any time spend as Chair, Vice Chair or Treasurer. There must be at least three Trustees.

Responsibilities and delegation

The Board of Trustees meets quarterly and is responsible for the strategic direction and oversight of the charity. The Board has three sub-committees that meet regularly throughout the year:

- Finance and Risk: This committee meets five times a year to oversee finance and to support the Executive in the development of budgets, financial and management reporting, and risk management.
- Human Resources: This committee meets four times per year and works with the Chief Executive and the Executive team to ensure Beat can attract, develop and retain great staff and volunteers.
- Services: To review the effectiveness and impact of existing and new services across Beat.

Beat is also supported by a multi-disciplinary Clinical Research & Advisory Group of senior clinicians and researchers with expertise in eating disorders. This meets three times a year, including members who are both Trustees and external experts, and is not a formal sub-committee of the Board.

Day-to-day management of Beat is delegated to the Chief Executive and the Executive Team under a scheme of delegation.

All Board members give their time voluntarily but may claim reasonable travel expenses, which are shown in Note 9 to the accounts.

The Board regularly evaluates its performance and membership, considering the direction of the organisation and the skills and diversity needed amongst its number to take Beat forward with confidence. The Board is committed to and has achieved full compliance with the Charity Code of Governance. Compliance is audited annually to ensure any necessary further actions are taken.

Public benefit

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Commission on determining the activities undertaken by the charity. We are clear that

Trustees' Annual Report

For the year ended 30 September 2025

our services are available to all and are actively working on messaging to make Beat as inclusive as possible.

Staff and Executive Pay

Staff salaries are banded in a series of salary points, with the median for each band being a market average benchmarked against similar jobs elsewhere in the voluntary sector. Employees can progress to the next salary point in their band by meeting criteria linked to performance. In 2025–26 we intend to do a review of our pay bands with a refreshed benchmarking exercise. The exception is the Chief Executive, whose salary is determined by the Board.

Every twelve months the Trustees determine whether there should be an overall increase in salaries to reflect changes in the cost of living. The level of any increase is decided in the context of:

- The charity's financial situation.
- The charity's performance.
- The current rate of inflation.
- Cost of living adjustments made in recent years.

Statement of responsibilities of the Trustees

The Trustees (who are also directors of Beat (Formerly Eating Disorders Association) for the purposes of company law) are responsible for preparing the Trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent.

Trustees' Annual Report

For the year ended 30 September 2025

- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware.
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 30 September 2025 was 9 (30 September 2024: 7). The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was reappointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

The directors' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The Trustees' annual report has been approved by the Trustees on 16 March 2026 and signed on their behalf by

Chris Martin
Chair

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Opinion

We have audited the financial statements of Beat (formerly Eating Disorders Association) (the 'charitable company') for the year ended 30 September 2025 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 30 September 2025 and of its incoming resources and application of resources, including its income and expenditure, for the period then ended.
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice.
- Have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Beat's (formerly Eating Disorders Association) ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the Trustees' annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the Trustees' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The Trustees' annual report, has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of Trustees' remuneration specified by law are not made; or

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of Trustees' responsibilities set out in the Trustees' annual report, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Joanna Pittman (Senior statutory auditor)

25 March 2026

for and on behalf of Sayer Vincent LLP, Statutory Auditor

110 Golden Lane, LONDON, EC1Y 0TG

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 30 September 2025

| | | | | 12 months to 30 September 2025 Total £ | | | 18 months to 30 September 2024 Total £ |
|------------------------------------|------|-------------------|------------------|---|-------------------|-----------------|---|
| | Note | Unrestricted £ | Restricted £ | | Unrestricted £ | Restricted £ | |
| Income from: | | | | | | | |
| Donations and legacies | 2 | 1,864,984 | 1,417,544 | 3,282,528 | 3,210,027 | 2,229,103 | 5,439,130 |
| Charitable activities | 3 | 736,410 | - | 736,410 | 2,190,463 | - | 2,190,463 |
| Other trading activities | 4 | 856 | - | 856 | 10,035 | - | 10,035 |
| Investments | 5 | 11,435 | - | 11,435 | 11,491 | - | 11,491 |
| Total income | | 2,613,685 | 1,417,544 | 4,031,229 | 5,422,016 | 2,229,103 | 7,651,119 |
| Expenditure on: | | | | | | | |
| Raising funds | 6 | 880,470 | - | 880,470 | 1,320,643 | - | 1,320,643 |
| Charitable activities: | | | | | | | |
| - Service Provision | | 808,940 | 1,357,624 | 2,166,564 | 2,871,754 | 2,196,842 | 5,068,596 |
| - External Affairs | | 847,832 | - | 847,832 | 773,544 | - | 773,544 |
| - Event Costs | | - | - | - | 315,631 | - | 315,631 |
| Total expenditure | | 2,537,242 | 1,357,624 | 3,894,866 | 5,281,572 | 2,196,842 | 7,478,414 |
| Net income/ (expenditure) | 7 | 76,443 | 59,920 | 136,363 | 140,444 | 32,261 | 172,705 |
| Transfers between funds | | - | - | - | - | - | - |
| Net movement in funds | | 76,443 | 59,920 | 136,363 | 140,444 | 32,261 | 172,705 |
| Reconciliation of funds: | | | | | | | |
| Total funds brought forward | | 17,719 | 213,978 | 231,697 | (122,725) | 181,717 | 58,992 |
| Total funds carried forward | | 94,162 | 273,898 | 368,060 | 17,719 | 213,978 | 231,697 |

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 18a to the financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)**Balance sheet**

Company no. 02368495

As at 30 September 2025

| | Note | £ | 2025 £ | £ | 2024 £ |
|--|------|------------------|----------------|------------------|----------------|
| Fixed assets: | | | | | |
| Tangible assets | 12 | | <u>90,986</u> | | <u>134,445</u> |
| | | | 90,986 | | 134,445 |
| Current assets: | | | | | |
| Debtors: Amount due within one year | 13 | 644,819 | | 781,694 | |
| Cash at bank and in hand | | 319,581 | | 292,641 | |
| | | <u>964,400</u> | | <u>1,074,335</u> | |
| Liabilities: | | | | | |
| Creditors: amounts falling due within one year | 14 | (687,326) | | (977,083) | |
| Net current assets | | | <u>277,074</u> | | <u>97,252</u> |
| Total net assets | | | <u>368,060</u> | | <u>231,697</u> |
| The funds of the charity: | 17a | | | | |
| Restricted income funds | | | 273,898 | | 213,978 |
| Unrestricted income funds: | | | 94,162 | | 17,719 |
| Total charity funds | | | <u>368,060</u> | | <u>231,697</u> |

Approved by the trustees on 16 March 2026 and signed on their behalf by

Steve Cooke
Treasurer

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)**Statement of cash flows****For the year ended 30 September 2025**

| | 12 months to 30 September 2025 £ | 18 months to 30 September 2024 £ |
|---|---|---|
| Cash flows from operating activities | | |
| Net cash used in operating activities (as per the statement of financial activities) | 136,363 | 172,705 |
| Depreciation charges | 43,920 | 22,209 |
| Dividends, interest and rent from investments | (11,435) | (11,491) |
| (Increase)/decrease in debtors | 136,875 | 40,016 |
| Increase/(decrease) in creditors | (289,757) | (859,800) |
| Net cash used in operating activities | 15,966 | (636,361) |
| Cash flows from investing activities: | | |
| Dividends, interest and rents from investments | 11,435 | 11,491 |
| Purchase of fixed assets | (461) | (131,963) |
| Net cash provided by investing activities | 10,974 | (120,472) |
| Change in cash and cash equivalents in the year | 26,940 | (756,833) |
| Cash and cash equivalents at the beginning of the period | 292,641 | 1,049,474 |
| Cash and cash equivalents at the end of the period | 319,581 | 292,641 |

1 Accounting policies

a) Statutory information

Beat (formerly Eating Disorders Association) is a charitable company limited by guarantee and is incorporated in England and Wales.

The registered office address is 1 Chalk Hill House, 19 Rosary Road, Norwich, England, NR1 1SZ.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The 2024/25 financial year has seen the financial position of the charity stabilise, with an improvement to total funds, unrestricted, and the cash position. Our budgets and forecasts, as well as cashflow plans, all show the organisation to be financially sustainable and able to meet liabilities. We are anticipating a surplus of £115k in the year ending 30th September 2026 with longer term planning showing a continued surplus position.

Reserves at 30th September 2024 were negative £116,726. At 30 September 2025 this had improved to positive reserves of £3,176. Our policy states that we should be holding reserves of approx. £750,000 and we are prioritising the rebuilding of reserves within our business and financial planning.

We have reduced the high risk income included in our income forecasts and greatly reduced our reliance on income from the NHS. Costs have been significantly reduced by reducing headcount from 180 to 84 during this period and closely focusing on what roles are fully funded. We have closed two of the three Beat offices and carried out close scrutiny (including retendering) for other significant costs such as IT. We also have contingency plans and further cost cutting plans prepared in the event that we need to achieve further cost savings.

While we are confident that our financial recovery plan will have the necessary effect, we are not complacent and are focussing regularly and in detail on the current financial position and cashflow. Cashflow, financial forecasts and performance are continuously monitored by the trustees to ensure Beat continues to be able to meet its liabilities as they fall due. The trustees and executive team are committed and focused on rebuilding the funds to ensure the future sustainability and ongoing positive work for our beneficiaries.

Notes to the financial statements

For the year ended 30 September 2025

1 Accounting policies (continued)

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Notes to the financial statements

For the year ended 30 September 2025

1 Accounting policies (continued)

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs in attracting voluntary contributions, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services and carrying out core work undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are allocated to the cost of raising funds.

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

Notes to the financial statements

For the year ended 30 September 2025

1 Accounting policies (continued)

l) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Improvements to leasehold property over the period of the lease
- Computer equipment & software 3 years

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

p) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

q) Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund in respect of the year. The company is also a member of a multi-employee plan. Where it is not possible for the company to obtain sufficient information to enable it to account for the plan as a defined benefit plan, it accounts for the plan as a defined contribution plan. Further details can be found in note 19.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the year ended 30 September 2025

2 Income from donations and legacies

| | Unrestricted £ | Restricted £ | 12 months to 30 September 2025 Total £ | Unrestricted £ | Restricted £ | 18 months to 30 September 2024 Total £ |
|-----------------------------------|-------------------|------------------|--|-------------------|------------------|--|
| Individual giving | 352,149 | 1,000 | 353,149 | 473,983 | - | 473,983 |
| Community fundraising | 726,832 | - | 726,832 | 1,214,623 | - | 1,214,623 |
| Major donors grants and donations | 603,910 | 233,610 | 837,520 | 1,309,748 | 174,927 | 1,484,675 |
| Trusts and Statutory Grants | 63,790 | 1,182,934 | 1,246,724 | 154,167 | 2,054,176 | 2,208,343 |
| Corporate donors | 118,303 | - | 118,303 | 57,506 | - | 57,506 |
| | 1,864,984 | 1,417,544 | 3,282,528 | 3,210,027 | 2,229,103 | 5,439,130 |

Legacy income of £106,721 is included in individual giving (Period ended 30 September 2024: £103,200)

3 Income from charitable activities

| | Unrestricted £ | Restricted £ | 12 months to 30 September 2025 Total £ | Unrestricted £ | Restricted £ | 18 months to 30 September 2024 Total £ |
|---|-------------------|-----------------|--|-------------------|-----------------|--|
| Income from training and conferences | 49,898 | - | 49,898 | 151,431 | - | 151,431 |
| Contract income | 686,512 | - | 686,512 | 2,039,032 | - | 2,039,032 |
| Total income from charitable activities | 736,410 | - | 736,410 | 2,190,463 | - | 2,190,463 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)**Notes to the financial statements****For the year ended 30 September 2025****4 Income from other trading activities**

| | | | 12 months to 30 September 2025 Total £ | | | 18 months to 30 September 2024 Total £ |
|-----------------|-------------------|-----------------|--|-------------------|-----------------|--|
| | Unrestricted £ | Restricted £ | | Unrestricted £ | Restricted £ | |
| Affinity income | 856 | - | 856 | 10,035 | - | 10,035 |
| | 856 | - | 856 | 10,035 | - | 10,035 |

All income from trading activities is unrestricted.

5 Income from investments

| | | | 12 months to 30 September 2025 Total £ | | | 18 months to 30 September 2024 Total £ |
|-------------------|-------------------|-----------------|--|-------------------|-----------------|--|
| | Unrestricted £ | Restricted £ | | Unrestricted £ | Restricted £ | |
| Interest received | 11,435 | - | 11,435 | 11,491 | - | 11,491 |
| | 11,435 | - | 11,435 | 11,491 | - | 11,491 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the year ended 30 September 2025

6a Analysis of expenditure (current year)

| | Fundraising £ | Charitable activities | | | | Support costs £ | 12 months to 30 September 2025 £ | 18 months to 30 September 2024 £ |
|-------------------------------|-----------------------|---------------------------|--------------------------|------------------|--------------------------|--------------------|---|---|
| | | Service provision £ | External Affairs £ | Event costs £ | Governance costs £ | | | |
| Staff costs (Note 8) | 520,362 | 1,265,798 | 491,311 | - | - | 663,708 | 2,941,179 | 5,545,007 |
| Operational costs | 111,623 | 277,786 | 121,917 | - | - | - | 511,326 | 925,363 |
| Facilities costs | 35,343 | 86,322 | 34,294 | - | - | - | 155,959 | 259,556 |
| IT costs | 32,336 | 78,978 | 31,376 | - | - | - | 142,690 | 279,361 |
| Irrecoverable VAT | 30,974 | 28,677 | 23,549 | - | - | 13,740 | 96,940 | 117,664 |
| Other Costs | - | - | - | - | 45,400 | 1,370 | 46,770 | 351,463 |
| | <u>730,638</u> | <u>1,737,561</u> | <u>702,447</u> | <u>-</u> | <u>45,400</u> | <u>678,818</u> | <u>3,894,864</u> | <u>7,478,414</u> |
| Support costs | 139,544 | 403,872 | 135,402 | - | - | (678,818) | - | - |
| Governance costs | 10,288 | 25,129 | 9,983 | - | (45,400) | - | - | - |
| Total expenditure 2025 | <u>880,470</u> | <u>2,166,562</u> | <u>847,832</u> | <u>-</u> | <u>-</u> | <u>-</u> | <u>3,894,864</u> | |
| Total expenditure 2024 | <u>1,320,643</u> | <u>5,068,596</u> | <u>773,544</u> | <u>315,631</u> | <u>-</u> | <u>-</u> | | <u>7,478,414</u> |

Note: Event costs are no longer a separate function and are now contained within the service provision costs

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the year ended 30 September 2025

6b Analysis of expenditure (previous period)

| | Charitable activities | | | | | Support costs £ | 18 months to 30 September 2024 £ |
|-------------------------------|-------------------------|---------------------------|--------------------------|-----------------------|--------------------------|--------------------|---|
| | Fundraising £ | Service provision £ | External Affairs £ | Event costs £ | Governance costs £ | | |
| Staff costs (Note 8) | 997,816 | 3,135,676 | 537,452 | 98,810 | - | 775,253 | 5,545,007 |
| Operational costs | 234,248 | 533,810 | 26,148 | 131,157 | - | - | 925,363 |
| Facilities costs | 56,597 | 166,505 | 25,890 | 10,564 | - | - | 259,556 |
| IT costs | 60,915 | 179,211 | 27,865 | 11,370 | - | - | 279,361 |
| Irrecoverable VAT | 21,126 | 62,152 | 9,664 | 3,943 | - | 20,779 | 117,664 |
| Other Costs | - | - | - | - | 66,117 | 285,346 | 351,463 |
| | <u>1,370,702</u> | <u>4,077,354</u> | <u>627,019</u> | <u>255,844</u> | <u>66,117</u> | <u>1,081,378</u> | <u>7,478,414</u> |
| Support costs | (64,476) | 948,828 | 139,930 | 57,096 | - | (1,081,378) | - |
| Governance costs | 14,417 | 42,414 | 6,595 | 2,691 | (66,117) | - | - |
| Total expenditure 2024 | <u>1,320,643</u> | <u>5,068,596</u> | <u>773,544</u> | <u>315,631</u> | <u>-</u> | <u>-</u> | <u>7,478,414</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the year ended 30 September 2025

7 Net income / (expenditure) for the year

This is stated after charging / (crediting):

| | 12 months to | 18 months to |
|---|---------------------|--------------|
| | 30 September | 30 September |
| | 2025 | 2024 |
| | £ | £ |
| Depreciation | 43,920 | 22,209 |
| Operating lease rentals payable: | | |
| Property | 56,250 | 110,001 |
| Other | 2,087 | 67,110 |
| Auditor's remuneration (excluding VAT): | | |
| Audit | 18,700 | 17,800 |
| Prior Year Audit | 2,500 | 8,929 |
| Other services | - | 8,483 |
| | ===== | ===== |

8 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

| | 12 months to | 18 months to |
|----------------------------------|---------------------|--------------|
| | 30 September | 30 September |
| | 2025 | 2024 |
| | £ | £ |
| Salaries and wages | 2,512,605 | 4,834,012 |
| Redundancy and termination costs | 7,595 | 11,496 |
| Social security costs | 285,094 | 464,991 |
| Pension costs | 113,182 | 234,508 |
| | ===== | ===== |
| | 2,918,476 | 5,545,007 |

The redundancy and termination costs were settled and paid at the balance sheet date .

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

| | 2025 | 2024 |
|---------------------|--------------|--------------|
| | No. | No. |
| £60,000 – £69,999 | 1 | - |
| £70,000 – £79,999 | 2 | - |
| £80,000 – £89,999 | - | - |
| £90,000 – £99,999 | - | - |
| £100,000 – £109,999 | - | 2 |
| £110,000 – £119,999 | - | 1 |
| £130,000 – £139,999 | - | 1 |
| | ===== | ===== |

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £415,231 (2024: £502,940).

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

From 1/11/25 – 31/5/25 Robin Hepburn, a former Trustee, held the post of Interim CEO. They have subsequently been re-appointed as a Trustee. At no point were they both Trustee and Interim CEO. The appointment was approved by the Charity Commission

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £2,744 (2024: £1,090) incurred by 6 (2024: 3) members relating to attendance at meetings of the trustees.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the year ended 30 September 2025

9 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 84 (2024: 132).

Staff are split across the activities of the charity as follows (average headcount basis):

| | 2025 No. | 2024 No. |
|---------------------|-------------|-------------|
| – Raising funds | 14 | 21 |
| – Central Services | 15 | 19 |
| – Service Provision | 41 | 81 |
| – External Affairs | 12 | 9 |
| – Event Costs | 2 | 2 |
| | 84 | 132 |

10 Related party transactions

Donations from 1 (2024: 1) of the Trustees during the year totalled £1,800 (2024: £1,800). The Health Foundation, of which David Smart is a Governor, made no donation in the year (2024: £13,000). There were no further related party transactions.

11 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

12 Tangible fixed assets

| | Asset under construction £ | Improvements to leasehold property £ | Computer equipment & software £ | Total £ |
|-------------------------------|----------------------------------|---|--|----------------|
| Cost | | | | |
| At the start of the year | 15,694 | 90,476 | 116,269 | 222,439 |
| Additions in the year | 461 | – | – | 461 |
| Transfer | (16,155) | – | 16,155 | – |
| At the end of the year | – | 90,476 | 132,424 | 222,900 |
| Depreciation | | | | |
| At the start of the year | – | 78,305 | 9,689 | 87,994 |
| Charge for the year | – | 5,164 | 38,756 | 43,920 |
| Eliminated on disposal | – | – | – | – |
| At the end of the year | – | 83,469 | 48,445 | 131,914 |
| Net book value | | | | |
| At the end of the year | – | 7,007 | 83,979 | 90,986 |
| At the start of the year | 15,694 | 12,171 | 106,580 | 134,445 |

All of the above assets are used for charitable purposes.

We are currently developing a new CRM system and a new module has been developed during the year costing £15,694. This has now been brought into use and will be depreciated from 1 October 2025.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)**Notes to the financial statements****For the year ended 30 September 2025****13 Debtors**

| | 2025 £ | 2024 £ |
|--------------------------------|----------------|----------------|
| Trade debtors | 14,565 | 72,164 |
| Other debtors | - | 2,448 |
| Prepayments and accrued income | 630,254 | 707,082 |
| | <u>644,819</u> | <u>781,694</u> |

14 Creditors: amounts falling due within one year

| | 2025 £ | 2024 £ |
|------------------------------|----------------|----------------|
| Trade creditors | 17,637 | 51,501 |
| Taxation and social security | 106,376 | 49,107 |
| Other creditors | 70,334 | 89,194 |
| Accruals and deferred income | 492,979 | 787,281 |
| | <u>687,326</u> | <u>977,083</u> |

15 Deferred income

Income is deferred where contract income is received upfront but the services are provided over a period of time. The income is released in line with the provision of the agreed services.

| | 2025 £ | 2024 £ |
|---|----------------|----------------|
| Balance at the beginning of the period | 742,552 | 1,560,059 |
| Amount released to income in the period | (742,552) | (1,560,059) |
| Amount deferred in the period | 443,921 | 742,552 |
| | <u>443,921</u> | <u>742,552</u> |

16 Pension scheme

SCHEME: TPT Retirement Solutions – The Growth Plan

The company participates in the scheme, a multi-employer scheme which provides benefits to some 521 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004 which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2023. This valuation showed assets of £514.9m, liabilities of £531.0m and a deficit of £16.1m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2025 to 31 March 2028: £2,100,000 per annum (payable monthly)

Unless a concession has been agreed with the Trustee the term to 31 March 2028 applies.

Note that the scheme's previous valuation was carried out with an effective date of 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustee asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2022 to 31 January 2025: £3,312,000 per annum (payable monthly)

The recovery plan contributions are allocated to each participating employer in line with their estimated share of the Series 1 and Series 2 scheme liabilities.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the year ended 30 September 2025

17a Analysis of net assets between funds (current year)

| | General unrestricted £ | Restricted £ | Total funds £ |
|--|------------------------------|-----------------|------------------|
| Tangible fixed assets | 90,986 | - | 90,986 |
| Net current assets | 3,176 | 273,898 | 277,074 |
| Net assets at 30 September 2025 | 94,162 | 273,898 | 368,060 |

17b Analysis of net assets between funds (prior period)

| | General unrestricted £ | Restricted £ | Total funds £ |
|--|------------------------------|-----------------|------------------|
| Tangible fixed assets | 134,445 | - | 134,445 |
| Net current assets | (116,726) | 213,978 | 97,252 |
| Net assets at 30 September 2024 | 17,719 | 213,978 | 231,697 |

18a Movements in funds (current year)

| | At 1 October 2024 £ | Income & gains £ | Expenditure & losses £ | Transfers £ | At 30 September 2025 £ |
|--------------------------------------|------------------------------|------------------------|------------------------------|----------------|---------------------------------|
| Restricted funds: | | | | | |
| Alice Ellen Cooper Dean CF | - | 5,000 | (5,000) | - | - |
| Bukham Family Foundation | - | 105,527 | (8,794) | - | 96,733 |
| Garfield Weston Foundation | 6,250 | 75,000 | (75,000) | - | 6,250 |
| Len Thomson | - | 1,000 | (1,000) | - | - |
| Moondance | - | 45,627 | (22,812) | - | 22,815 |
| The National Lottery Community Fund | - | 287,720 | (287,720) | - | - |
| Northern Ireland Carers Fund | 9,529 | - | (9,529) | - | - |
| Oakdale | - | 3,000 | (3,000) | - | - |
| Ruth Docherty | - | 1,000 | (1,000) | - | - |
| Scottish Government | 101,308 | 607,851 | (607,850) | - | 101,309 |
| Simon Gibson Trust | - | 10,000 | (10,000) | - | - |
| Scottish Government Lived Experience | 5,928 | 28,792 | (26,322) | - | 8,398 |
| Susan Hill | - | 41,404 | (41,404) | - | - |
| Dr Sue Pack | - | 7,500 | (7,500) | - | - |
| Bird Song (Vogelgezung) | 54,963 | 79,179 | (107,749) | - | 26,393 |
| Welsh Government | - | 118,944 | (118,944) | - | - |
| W M Mann Foundation | 36,000 | - | (24,000) | - | 12,000 |
| Total restricted funds | 213,978 | 1,417,544 | (1,357,624) | - | 273,898 |
| Unrestricted funds: | | | | | |
| General funds | 17,719 | 2,613,685 | (2,537,242) | - | 94,162 |
| Total unrestricted funds | 17,719 | 2,613,685 | (2,537,242) | - | 94,162 |
| Total funds | 231,697 | 4,031,229 | (3,894,866) | - | 368,060 |

The narrative to explain the purpose of each fund is given at the foot of the note below.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the year ended 30 September 2025

18b Movements in funds (prior period)

| | At 1 April 2023 £ | Income & gains £ | Expenditure & losses £ | Transfers £ | At 30 September 2024 £ |
|--------------------------------------|-------------------------|------------------------|------------------------------|----------------|---------------------------------|
| Restricted funds: | | | | | |
| Aviva Foundation | 32,083 | - | (32,083) | - | - |
| Alice Ellen Cooper Dean CF | - | 5,000 | (5,000) | - | - |
| CHK Foundation | - | 30,000 | (30,000) | - | - |
| City Bridge Trust | 8,646 | - | (8,646) | - | - |
| Eveson Charitable Trust | - | 10,000 | (10,000) | - | - |
| Extended Helpline | - | 75,546 | (75,546) | - | - |
| Garfield Weston Foundation | - | 75,000 | (68,750) | - | 6,250 |
| Hospital Saturday Fund | - | 2,000 | (2,000) | - | - |
| The National Lottery Community Fund | - | 431,844 | (431,844) | - | - |
| Northern Ireland Carers Fund | 53,169 | 30,917 | (74,557) | - | 9,529 |
| Paul Bassham | - | 5,000 | (5,000) | - | - |
| Rayne Foundation | - | 20,000 | (20,000) | - | - |
| Scottish Government | - | 1,013,084 | (911,776) | - | 101,308 |
| St James Place | 10,001 | - | (10,001) | - | - |
| Simon Gibson Trust | - | 10,000 | (10,000) | - | - |
| Souter Charitable Trust | - | 5,000 | (5,000) | - | - |
| Scottish Government Lived Experience | - | 79,784 | (73,856) | - | 5,928 |
| Susan Hill | - | 65,000 | (65,000) | - | - |
| Bird Song (Vogelgezung) | 77,818 | 259,927 | (282,782) | - | 54,963 |
| Welsh Government | - | 39,001 | (39,001) | - | - |
| W M Mann Foundation | - | 72,000 | (36,000) | - | 36,000 |
| Total restricted funds | 181,717 | 2,229,103 | (2,196,842) | - | 213,978 |
| Unrestricted funds: | | | | | |
| General funds | (122,725) | 5,422,016 | (5,281,572) | - | 17,719 |
| Unrestricted funds | (122,725) | 5,422,016 | (5,281,572) | - | 17,719 |
| Total funds | 58,992 | 7,651,119 | (7,478,414) | - | 231,697 |

Purposes of restricted funds

Aviva Foundation – To provide training to schools professionals

Alice Ellen Cooper Dean CF– SPOT for secondary and primary schools within their catchment area in Dorset and rural West Hampshire.

Bukhman – provision of SPOT in all schools in England

CHK Foundation– Helpline

City Bridge Trust– Locality work in London, covering training, GP and awareness

Eveson Charitable Trust– helpline across Herefordshire, Worcestershire and West Midlands

Extended Helpline– Delivery costs for Beat's digital services

Garfield Weston Foundation– Helpline services

Hospital Saturday Fund– Helpline

Len Thomson – spend in Scotland

The National Lottery Community Fund– Locality based work in Scotland and North East England

Moondance – Funding CRM

Northern Ireland Carers Fund– Delivering support services to carers in Northern Ireland

Oakdale – funding for SPOT

Paul Bassham– helpline in Norfolk

Rayne Foundation– Peer support service

Ruth Doherty – spend in Scotland

Scottish Government– Support services in Scotland

Scottish Government Lived Experience– funding work to establish and run the lived experience panel in Scotland

St James Place– Helpline services

Simon Gibson Trust– Helpline

Souter Charitable Trust– Helpline in Scotland

Dr Sue Pack – Helpline

Susan Hill – London fundraising event

Bird Song (Vogelgezung)– External Affairs including Policy and Campaigns

Welsh Government– Support services in Wales

W M Mann Foundation– Staffing in Scotland

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)**Notes to the financial statements****For the year ended 30 September 2025**

19 Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

| | Property | | Equipment | |
|--------------------|---------------|---------|--------------|-------|
| | 2025 | 2024 | 2025 | 2024 |
| | £ | £ | £ | £ |
| Less than one year | 37,500 | 37,500 | 1,096 | 5,795 |
| One to five years | 15,625 | 75,000 | - | 1,096 |
| Over five years | - | - | - | - |
| | 53,125 | 112,500 | 1,096 | 6,891 |

20 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

England & Wales - Charity number 801343

Accounts

Company number: 02368495
Charity number: 801343
OSCR: SC039309

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Report and financial statements

For the period ended 30 September 2024

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Contents

For the period ended 30 September 2024

| | |
|--|----|
| Reference and administrative information | 1 |
| Trustees' annual report | 2 |
| Independent auditor's report | 20 |
| Statement of financial activities (incorporating an income and expenditure account) | 25 |
| Balance sheet | 26 |
| Statement of cash flows..... | 27 |
| Notes to the financial statements | 28 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Reference and administrative information

For the period ended 30 September 2024

Company number 02368495
Country of incorporation United Kingdom

Charity number 801343 and SCO39309
Country of registration England & Wales and Scotland

Registered office address 1 Chalk Hill House
19 Rosary Road
Norwich
Norfolk
NR1 1SZ

Trustees Trustees, who are also directors under company law, who served during the period and up to the date of this report were as follows:

| | |
|---------------------|------------------------|
| Mike Cooke | Chair |
| Valerie Jolliffe | Treasurer |
| Dr Stephen Anderson | (resigned 17/09/2024) |
| Jo Bennett | (resigned 31/12/2024) |
| Robin Hepburn | (resigned 26/09/2024) |
| Adam Leigh | (resigned 13/05/2024) |
| Neil Roskilly | (resigned 13/06/2023) |
| Emily Rothwell | |
| David Smart | |
| Dr Selma Stafford | (appointed 13/06/2023) |

| | | |
|---------------------------------|---|---|
| Key management personnel | Andrew Radford | Chief Executive Officer (until 30/11/24) |
| | Robin Hepburn | Interim Chief Executive Officer (from 1/11/24) |
| | Caroline Price | Director of Services (to 17/12/24) |
| | Tom Quinn | Director of External Affairs |
| | Claire Reynolds | Director of Finance and Resources |
| | Philip Roethenbaugh | Director of Marketing and Income Generation (to 30/05/2023) |
| | Hannah Bloom | Director of Marketing and Income Generation (from 18/09/2023 to 21/03/2024) |
| Justine Black | Director of Fundraising (from 10/02/2025) | |

Bankers NatWest
21 Gentlemans Walk,
Norwich, NR2 1NA

CCLA
One Angel Lane,
London, EC4R 3AB

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Reference and administrative information

For the period ended 30 September 2024

Auditor Sayer Vincent LLP
Chartered Accountants and Statutory Auditor
110 Golden Lane
LONDON, EC1Y 0TG

Trustees' Annual Report

For the period ended 30 September 2024

The Trustees present their report and the audited financial statements for the 18-month period ended 30 September 2024. In recent years it has become apparent that the coincidence of public sector year end and Beat's year end has made budgeting more difficult because of the unknown position on much of our public sector income. The Board, therefore, took the decision in February 2024 to change the financial Year End to 30 September, which has resulted in this Annual Report covering an eighteen-month period.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims

Beat exists to end the pain and suffering caused by eating disorders.

We do this by working directly with sufferers and their families, and by using that experience to highlight the challenges they face and to campaign for change in public policy. We work both nationally and locally and focus on three priority areas: early intervention, family and carer empowerment and prevention and cure.

We produce information to alert people to the early signs of an eating disorder, what to do about them and how to support someone who falls ill. We help people to understand their illness, guide them to seek medical help, and support them to ensure they get the treatments to which they are entitled.

We work with others to produce research that highlights the challenges and inequalities faced by people affected by eating disorders, and we campaign for increased public sector resourcing for eating disorders, reduced waiting times and better education on eating disorders for health and medical professionals.

The Trustees review the aims, objectives and activities of the charity periodically. The review also helps the Trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes. This report sets out what the charity has achieved and the outcomes of its work in this reporting period. The Trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help.

Trustees' Annual Report

For the period ended 30 September 2024

The Trustees refer to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

Our Strategy

Our five-year strategy for 2019–25 covering the period of this report and sets out how we will make the greatest possible progress on our priorities of early intervention, family empowerment, and prevention and cure.

Specifically, our goals during this period have been for:

- Everyone who falls ill to begin and successfully complete treatment within the shortest possible timeframe, reducing the delay between someone falling ill and seeking treatment from over three years at present to less than 12 months.
- All families and carers of eating disorder suffer to be fully informed and involved as their loved one seeks, receives and exits treatment, increasing the likelihood of successful and sustained recovery.
- An increase in the funding and priority given to eating disorders research so that there is a realistic chance of effective cures and prevention strategies being discovered.

To achieve the goals of our 2019–25 strategy, all our activities have been geared towards:

- Supporting beneficiaries: providing online and telephone support to everyone who needs us, offering guidance to overturn decisions that deny early intervention or family empowerment, running communication campaigns and publishing materials to increase understanding of eating disorders, and developing the skills of carers through education, networking and peer support.
- Empowering professionals: developing and providing services to the NHS, offering high-quality training, developing information materials that guide professionals and institutions, lobbying for the comprehensive and effective inclusion of eating disorders in the training of medical professionals, and supporting academics performing high quality clinical research.
- Changing policy and practice: lobbying for better government policy and more generous funding, defining best practice and holding to account those responsible for delivering it, promoting the adoption of innovative treatment approaches, and communicating the real-life experiences of eating disorder sufferers to decision makers and influencers.

Achievements and performance

The charity's main activities and who it tries to help are described below. Our key areas of work are:

- Supporting beneficiaries
- Empowering professionals
- Changing policy and practice
- Income generation
- Publicity, marketing and mobilisation

Supporting beneficiaries

Beat offers both telephone and digital support services. In the eighteen months ended 30 September 2024, we delivered 80,970 individual support sessions which included phone calls, web chats, emails, online groups and a wide range of individual support programmes for people with eating disorders and their carers.

In addition to our one-to-one support services, during this period we also delivered a number of group training sessions designed to enable carers of someone with an eating disorder to better support their loved one:

- Developing Dolphins – online training delivered by a Beat Clinical Associate Trainer based on the New Maudsley method
- Raising Resilience – online workshops delivered by a Beat Clinical Associate Trainer addressing topics including mealtime stress, setting boundaries and motivational techniques to support recovery
- Solace – video-based peer support facilitated by a Beat Clinical Associate Trainer and led by participants, enabling carers to share their feelings with others in a similar situation

We continue to provide POD (Peer support and Online Development) which is our online platform for anyone caring for someone with an eating disorder. POD combines training, peer support and other resources in one easy-to-navigate online platform. Between April 2023 and September 2024, we saw 5528 new sign ups to POD. The total number of users registered on POD at the end of September 2024 was 15,412.

Our Amplify programme helps people to overturn decisions that deny them treatment, support or information. We continued to pilot this programme and in the period ended 30 September 2024 we helped 15 people to challenge bad decisions and we helped them achieve success in 100% per cent of cases.

Empowering professionals

Empowering professionals to better support people with eating disorders and their carers remains an important aspect of our work.

'Beyond the Symptoms' is video-call training course for clinicians, delivered over two half-days, followed by access to regular online peer support community of practice. The course aims to help clinicians to be better able to spot the signs of an eating disorder, make earlier referrals and provide appropriate support. We provided this training to 1,035 professionals during this period.

Our online platform for schools professionals (SPOT) saw 1,892 new sign-ups during the period giving total users at September 2024 of 5,958.

Finally, we continued to deliver our 'Spotting the Signs' online training, for secondary schools. During this period, we ran 4 courses providing training for 36 teaching staff. We also ran one university training course and 4 awareness sessions.

Our workshops for professionals are now established events and during this period we ran successful online and in person workshops in collaboration with various eating disorder professionals on the following areas:

- Early Intervention
- Diabetes and Eating Disorders
- Diversity and Eating Disorders
- Empowering Care (Essex x 2)
- Frontline (carers workshop)
- Intensive Outpatients Treatment
- Arfid (avoidant/restricted food intake disorder).

Further to these open workshops we were commissioned and delivered whole team training on eating disorders over 4 days on behalf of NHS England.

Changing policy and practice

Our campaign to increase funding for eating disorder research has continued to bear fruit. The coalition of funders behind the £4.25m investment we secured have funded four research projects intended to address the 'vicious cycle of underfunding' identified in our *Breaking the cycle* report. The *Lancet Psychiatry* and the *British Journal of Psychiatry* have also published impassioned editorials decrying the lack of funding afforded to eating disorder research.

We are partners in two of the four research projects (sit on the advisory board of the third and are in regular communication with the fourth). The first study is an initiative led by King's College to improve how eating disorder data is collected. They will also support

the study of blood samples by creating a 'biobank', making it easier for future researchers to study eating disorders and develop new treatments. The second is a UCL-led collaboration on integrating eating disorders into the 'Born in Bradford' study. This will explore the impacts of social media, school environments, and neighbourhoods on the risk of eating disorders developing in young people.

In both projects, we are leading on coproduction (ensuring the voice and ideas of those with lived experience is heard), recruiting and supporting experts-by-experience to share their insights and ensure the research is as impactful as possible. We are also partnering in a similar way with the Royal College of Psychiatry to conduct the national eating disorders audit, which will commence in early 2025.

Another priority has been reducing online harm in relation to eating disorders. The Online Safety Bill has become law, meaning that social media platforms should become safer places for those with eating disorders. Children must be prevented from seeing content that 'encourages an eating disorder or behaviours associated with an eating disorder' and larger platforms must give adults the tools to 'filter' out this content if they choose to do so.

Initially eating disorders were not subject to the strictest regulation but thanks to our work with politicians, civil servants, Ofcom and other third sector partners it has been included.

Following the passing of the Act, we have been advising Ofcom on their guidance that accompanies it, to ensure that the implementation of the law is as robust as possible. We are also undertaking a research and coproduction project to advise a popular social media platform on how it can increase protection for those with eating disorders.

We have contributed to progress in the implementation of eating disorder reviews in Scotland and Wales. We convened three lived experience panels (comprising 18 sessions in total) to provide advice to the Scottish Government in implementation of the review's recommendations and have established a fourth which is running alongside the recently established National Network (which we are members of), designed to drive implementation of the national review. The Government have published a National Specification for the Care and Treatment of Eating Disorders. We sat on the working group that input into its development and are now producing a user-friendly version to ensure everyone affected by eating disorders in Scotland understands what they should expect.

In Wales, a new eating disorder clinical implementation network has been established (designed in a similar way to the equivalent in Scotland to drive progress in implementing

Trustees' Annual Report

For the period ended 30 September 2024

recommendations of the national review), which we sit on. A permanent, full-time Eating Disorder Clinical Lead to drive this forward is now in place following our successful lobbying for this to be the case.

Less progress has been possible in Northern Ireland given the political deadlock for much of this period.

Our campaign opposing calorie labelling on menus saw major victories. Governments in both Scotland and Wales announced a pause on the introduction of mandatory calorie labelling on menus following our activity, until the publication of research from the National Institute for Health and Care Research and Public Health Scotland examining the impact of calorie labelling on menus on those with eating disorders. The NIHR research is expected in 2025, but the Public Health Scotland Research was unequivocal in highlighting the dangers of calorie labelling. As a result, Food Standards Scotland now oppose the mandatory introduction of calories on menus, and we are confident this will now not be introduced in Scotland.

We have been active participants in an advisory group that helped draft new guidance for the NHS in England on eating disorders in children and young people, ensuring that it was not weakened. We expect this guidance to be published in early 2025.

We conducted a Freedom of Information request following concerns raised with us by clinicians about the reliability of national waiting times data for children and young people in England. We found that around half of the NHS Trusts were either failing to follow the national guidance on how to measure and report waiting times or failing to collect important data. In several areas it was clear that many young people effectively join a second waiting list after their treatment starts, completely undermining the national waiting times target. After writing to these Trusts almost half agreed to make the changes we requested. We shared our findings and concerns with senior NHS England staff, and they have reiterated to regional teams the importance of following the guidance.

We have developed a training programme for peer support workers and other non-clinically qualified staff to deliver early intervention programmes in eating disorder services. This can deliver better results than using clinicians and frees qualified staff for more intensive work. We are therefore seeking funding to demonstrate the impact of this and to run a nationwide campaign promoting the benefits.

Trustees' Annual Report

For the period ended 30 September 2024

We have conducted research highlighting the benefits of intensive community and day patient treatment programmes for eating disorders, analysing hundreds of research papers and conducting a Freedom of Information request to understand provision across the UK. We have also supported the Westminster All Party Parliamentary Group on Eating Disorders to run an inquiry into this subject, hearing from clinicians and those with lived experience. The report was launched in October 2024, and we continue campaigning for greater provision of these treatment options. We also responded to NHS England's consultation on a draft new service specification for inpatient, intensive day patient, and intensive community treatments for adults, highlighting significant omissions around the need to better define 'intensity' in respect to what the guidance refers to as 'Intensive community treatment', the importance of patient-centred care, and the need to involve families and carers.

Income generation

In the eighteen months ended 30 September 2024 we had an income of £7.7 million, of which £5.4 million was from voluntary sources. Like many charities we have found it harder to secure voluntary income as individuals have struggled with the cost of living and many trusts have had fewer resources to distribute to a larger number of applicants after the pressures of Covid. The other major portion of our income, totaling £2.1 m, came from contracted work commissioned by our-public sector partners.

We are fortunate to have a dedicated staff team focused on-raising funds from community events and individual giving and applying for grants from trusts and foundations. We are continuing to implement our new CRM system across Beat to better enable us to monitor and track sources of income and we have improved our internal systems for managing our relationships with public sector partners to sustain this important work.

Beat has a base of committed supporters, and we continue to strive to improve our communication with our donors, so they fully understand the difference they are making through their support. The work of our communications team also helps us to reach more people and new audiences so that we can grow our supporter base. This helps us raise income but also helps more people understand the important work we are doing.

Publicity and profile

HelpFinder, our online directory of eating disorder services and support, continued to enable people to find details of their local NHS community eating disorder service including how to obtain a referral for assessment. The results also include Beat services funded by the NHS in their locality, and the availability of other services provided by the private or charity sector which meet our criteria for quality. Helpfinder had 140,125 unique visitors during this time.

Trustees' Annual Report

For the period ended 30 September 2024

Our website had 2.9 million unique visitors with traffic increasing by 18%. We grew our followers to 175.8k on social media across Facebook, Instagram, LinkedIn and X. There were 15.3 million chances to see our content on social media reaching a huge number of people with 485.7k engagements across all channels.

Our media coverage continues to enable Beat to punch above its weight. We featured in the press over 4917 times in total and our profile was enhanced by many appearances in flagship news programmes, including appearances on Breakfast TV as well as advising on story lines involving eating disorders in mainstream dramas such as Hollyoaks and Everything Now.

Looking ahead

Building on the hard work of the last two years to stabilise the charity and its finances and to ensure our services make maximum impact in helping our beneficiaries, our watchword as we look forward is focus.

We are focused on:

- Working across the United Kingdom with governments to deliver services which help people at their point of need and to continue to persuade policymakers of necessary improvements in government policy
- Helping tailor services for the NHS which provide earlier support for carers and earlier intervention for beneficiaries. Our report published in October 2024 makes a clear case for the treatment benefits and cost savings to the NHS of funding early intervention to save costly acute care later on.
- Delivering education or support programmes for schools professionals and care professionals as well as greater levels of information to the wider public and companies as more people become aware of the impact of eating disorders.

During the year ahead we will continue to ensure maximum stability and sustainability in all we do. We continue to generate as much income as we can, to work closely with our public sector partners to deliver important services that augment what they are doing and to ensure we are staffed to make to make the greatest impact we can.

Management and Governance Changes

After nine years in post as CEO, Andrew Radford left Beat in November 2024 to take up retirement. To allow the Board time to consider options, Robin Hepburn stepped over from being a trustee to take on the role of interim CEO and to lead the organisation following Andrew's departure. The CEO position was advertised in December 2024 resulting in considerable interest and following a wide ranging and open recruitment process, the Board has appointed Vanessa Longley as permanent CEO with effect from June 2025.

Trustees' Annual Report

For the period ended 30 September 2024

During this period, we have had several months without a Director of Fundraising. This has been remedied with the appointment of Justine Black in February 2025. During the intervening period the fundraising function was overseen by the CEO. We look forward to the addition of new ideas and energy to propel our fundraising efforts in the coming years.

In late December 2024, Caroline Price left Beat after eight years on the leadership team. Following her departure the services team is reporting directly to the CEO. Recruitment for Caroline's replacement is currently underway, and it is hoped that a new appointment will be made in the summer of 2025.

Beat is fortunate to benefit from the diverse skills and experience of its Executive team of five. In addition to the roles mentioned above, the Executive also includes Tom Quinn as Director of External Affairs and Claire Reynolds as Director of Finance & Operations.

Financial review

This 18-month financial period has focused on stabilising Beat's financial position and ensuring we are able to meet our liabilities. This has meant some difficult decisions to cut costs and change our activities and services. We have been mindful of the economic climate in our budgeting and have reduced our reliance on funding from particular streams in particular public sector funding.

Beat's total income for the 18-month period to 30 September 2024 was £7.65 million and its expenditure was £7.48 million. The resulting surplus meant total funds of £231,697 were held by the charity at 30 September 2024, compared to £58,992 at 31 March 2023.

We have focused very closely on achieving a surplus in this period to start rebuilding our depleted funds. This has been achieved by major cost cutting, most notably in staffing, but also by closing offices and reducing other operational costs.

We have also worked on maximizing return on income generating activities. We have focused our efforts within fundraising and also closely looked at productivity in delivery of contracted work.

It is our aim to fully rebuild reserves at the earliest point possible and we have comprehensive plans and contingencies in place to achieve this. Financial monitoring (by the Finance & Risk Committee) is regular and thorough to allow any variances to be understood and either corrected or our plans adapted accordingly.

Principal risks and uncertainties

Risk management

The Trustees are responsible for ensuring effective risk management and that internal controls are in place to appropriately manage the risk exposure of Beat. In December 2024, the Trustees completed their annual review of the Beat's risk management strategy. In the course of this review, the Board has considered:

- The major risks to which Beat is exposed.
- The potential impact and probability are associated with each risk.
- Existing internal controls and accountability for them.
- Mitigating actions needed to reduce each risk to a level that the Trustees consider to be acceptable.

All significant risks are reported in a risk register and are monitored quarterly by the Executive Team and at every meeting of the Finance and Risk Committee, as well as being subject to a formal review by the Board of Trustees every year.

The key risks identified by the Trustees and mitigations taken are as follows:

- Financial risks due to a lack of sufficient reserves, in particular that Beat will fail to raise the necessary funds to meet our liabilities. Our financial position is improving, and we have strong controls, planning and scrutiny in place.
- An inability to deliver our contracted work with the NHS due to a lack of referrals would also lead to us not being able to recognise income and incur further costs in delivery. We have amended our contracted terms to reduce this risk greatly and we closely monitor the productivity and margins for this area of work.
- Cyberattack causing loss or theft of data of a commercially sensitive or personal nature– strong technical controls, encryption and firewalls are in place. We have cyber insurance and ensure access to sensitive data is limited with users receiving training to mitigate against cyberattack.
- Failure to comply with data protection legislation. We have a clear data protection policy, and all staff receive bespoke training. We use multi factor authentication and VPN's and regular test for vulnerabilities. We have a clear procedure for reporting breaches and providing information under subject access requests and carry out data protection impact assessments as well as a full data audit annually.
- Inability to recruit or retain staff and volunteers. We have a robust recruitment and induction process. We promote learning and development and open feedback and communication from staff. Turnover is carefully monitored and exit interviews are carried out.

None of the above risks have caused significant loss or harm to the organisation during the period of this report.

Reserves policy and going concern

Reserves and Funds

The Trustees review reserves every year and set a reserves policy that reflects the risks faced by the organisation.

Currently it is the charity's policy to have a General Fund of free reserves (i.e. excluding restricted funds and tangible fixed assets) in order to:

- Allow continued operation in the event of a loss of a major source of funding while a new source of income is secured or while costs are cut in a considered manner.
- Provide a buffer in the event of making an operational loss in a given financial year.
- Bridge cash flow challenges resulting from slow payment or bad debt.
- Manage fluctuations in income, such as permitting very large donations or legacies received in one financial year to be spent in a reasonable manner in subsequent financial years, resulting in expenditure exceeding income in those subsequent years.
- Permit investment in key opportunities at short notice.

This policy is reviewed annually alongside the production of the annual accounts in order to:

- Ensure that the reserve held is equal to or greater than the minimum level identified.
- Check that the assumptions underlying the policy are still valid and the minimum amount is still sufficient for its purpose.
- Agree any action that may be required to ensure an adequate reserve is maintained.

From time to time Beat also holds designated funds in reserve in order to plan for future spending on specific infrastructure projects that will increase our effectiveness and/or sustainability. There are currently no designated funds.

The charity assesses its reserves requirement using a number of methods to ensure that the reserve figure required has been robustly tested.

Using a risk based approach, we calculated that at 30 September 2024 we require reserves of £0.5 million and will endeavour (subject to timing fluctuations) to have reserves within plus or minus 10% of this figure.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Trustees' Annual Report

For the period ended 30 September 2024

At Beat, our income fluctuates significantly throughout the year. Therefore, reserves will be monitored to ensure they are in line with projections and that total funds remain above the reserves required. If they do fall below our target figure we will develop clear plans to return them to the required level.

When free reserves fall below one months operating expenditure additional scrutiny will be given to financial results and cashflow with additional actions taken promptly as required.

As at 30 September 2024 current funds are as follows:

| | 30 Sept 2024 £'000 | 31 March 2023 £'000 |
|------------------|--------------------------|---------------------------|
| Restricted funds | 213,978 | 181,717 |
| General funds | <u>17,719</u> | <u>(122,725)</u> |
| Total | <u>231,697</u> | <u>58,992</u> |

At 30th September 2024, Beat had negative free reserves of £116,726, but we achieved positive general funds and an improvement in overall funds since our last accounts to 31 March 2023. Cash held at this point was £292,641.

We have a clear financial recovery plan which shows a sustained surplus position enabling us to fully rebuild our free reserves. Trustees and Executive team have the rebuilding of reserves as a priority in our business and financial planning with performance being reviewed carefully on a monthly basis whilst we rebuild reserves to provide the necessary buffer to protect the charity.

As described on page 28 Beat has been through a challenging financial period but has reduced its costs and adapted its income forecasting methods as part of a successful financial recovery plan. The trustees have considered the charity's ability to continue as a going concern and have concluded that there are no material uncertainties.

Fundraising

Beat's approach to fundraising is to maintain a balanced portfolio of income streams, in order to achieve a sustainable funding model.

We currently employ fifteen fundraisers, led by the Director of Fundraising (appointed February 2025). Beat does not use the services of professional fundraising agencies to

Trustees' Annual Report

For the period ended 30 September 2024

conduct any part of our fundraising programme. We promote a 'Supporters Promise' that sets out the standards donors can expect, including a pledge to not put undue pressure on supporters to make a gift. Beat also has a formal complaints procedure. There were no fundraising complaints in this financial period or the year before. Beat follows The Code of Fundraising Practice, as promoted by the Fundraising Regulator. Beat also has a Vulnerable Supporters Statement which is regularly reviewed and updated.

We are committed to working ethically and responsibly with all our supporters. This is detailed within our supporter promise, available on our website. This promise describes how we will always prioritise the health and wellbeing of supporters, never placing them under undue pressure and ensuring we work honestly, respectfully and sensitively with all supporters including fundraisers. We ensure personal data and details are collected and managed appropriately and we would never sell information to other parties

Plans for the future

- Restore financial stability and reserves.
- Our priority is to rebuild free reserves to the necessary level and ensure healthy cashflow and financial sustainability.
- Streamline services.
- The services delivered to beneficiaries will be focused helping the maximum number of people with the most positive impact.
- Increase volunteers' opportunities.
- Through recruitment of new volunteers and implementation of improved systems and processes including transition to using a new CRM.
- Create greater cross-sector collaboration to deliver changes in policy.
- Working more closely with other organisations to promote campaigns and opportunities.
- Increase awareness and support for those suffering with an eating disorder in the workplace.
- Development of awareness and resources for organisations.

Structure, governance and management

Governing document

The charity is a company limited by guarantee, incorporated on 5 April 1989 and registered as a charity on 7 April 1989. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

Trustees' Annual Report

For the period ended 30 September 2024

Following a general meeting on 24th March 2020 the previous approach to membership was removed with the Trustees of the charity becoming its only members, who guarantee the liabilities of the company in the event of a winding up, to a maximum of £1 each.

Recruitment and appointment of Trustees

The directors of the company are also the charity Trustees. Under the charity's Articles of Association, they are also the members of the Board of Trustees. The Trustees who served during the year and up to the date of this report are listed on page 1. Trustees are appointed by the Board. A recruitment panel, delegated from the main Board, interviews and recommends Trustees for appointment. Trustee recruitment is carried out as an open recruitment process with appointments being made on skills and experience.

Under the requirements of the Articles of Association, the Trustees are elected to serve for a term of three years. Trustees may serve a maximum of two terms, not including any time (up to a maximum of six years) spent as Chair, Vice Chair or Treasurer. There must be at least three Trustees.

Responsibilities and delegation

The Board of Trustees meets quarterly and is responsible for the strategic direction and oversight of the charity. The Board has three sub-committees that meet regularly throughout the year:

- **Finance and Risk:** This committee meets five times a year to oversee finance and to support the Executive in the development of budgets, financial and management reporting, and risk management.
- **Human Resources:** This committee meets four times per year and works with the Chief Executive and the Executive team to ensure Beat can attract, develop and retain great staff and volunteers.
- **Services:** To review the effectiveness and impact of existing and new services across Beat.

Beat is also supported by a multi-disciplinary Clinical Advisory Group of senior clinicians with expertise in eating disorders. This meets three times a year and is chaired by a trustee, although it includes members who are not Trustees and is not a formal sub-committee of the Board.

Day-to-day management of Beat is delegated to the Chief Executive and the Executive Team under a scheme of delegation.

Trustees' Annual Report

For the period ended 30 September 2024

All Board members give their time voluntarily but may claim reasonable travel expenses, which are shown in Note 9 to the accounts.

The Board regularly evaluates its performance and membership, considering the direction of the organisation and the skills and diversity needed among its number to take Beat forward with confidence. The Board is committed to and has achieved full compliance with the Charity Code of Governance. Compliance is audited annually to ensure any necessary further actions are taken.

Public benefit

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Commission on determining the activities undertaken by the charity. We are clear that our services are available to all and are actively working on messaging to make Beat as inclusive as possible.

Staff and Executive Pay

Staff salaries are banded in a series of salary points, with the median for each band being a market average benchmarked against similar jobs elsewhere in the voluntary sector. Employees can progress to the next salary point in their band by meeting criteria linked to performance. The exception is the Chief Executive, whose salary is determined by the Board.

Every twelve months the Trustees determine whether there should be an overall increase in salaries to reflect changes in the cost of living. The level of any increase is decided in the context of:

- The charity's financial situation.
- The charity's performance.
- The current rate of inflation.
- Cost of living adjustments made in recent years.

Statement of responsibilities of the Trustees

The Trustees (who are also directors of BEAT (FORMERLY EATING DISORDERS ASSOCIATION) for the purposes of company law) are responsible for preparing the Trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware.
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Trustees' Annual Report

For the period ended 30 September 2024

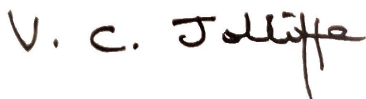
30 September 2024 was 7 (31 March 2023:9). The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was appointed as the charitable company's auditor during the period and has expressed its willingness to continue in that capacity.

The directors' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The Trustees' annual report has been approved by the Trustees on 17 March 2025 and signed on their behalf by



Valerie Jolliffe
Treasurer

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Opinion

We have audited the financial statements of Beat (formerly Eating Disorders Association) (the 'charitable company') for the period ended 30 September 2024 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 30 September 2024 and of its incoming resources and application of resources, including its income and expenditure, for the period then ended.
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice.
- Have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Beat's (formerly Eating Disorders Association) ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the Trustees' annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the Trustees' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The Trustees' annual report, has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of Trustees' remuneration specified by law are not made; or

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of Trustees' responsibilities set out in the Trustees' annual report, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Independent auditor's report

To the members of

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Joanna Pittman (Senior statutory auditor)
30 May 2025

for and on behalf of Sayer Vincent LLP, Statutory Auditor
110 Golden Lane, LONDON, EC1Y 0TG

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Statement of financial activities (incorporating an income and expenditure account)

For the period ended 30 September 2024

| | Note | Unrestricted £ | Restricted £ | 18 months to 30 September 2024 Total £ | Unrestricted £ | Restricted £ | 12 months to 31 March 2023 Total £ |
|------------------------------------|------|-------------------|------------------|--|-------------------|------------------|--|
| Income from: | | | | | | | |
| Donations and legacies | 3 | 3,210,027 | 2,229,103 | 5,439,130 | 2,140,656 | 1,669,537 | 3,810,193 |
| Charitable activities | 4 | 2,190,463 | - | 2,190,463 | 732,332 | - | 732,332 |
| Other trading activities | 5 | 10,035 | - | 10,035 | 5,154 | - | 5,154 |
| Investments | 6 | 11,491 | - | 11,491 | 2,833 | - | 2,833 |
| Total income | | 5,422,016 | 2,229,103 | 7,651,119 | 2,880,975 | 1,669,537 | 4,550,512 |
| Expenditure on: | | | | | | | |
| Raising funds | 7 | 1,320,643 | - | 1,320,643 | 1,123,333 | - | 1,123,333 |
| Charitable activities: | | | | | | | |
| - Service Provision | | 2,871,754 | 2,196,842 | 5,068,596 | 2,501,087 | 2,216,022 | 4,717,109 |
| - External Affairs | | 773,544 | | 773,544 | 734,341 | | 734,341 |
| - Event Costs | | 315,631 | | 315,631 | 139,585 | | 139,585 |
| Total expenditure | | 5,281,572 | 2,196,842 | 7,478,414 | 4,498,346 | 2,216,022 | 6,714,368 |
| Net income/ (expenditure) | 8 | 140,444 | 32,261 | 172,705 | (1,617,371) | (546,485) | (2,163,856) |
| Transfers between funds | | - | - | - | - | - | - |
| Net movement in funds | | 140,444 | 32,261 | 172,705 | (1,617,371) | (546,485) | (2,163,856) |
| Reconciliation of funds: | | | | | | | |
| Total funds brought forward | | (122,725) | 181,717 | 58,992 | 1,494,646 | 728,202 | 2,222,848 |
| Total funds carried forward | | 17,719 | 213,978 | 231,697 | (122,725) | 181,717 | 58,992 |

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 21a to the financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Balance sheet

Company no. 02368495

As at 30 September 2024

| | Note | £ | 2024 £ | £ | 2023 £ |
|--|------|------------------|----------------|------------------|---------------|
| Fixed assets: | | | | | |
| Tangible assets | 13 | | 134,445 | | 24,691 |
| | | | <u>134,445</u> | | <u>24,691</u> |
| Current assets: | | | | | |
| Debtors: Amount due within one year | 14 | 781,694 | | 821,710 | |
| Cash at bank and in hand | | 292,641 | | 1,049,474 | |
| | | <u>1,074,335</u> | | <u>1,871,184</u> | |
| Liabilities: | | | | | |
| Creditors: amounts falling due within one year | 15 | (977,083) | | (1,836,883) | |
| Net current assets | | | <u>97,252</u> | | <u>34,301</u> |
| Total net assets | | | <u>231,697</u> | | <u>58,992</u> |
| The funds of the charity: | | | | | |
| Restricted income funds | 20a | | 213,978 | | 181,717 |
| Unrestricted income funds: | | | 17,719 | | (122,725) |
| Total charity funds | | | <u>231,697</u> | | <u>58,992</u> |

Approved by the trustees on 17 March 2025 and signed on their behalf by

V. C. Jolliffe

Valerie Jolliffe
Treasurer

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)**Statement of cash flows****For the period ended 30 September 2024**

| | 18 months to 30 September 2024 £ | 12 months to 31 March 2023 £ |
|---|---|---|
| Cash flows from operating activities | | |
| Net cash used in operating activities (as per the statement of financial activities) | 172,705 | (2,163,856) |
| Depreciation charges | 22,209 | 12,318 |
| Dividends, interest and rent from investments | (11,491) | (2,833) |
| (Increase)/decrease in debtors | 40,016 | 1,299,690 |
| Increase/(decrease) in creditors | (859,800) | (379,496) |
| Increase/(decrease) in pension provision | - | 8,295 |
| | <hr/> | <hr/> |
| Net cash used in operating activities | (636,361) | (1,225,882) |
| Cash flows from investing activities: | | |
| Dividends, interest and rents from investments | 11,491 | 2,833 |
| Proceeds from the sale of fixed assets | - | - |
| Purchase of fixed assets | (131,963) | - |
| | <hr/> | <hr/> |
| Net cash provided by investing activities | (120,472) | 2,833 |
| | | |
| Change in cash and cash equivalents in the year | (756,833) | (1,223,049) |
| Cash and cash equivalents at the beginning of the period | <hr/> 1,049,474 | <hr/> 2,272,523 |
| | | |
| Cash and cash equivalents at the end of the period | <hr/> 292,641 <hr/> | <hr/> 1,049,474 <hr/> |

1 Accounting policies

a) Statutory information

Beat (formerly Eating Disorders Association) is a charitable company limited by guarantee and is incorporated in England and Wales.

The registered office address is 1 Chalk Hill House, 19 Rosary Road, Norwich, England, NR1 1SZ.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

The accounting period has been changed to September 2024 making this financial period 18 months. The change to the period/year end is for business reasons to enable better planning and forecasting and to relieve operational pressures during peak activity between January and March. Future accounting periods will be 12 months ending in September.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Following a very challenging financial period, Beat has made significant changes to its cost base and income forecasting methods. We have followed a clear financial recovery plan and are delighted that the financial statements for this period show a surplus of £172,705. We are still following this recovery plan to ensure financial reserves are rebuilt to a sufficient level and our projections show this will be achieved at the end of 2025.

Our budgets and forecasts, as well as cashflow plans, all show the organisation to be financially sustainable and able to meet liabilities. We are anticipating a surplus of £415,076 in the year ending 30th September 2025 with longer term planning showing a continued surplus position.

Reserves at 30th September 2024 are negative £116,726. Our policy states that we should be holding reserves of approx. £500,000 and we are prioritising the rebuilding of reserves within our business and financial planning.

We have reduced the high risk income included in our income forecasts and greatly reduced our reliance on income from the NHS. Costs have been significantly reduced by reducing headcount from 180 to 84 during this period and closely focusing on what roles are fully funded. We have closed two of the three Beat offices and carried out close scrutiny (including retendering) for other significant costs such as IT. We also have contingency plans and further cost cutting plans prepared in the event that we need to achieve further cost savings.

While we are confident that our financial recovery plan will have the necessary effect, we are not complacent and are focussing regularly and in detail on the current financial position and cashflow. Cashflow, financial forecasts and performance are continuously monitored by the trustees to ensure Beat continues to be able to meet its liabilities as they fall due. The trustees and executive team are committed and focused on rebuilding the funds to ensure the future sustainability and ongoing positive work for our beneficiaries.

1 Accounting policies (continued)

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

1 Accounting policies (continued)

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs in attracting voluntary contributions, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services and carrying out core work undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are allocated to the cost of raising funds.

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

1 Accounting policies (continued)

l) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Improvements to leasehold property over the period of the lease
- Computer equipment & software 3 years

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

p) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

u) Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund in respect of the year. The company is also a member of a multi-employee plan. Where it is not possible for the company to obtain sufficient information to enable it to account for the plan as a defined benefit plan, it accounts for the plan as a defined contribution plan. Further details can be found in note 19.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the period ended 30 September 2024

2 Income from donations and legacies

| | 18 months to 30 September 2024 | | | 12 months to 31 March 2023 | | |
|-----------------------------------|--------------------------------------|------------------|------------------|----------------------------------|------------------|------------------|
| | Unrestricted £ | Restricted £ | Total £ | Unrestricted £ | Restricted £ | Total £ |
| Individual giving | 473,983 | - | 473,983 | 280,512 | - | 280,512 |
| Public sector funding | - | - | - | 22,945 | - | 22,945 |
| Community fundraising | 1,214,623 | - | 1,214,623 | 749,866 | - | 749,866 |
| Major donors grants and donations | 1,309,748 | 174,927 | 1,484,675 | 570,836 | - | 570,836 |
| Trusts and Statutory Grants | 154,167 | 2,054,176 | 2,208,343 | 437,145 | 1,669,537 | 2,106,682 |
| Corporate donors | 57,506 | - | 57,506 | 79,352 | - | 79,352 |
| | 3,210,027 | 2,229,103 | 5,439,130 | 2,140,656 | 1,669,537 | 3,810,193 |

Legacy income of £103,200 is included in individual giving (Year ended March 2023: £27,960)

4 Income from charitable activities

| | 18 months to 30 September 2024 | | | 12 months to 31 March 2023 | | |
|---|--------------------------------------|-----------------|------------------|----------------------------------|-----------------|----------------|
| | Unrestricted £ | Restricted £ | Total £ | Unrestricted £ | Restricted £ | Total £ |
| Income from training and conferences | 151,431 | - | 151,431 | 28,844 | - | 28,844 |
| Publications | - | - | - | 425 | - | 425 |
| Contract income | 2,039,032 | - | 2,039,032 | 703,063 | - | 703,063 |
| Total income from charitable activities | 2,190,463 | - | 2,190,463 | 732,332 | - | 732,332 |

5 Income from other trading activities

| | 18 months to 30 September 2024 | | | 12 months to 31 March 2023 | | |
|-----------------|--------------------------------------|-----------------|---------------|----------------------------------|-----------------|--------------|
| | Unrestricted £ | Restricted £ | Total £ | Unrestricted £ | Restricted £ | Total £ |
| Affinity income | 10,035 | – | 10,035 | 5,154 | – | 5,154 |
| | <u>10,035</u> | <u>–</u> | <u>10,035</u> | <u>5,154</u> | <u>–</u> | <u>5,154</u> |

All income from trading activities is unrestricted.

6 Income from investments

| | 18 months to 30 September 2024 | | | 12 months to 31 March 2023 | | |
|-------------------|--------------------------------------|-----------------|---------------|----------------------------------|-----------------|--------------|
| | Unrestricted £ | Restricted £ | Total £ | Unrestricted £ | Restricted £ | Total £ |
| Interest received | 11,491 | – | 11,491 | 2,833 | – | 2,833 |
| | <u>11,491</u> | <u>–</u> | <u>11,491</u> | <u>2,833</u> | <u>–</u> | <u>2,833</u> |

All income from investments is unrestricted.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the period ended 30 September 2024

7a Analysis of expenditure (current year)

| | Charitable activities | | | | | Support costs £ | 18 months to 30 September 2024 £ | 12 months to 31 March 2023 £ |
|-------------------------------|-------------------------|---------------------------|--------------------------|-----------------------|--------------------------|--------------------|---|---------------------------------------|
| | Fundraising £ | Service provision £ | External Affairs £ | Event costs £ | Governance costs £ | | | |
| Staff costs (Note 9) | 997,816 | 3,135,676 | 537,452 | 98,810 | - | 775,253 | 5,545,007 | 4,916,669 |
| Operational costs | 234,248 | 533,810 | 26,148 | 131,157 | - | - | 925,363 | 889,843 |
| Facilities costs | 56,597 | 166,505 | 25,890 | 10,564 | - | - | 259,556 | 187,601 |
| IT costs | 60,915 | 179,211 | 27,865 | 11,370 | - | - | 279,361 | 258,545 |
| Irrecoverable VAT | 21,126 | 62,152 | 9,664 | 3,943 | - | 20,779 | 117,664 | 181,097 |
| Other Costs | - | - | - | - | 66,117 | 285,346 | 351,463 | 280,613 |
| | <u>1,370,702</u> | <u>4,077,354</u> | <u>627,019</u> | <u>255,844</u> | <u>66,117</u> | <u>1,081,378</u> | <u>7,478,414</u> | <u>6,714,368</u> |
| Support costs | (64,476) | 948,828 | 139,930 | 57,096 | - | (1,081,378) | - | - |
| Governance costs | 14,417 | 42,414 | 6,595 | 2,691 | (66,117) | - | - | - |
| Total expenditure 2024 | <u>1,320,643</u> | <u>5,068,596</u> | <u>773,544</u> | <u>315,631</u> | <u>-</u> | <u>-</u> | <u>7,478,414</u> | |
| Total expenditure 2023 | <u>1,123,333</u> | <u>4,717,109</u> | <u>734,341</u> | <u>139,585</u> | <u>-</u> | <u>-</u> | | <u>6,714,368</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the period ended 30 September 2024

7b Analysis of expenditure (prior year)

| | Charitable activities | | | | | | 2023 Total £ |
|-------------------------------|-----------------------|---------------------------|--------------------------|------------------|--------------------------|-----------------------|--------------------|
| | Fundraising £ | Service provision £ | External Affairs £ | Event costs £ | Governance costs £ | Support costs £ | |
| Staff costs (Note 9) | 875,631 | 2,747,569 | 498,934 | 60,591 | – | 733,944 | 4,916,669 |
| Operational costs | 216,255 | 593,842 | 38,232 | 41,514 | – | – | 889,843 |
| Facilities costs | 40,166 | 123,918 | 19,761 | 3,756 | – | – | 187,601 |
| IT costs | 55,356 | 170,780 | 27,233 | 5,176 | – | – | 258,545 |
| Irrecoverable VAT | 38,773 | 119,623 | 19,075 | 3,626 | – | – | 181,097 |
| Other Costs | – | – | – | – | 62,969 | 217,644 | 280,613 |
| | 1,226,181 | 3,755,732 | 603,235 | 114,663 | 62,969 | 951,588 | 6,714,368 |
| Support costs | (116,360) | 919,831 | 124,459 | 23,658 | – | (951,588) | – |
| Governance costs | 13,512 | 41,546 | 6,647 | 1,264 | (62,969) | – | – |
| Total expenditure 2023 | 1,123,333 | 4,717,109 | 734,341 | 139,585 | – | – | 6,714,368 |

Notes to the financial statements

For the period ended 30 September 2024

8 Net income / (expenditure) for the year

This is stated after charging / (crediting):

| | 18 months to 30 September 2024 £ | 12 months to 31 March 2023 £ |
|---|---|---------------------------------------|
| Depreciation | 22,209 | 12,883 |
| Operating lease rentals payable: | | |
| Property | 110,001 | 114,022 |
| Other | 67,110 | 67,200 |
| Auditor's remuneration (excluding VAT): | | |
| Audit | 17,800 | 12,350 |
| Prior Year Audit | 8,929 | - |
| Other services | 8,483 | 1,750 |

9 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

| | 18 months to 30 September 2024 £ | 12 months to 31 March 2023 £ |
|----------------------------------|---|---------------------------------------|
| Salaries and wages | 4,834,012 | 4,337,789 |
| Redundancy and termination costs | 11,496 | - |
| Social security costs | 464,991 | 413,712 |
| Pension costs | 234,508 | 165,168 |
| | 5,545,007 | 4,916,669 |

The redundancy and termination costs were settled and paid at the balance sheet date .

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

| | 2024 No. | 2023 No. |
|---------------------|-------------|-------------|
| £60,000 – £69,999 | - | 1 |
| £70,000 – £79,999 | - | 3 |
| £80,000 – £89,999 | - | 1 |
| £100,000 – £109,999 | 2 | - |
| £110,000 – £119,999 | 1 | - |
| £130,000 – £139,999 | 1 | - |

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £502,940 (2023: £459,186).

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £1,090 (2023: £nil) incurred by 3 (2023: nil) members relating to attendance at meetings of the trustees.

Notes to the financial statements

For the period ended 30 September 2024

10 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 132 (2023: 167).

Staff are split across the activities of the charity as follows (average headcount basis):

| | 2024 No. | 2023 No. |
|---------------------|--------------|--------------|
| Raising funds | 21.0 | 26.0 |
| – Central Services | 19.0 | 24.0 |
| – Service Provision | 81.0 | 100.0 |
| – External Affairs | 9.0 | 15.0 |
| – Event Costs | 2.0 | 2.0 |
| | 132.0 | 167.0 |
| | 132.0 | 167.0 |

11 Related party transactions

Donations from 1 (2023–2) of the Trustees during the year totalled £1,800 (2023–£270). The Health Foundation, of which David Smart is a Governor, made donations totalling £13,000 (2023–£13,000) in the year. There were no further related party transactions.

12 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

13 Tangible fixed assets

| | Asset under construction | Improvements to leasehold property £ | Computer equipment & software £ | Total £ |
|---------------------------------|-----------------------------|---|--|------------|
| Cost | | | | |
| At the start of the period | – | 90,476 | 184,415 | 274,891 |
| Additions in the period | 15,694 | – | 116,269 | 131,963 |
| Disposals in the period | – | – | (184,415) | (184,415) |
| | 15,694 | 90,476 | 116,269 | 222,439 |
| Depreciation | | | | |
| At the start of the period | – | 65,785 | 184,415 | 250,200 |
| Charge for the period | – | 12,520 | 9,689 | 22,209 |
| Eliminated on disposal | – | – | (184,415) | (184,415) |
| | – | 78,305 | 9,689 | 87,994 |
| Net book value | | | | |
| At the end of the period | 15,694 | 12,171 | 106,580 | 134,445 |
| At the start of the period | – | 24,691 | – | 24,691 |

All of the above assets are used for charitable purposes.

We are currently developing a new CRM system and £15,694 was spent during the period on an element of this that has not yet been brought into use.

Notes to the financial statements

For the period ended 30 September 2024

14 Debtors

| | 2024 £ | 2023 £ |
|--------------------------------|----------------|----------------|
| Trade debtors | 72,164 | 130,464 |
| Other debtors | 2,448 | 9,023 |
| Prepayments and accrued income | 707,082 | 682,223 |
| | <u>781,694</u> | <u>821,710</u> |

15 Creditors: amounts falling due within one year

| | 2024 £ | 2023 £ |
|------------------------------|----------------|------------------|
| Trade creditors | 51,501 | 60,214 |
| Taxation and social security | 49,107 | 126,679 |
| Other creditors | 89,194 | 35,126 |
| Accruals and deferred income | 787,281 | 1,614,864 |
| | <u>977,083</u> | <u>1,836,883</u> |

16 Deferred income

Income is deferred where contract income is received upfront but the services are provided over a period of time. The income is released in line with the provision of the agreed services.

| | 2024 £ | 2023 £ |
|---|----------------|------------------|
| Balance at the beginning of the period | 1,560,059 | 1,664,924 |
| Amount released to income in the period | (1,560,059) | (1,664,924) |
| Amount deferred in the period | 742,552 | 1,560,059 |
| | <u>742,552</u> | <u>1,560,059</u> |

19 Pension scheme

SCHEME: TPT Retirement Solutions – The Growth Plan

The company participates in the scheme, a multi-employer scheme which provides benefits to some 638 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004 which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2022 to 31 January 2025: £3,312,000 per annum

(payable monthly)

Unless a concession has been agreed with the Trustee the term to 31 January 2025 applies.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

The present value of the liability at 30 September 2024 is £473 (31 March 2023 £2,498) The share of contributions paid to the scheme by the company in this period amounted to £2,141 (2023 £1,427)

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the period ended 30 September 2024

20a Analysis of net assets between funds (current year)

| | General unrestricted £ | Restricted £ | Total funds £ |
|--|------------------------------|-----------------|------------------|
| Tangible fixed assets | 134,445 | – | 134,445 |
| Net current assets | (116,726) | 213,978 | 97,252 |
| Net assets at 30 September 2024 | 17,719 | 213,978 | 231,697 |

20b Analysis of net assets between funds (prior year)

| | General unrestricted £ | Restricted £ | Total funds £ |
|------------------------------------|------------------------------|-----------------|------------------|
| Tangible fixed assets | 24,691 | – | 24,691 |
| Net current assets | (147,416) | 181,717 | 34,301 |
| Net assets at 31 March 2023 | (122,725) | 181,717 | 58,992 |

21a Movements in funds (current year)

| | At 1 April 2023 £ | Income & gains £ | Expenditure & losses £ | Transfers £ | At 30 September 2024 £ |
|--------------------------------------|-------------------------|------------------------|------------------------------|----------------|---------------------------------|
| Restricted funds: | | | | | |
| Aviva Foundation | 32,083 | – | (32,083) | – | – |
| Alice Ellen Cooper Dean CF | – | 5,000 | (5,000) | – | – |
| CHK Foundation | – | 30,000 | (30,000) | – | – |
| City Bridge Trust | 8,646 | – | (8,646) | – | – |
| Eveson Charitable Trust | – | 10,000 | (10,000) | – | – |
| Extended Helpline | – | 75,546 | (75,546) | – | – |
| Garfield Weston Foundation | – | 75,000 | (68,750) | – | 6,250 |
| Hospital Saturday Fund | – | 2,000 | (2,000) | – | – |
| The National Lottery Community Fund | – | 431,844 | (431,844) | – | – |
| Northern Ireland Carers Fund | 53,169 | 30,917 | (74,557) | – | 9,529 |
| Paul Bassham | – | 5,000 | (5,000) | – | – |
| Rayne Foundation | – | 20,000 | (20,000) | – | – |
| Scottish Government | – | 1,013,084 | (911,776) | – | 101,308 |
| St James Place | 10,001 | – | (10,001) | – | – |
| Simon Gibson Trust | – | 10,000 | (10,000) | – | – |
| Souter Charitable Trust | – | 5,000 | (5,000) | – | – |
| Scottish Government Lived Experience | – | 79,784 | (73,856) | – | 5,928 |
| Susan Hill | – | 65,000 | (65,000) | – | – |
| Bird Song (Vogelgezung) | 77,818 | 259,927 | (282,782) | – | 54,963 |
| Welsh Government | – | 39,001 | (39,001) | – | – |
| W M Mann Foundation | – | 72,000 | (36,000) | – | 36,000 |
| Total restricted funds | 181,717 | 2,229,103 | (2,196,842) | – | 213,978 |
| General funds | (122,725) | 5,422,016 | (5,281,572) | – | 17,719 |
| Total unrestricted funds | (122,725) | 5,422,016 | (5,281,572) | – | 17,719 |
| Total funds | 58,992 | 7,651,119 | (7,478,414) | – | 231,697 |

The narrative to explain the purpose of each fund is given at the foot of the note below.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Notes to the financial statements

For the period ended 30 September 2024

21b Movements in funds (prior year)

| | At 1 April 2022 £ | Income & gains £ | Expenditure & losses £ | Transfers £ | At 31 March 2023 £ |
|--------------------------------------|-------------------------|------------------------|------------------------------|----------------|--------------------------|
| Restricted funds: | | | | | |
| Aviva Foundation | 70,000 | - | (37,917) | - | 32,083 |
| City Bridge Trust | - | 103,550 | (94,904) | - | 8,646 |
| Extended Helpline | 36,555 | - | (36,555) | - | - |
| Extended Helpline | - | 133,584 | (133,584) | - | - |
| Garfield Weston Foundation | 75,000 | - | (75,000) | - | - |
| Hospital Saturday Fund | 36,026 | - | (36,026) | - | - |
| The National Lottery Community Fund | 355,594 | 105,155 | (460,749) | - | - |
| NHS Norfolk and Waveney CCG | 49,025 | - | (49,025) | - | - |
| National Lottery- 3rd fund | - | 315,849 | (315,849) | - | - |
| NI Carers | 61,834 | - | (8,665) | - | 53,169 |
| Margaret Starkie | 12,500 | - | (12,500) | - | - |
| Tampon Tax | 15,695 | 176,278 | (191,973) | - | - |
| Scottish Government | - | 671,358 | (671,358) | - | - |
| St James Place Charitable Foundation | - | 60,006 | (50,005) | - | 10,001 |
| Bird Song (Vogelgezang) | - | 103,757 | (25,939) | - | 77,818 |
| Welsh Government | 15,973 | - | (15,973) | - | - |
| Total restricted funds | 728,202 | 1,669,537 | (2,216,022) | - | 181,717 |
| Unrestricted funds: | | | | | |
| General funds | 1,494,646 | 2,880,975 | (4,498,346) | - | (122,725) |
| Unrestricted funds | 1,494,646 | 2,880,975 | (4,498,346) | - | (122,725) |
| Pension reserve | - | - | - | - | - |
| Total funds | 2,222,848 | 4,550,512 | (6,714,368) | - | 58,992 |

Purposes of restricted funds

Aviva Foundation – To provide training to schools professionals

Alice Ellen Cooper Dean CF- SPOT for secondary and primary schools within their catchment area in Dorset and rural

CHK Foundation- Helpline

City Bridge Trust- Locality work in London, covering training, GP and awareness

Eveson Charitable Trust- helpline across Herefordshire, Worcestershire and West Midlands

Extended Helpline- Delivery costs for Beat's digital services

Garfield Weston Foundation- Helpline services

Hospital Saturday Fund- Helpline

The National Lottery Community Fund- Locality based work in Scotland and North East England

Northern Ireland Carers Fund- Delivering support services to carers in Northern Ireland

Paul Bassham- helpline in Norfolk

Rayne Foundation- Peer support service

Scottish Government- Support services in Scotland

St James Place- Helpline services

Simon Gibson Trust- Helpline

Souter Charitable Trust- Helpline in Scotland

Scottish Government Lived Experience- funding work to establish and run the lived experience panel in Scotland

Bird Song (Vogelgezang)- External Affairs including Policy and Campaigns

Welsh Government- Support services in Wales

W M Mann Foundation- Staffing in Scotland

Tampon Tax- Support and services for carers across the UK

Margaret Starkie- Work on External Affairs and research

NHS Norfolk and Waveney CCG- Training and support services to carers in Northern Ireland

National Lottery (3rd fund)- Helpline

Notes to the financial statements

For the period ended 30 September 2024

22 Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

| | Property | | Equipment | |
|--------------------|----------------|----------------|--------------|--------------|
| | 2024 | 2023 | 2024 | 2023 |
| | £ | £ | £ | £ |
| Less than one year | 37,500 | 83,834 | 5,795 | 1,774 |
| One to five years | 75,000 | 134,958 | 1,096 | 1,995 |
| Over five years | - | - | - | - |
| | 112,500 | 218,792 | 6,891 | 3,769 |

23 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

24. Prior year adjustment

In the previous accounting period (Year Ended 31st March 2023) a prior year adjustment of £210,440 was made to reflect a revised treatment of grant income recognition.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

England & Wales - Charity number 801343

Accounts



TRUSTEES' REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2023

Beat
Eating disorders

Beat (formerly Eating Disorders Association) is a registered charity in England and Wales (no 801343) and Scotland (SC039309). Company limited by guarantee no 2368495.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

CONTENTS

| | Page |
|--|-------------|
| Reference and administrative details of the charity, its Trustees and advisers | 1 |
| Chair's statement | 3 |
| Trustees' report | 5 |
| Independent auditors' report on the financial statements | 19 |
| Statement of financial activities | 22 |
| Balance sheet | 23 |
| Statement of cash flows | 24 |
| Notes to the financial statements | 25 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2023

| | | |
|-----------------------------------|---|--|
| Trustees | Mike Cooke, Chair Valerie Jolliffe, Treasurer Dr Stephen Anderson Jo Bennett Richard Davis (resigned 20 September 2022) Robin Hepburn (appointed 21 March 2023) Adam Leigh (appointed 21 March 2023) Dr Sandeep Ranote (resigned 20 September 2022) Dr Paul Robinson (resigned 21 March 2023) Neil Roskilly (resigned 13 June 2023) Emily Rothwell David Smart Dr Selma Stafford (appointed 13 June 2023) | |
| Company registered number | 02368495 | |
| Charity registered numbers | 801343 and SC039309 | |
| Registered office | 1 Chalk Hill House 19 Rosary Road Norwich Norfolk NR1 1SZ | |
| Company secretary | Claire Reynolds | |
| Executive team | Andrew Radford, Chief Executive Officer Caroline Price, Director of Services Tom Quinn, Director of External Affairs Claire Reynolds, Director of Finance and Resources Philip Roethenbaugh, Director of Marketing & Income Generation (to 30 May 2023) Hannah Bloom, Director of Marketing & Income Generation (from 18 September 2023) | |
| Independent auditors | Price Bailey LLP Chartered Accountants Anglia House, 6 Central Avenue St Andrews Business Park Thorpe St Andrew Norwich NR7 0HR | |
| Bankers | NatWest 21 Gentlemans Walk Norwich NR2 1NA | Barclays 3 St James Court Norwich NR3 1RJ |
| | The Co-Operative Bank 69 London Street Norwich NR2 1HT | |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2023

Beat is supported by a multidisciplinary Clinical Advisory Group of senior clinicians:

Dr Stephen Anderson (Consultant Psychiatrist)

Abigail Cardwell (Lead Occupational Therapist)

Dr Erica Cini (Consultant Child and Adolescent Psychiatrist and Clinical Lead)

Sam Clark-Stone (Lead Clinician and Registered Mental Health Nurse)

Sarah Fuller (Specialist Eating Disorder Dietitian)

Dr Sheryllin McNeil (Clinical Psychologist)

Dr Ciaran Newell (Consultant Nurse)

Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead)

Dr Paul Robinson (Consultant Psychiatrist)

Becca Randell (Kent, Surrey and Sussex Implementation Lead, Children's Mental Health - KSS Academic Health Science Network and KSS Applied Research Collaborative)

Professor Ulrike Schmidt (Professor of Eating Disorders & Consultant Psychiatrist)

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
CHAIR'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

It continues to be shocking that the prevalence of eating disorders remains so very high in our country. At the same time securing early diagnosis and treatment remain very challenging. As a consequence, the demand for Beat's services remains high and we delivered 96,473 support sessions during the year.

What has changed is the wider economic environment which is challenging for all charities. Beat started the 2022/2023 financial year in a period of growth but this ended at the conclusion of the financial year with much lower levels of commissioning of our work to support people waiting for statutory services whilst the cost-of-living crisis also led to a reduction in donations. This has meant that 2023 has been a very challenging year compounded by fewer referrals into our commissioned services than had been planned for. Therefore we have had to consolidate our existing teams and services to ensure that we can continue to offer stability and sustainability, maintaining the highest level of quality support to our beneficiaries.

Sadly we know this is not an uncommon position within the voluntary sector at the moment and I would like to recognise the stoicism, energy and dedication of staff and volunteers particularly as well as trustees as we work through these difficult and uncertain times and continue to deliver against our strategy.

To further empower our beneficiaries to find the right support, we reviewed Helpfinder to ensure that specialist support programmes, services and professionals are listed and can be found for beneficiaries in their area. Re-launched in December 2022, the new Helpfinder has seen an increase in usage, with on average, 7000 unique visitors a month since its relaunch.

This year, for Eating Disorders Awareness Week (EDAW) we focussed on raising awareness of men with an eating disorder, which was a great success. We reached 3 million people across all media channels and achieved a higher involvement of those with lived experience in the campaign.

As a result of EDAW, we saw: a new route for men with eating disorders to access support through the Osprey group; 80 schools professionals being trained to help spot the signs and behaviours young men suffering from eating disorders may exhibit; a 23% increase in the number of men contacting the helpdesk; and 173 new sign ups to POD. There was a 50% increase in the number of self-referrals of men (SharED programme).

Our wider work to increase awareness of eating disorders and their impact is a crucial part of our strategy so we were pleased that the year saw debates in both Westminster (Westminster Hall and House of Lords) and Scottish Parliaments, a statement highlighting Beat's work and EDAW in the Senedd (Welsh Parliament) and the re-launching of the Cross-Party Group on Eating Disorders in Wales.

To ensure that we are truly representative of our beneficiaries, Beat commissioned the Equality Academy to carry out a review into its equality, diversity and inclusion (ED&I) practices. The aim of this review was to provide Beat with guidance and support to better understand and strengthen its approach to ED&I. The report highlighted areas where we can continue to strengthen, including recruitment processes and evaluation practices. We recognise where there are areas for improvement and work is underway to progress the recommendations.

A priority for Beat during this year has been campaigning for greater research funding and we have made strides in this area with the MRC, the Economic and Social Research Council (ESRC), the Arts and Humanities Research Council (AHRC), the Medical Research Foundation and the National Institute for Health and Care Research (NIHR) combining to issue funding calls to support UK eating disorder research following our campaign.

Most of the major UK research funders have since jointly issued an ED research fund of £4.25m over 3 years with a focus on capacity-building for the sector.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**CHAIR'S STATEMENT (continued)
FOR THE YEAR ENDED 31 MARCH 2023**

Beat's work to improve the lives of people with eating disorders and their loved ones is made possible through the generosity of a huge number of dedicated individuals. I would like to thank every single person who contributed to Beat's impact over the past year by offering their time, skills, lived experience and funding. This includes our volunteers, donors of all kinds, campaigners, fundraisers, partners and supporters. The wider economic situation continues to have an impact on our fundraising and we continue to work through some difficult times but we are clear sighted about the positive impact of our services and wider work. It is thanks to your ongoing commitment to improving the lives of people affected by eating disorders that makes our work possible.

Mike Cooke

Mike Cooke (Jan 29, 2024, 4:37pm)

Mike Cooke, Chair

Date: 29 Jan 2024

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the audited financial statements for the year 1 April 2022 to 31 March 2023. The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document, the Charities Act 2011 and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) published in October 2019.

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Directors Report) Regulations 2013 is not required.

The company trades under the name Beat.

BACKGROUND

Eating disorders are serious mental illnesses that include anorexia, bulimia, binge eating disorder, ARFID (avoidant/restrictive food intake disorder) and OSFED (other specified feeding or eating disorder). Anorexia has a higher mortality rate than any other mental illness.

Eating disorders have an enormous impact on the person affected as well as their friends and family, seriously disrupting their education, employment and relationships. They cause both physical and psychological problems, often with long-term impacts.

Around 6% of people in the UK will suffer from an eating disorder at some point in their lives, with at least 1.25 million people suffering at any one time, at an estimated annual cost to the NHS of £4.6bn.

While anorexia and bulimia are most commonly found in girls and young women, they affect people of all genders, races, ages, sexualities and backgrounds. Binge eating disorder normally affects adults, with men and women affected more equally.

We know that the sooner someone seeks and gets help, the more likely they are to make a fast and full recovery. But rapid treatment is difficult. On average, people delay for three years between their eating disorder symptoms emerging and seeking help from the NHS. They then find themselves in a cycle of waiting, treatment, partial recovery and relapse lasting another six years on average, with many people never fully recovering.

We also know that sufferers who have the empowered support of their families and friends are more likely to get well sooner. But when someone is affected by an eating disorder, the people close to them rarely know why it's happening or what to do about it. They also suffer as they don't know how to support their loved one to seek treatment, or how to stop things getting worse while they wait for treatment to start.

Suffering is further compounded by misunderstanding in society, misrepresentation in the media, and under-funding of research. Eating disorder sufferers can face stigma and discrimination at school, university and in the workplace.

PURPOSE

Beat exists to end the pain and suffering caused by eating disorders.

We do this by working directly with sufferers and their families, and by using that experience to highlight the challenges they face and to campaign for change. We work both nationally and locally and focus on three priority areas: early intervention, family and carer empowerment, and prevention and cure.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

PURPOSE (continued)

We produce information to alert people to the early signs of an eating disorder, what to do about them and how to support someone who falls ill. We help people to understand their illness, guide them to seek medical help, and support them to ensure they get the treatments to which they are entitled.

We produce research that highlights the challenges and inequities faced by people affected by eating disorders, and we campaign for increased resourcing for eating disorders, reduced waiting times and better education for health and medical professionals.

OUR HISTORY

Beat has been working for people with eating disorders for over 40 years. Anorexic Aid was formed in Manchester in 1974 while Anorexic Family Aid was created in Norwich in 1976. The two organisations merged in 1989 to become the Eating Disorders Association. We started to use the name Beat in 2007 and changed our registered name to Beat (formerly Eating Disorders Association) on 18 October 2018.

OUR VALUES

All staff, trustees and volunteers at Beat share the vision of an end to the pain and suffering caused by eating disorders. We are inspired by the people we serve, by the difference we can make, and by our commitment to each other.

To make our vision a reality, we need to be bold. It takes a particular courage for our beneficiaries to ask us for help. We need to be courageous in return, being proactive in seeking new opportunities, embracing new ways of working, and challenging things that are preventing our vision from becoming a reality.

Central to our success is our commitment to building and maintaining supportive and mutually empowering relationships with our colleagues, supporters and beneficiaries. In turn, these relationships provide us with unique experience and learning, which we use to speak with both compassion and authority about the realities of eating disorders.

We also believe that people performing at their best are happier in their work and that happy people perform at their best, so we aim to create and protect a trusting and collaborative environment where people can experiment, learn and flourish.

We all have the responsibility of ensuring our behaviours and relationships reflect these values on a day-to-day basis and of holding ourselves and each other accountable when they do not through Beat's management principles.

When we get this right, we will achieve brilliant results together, making Beat a truly inspiring and enjoyable place to work.

OUR STRATEGY

Our five-year strategy for 2019-24 sets out how we will make the greatest possible progress on our priorities of early intervention, family empowerment, and prevention and cure.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

STRATEGY (continued)

Specifically, our goals during this period are for:

- Everyone who falls ill to begin and successfully complete treatment within the shortest possible timeframe, reducing the delay between someone falling ill and seeking treatment from over three years at present to less than 12 months.
- All families and carers of eating disorder sufferers to be fully informed and involved as their loved one seeks, receives and exits treatment, increasing the likelihood of successful and sustained recovery.
- An increase in the funding and priority given to eating disorders research so that there is a realistic chance of effective cures and prevention strategies being discovered.

To achieve the goals of our 2019-24 strategy, all our activities will be geared towards:

- Supporting beneficiaries: providing online and telephone support to everyone who needs us, offering guidance to overturn decisions that deny early intervention or family empowerment, running communication campaigns and publishing materials to increase understanding of eating disorders, and developing the skills of carers through education, networking and peer support.
- Empowering professionals: developing and providing services to the NHS, offering high-quality training, developing information materials that guide professionals and institutions, lobbying for the comprehensive and effective inclusion of eating disorders in the training of medical professionals, and supporting academics performing high quality clinical research.
- Changing policy and practice: lobbying for better government policy and more generous funding, defining best practice and holding to account those responsible for delivering it, promoting the adoption of innovative treatment approaches, and communicating the real life experiences of eating disorder sufferers to decision makers and influencers.

ACHIEVEMENTS AND PERFORMANCE

This 2022-2023 annual report demonstrates progress over the past financial year against our 2019-24 strategy and will therefore concentrate on the following key areas of our work:

- Supporting beneficiaries
- Empowering professionals
- Changing policy and practice
- Income generation
- Publicity, marketing and mobilisation

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

SUPPORTING BENEFICIARIES

Beat offers both telephone and digital support services and operates 365 days per year. In the 2022-2023 financial year there was a changing landscape as Covid restrictions were fully removed and people returned to regular work routines and eating disorder services slowly started to resume. As a result of this change, we saw a reduction in the demand for online group support. Despite this, we delivered 96,473 (2022: 127,705) individual support sessions which included phone calls, web chats, emails, online groups and a wide range of individual support programmes for people with eating disorders and their carers, including:

- SharED – peer-to-peer support for young people provided over email by volunteer befrienders - 5,222 support sessions (2022: 6,770)
- Nexus – weekly telephone coaching for carers delivered by a Beat Adviser - 1,156 support sessions (2022: 2,772)
- Bolster – coaching support for adults with disordered eating behaviours unable to access eating disorder treatment - 1,205 support sessions (2022: 395)
- Momentum – guided self-help for binge eating disorder from a Specialist Advisor, using NICE-recommended book 'Overcoming Binge Eating' - 2,956 support sessions (2022: 819)
- Endeavour - started January 2023 as a carer support group for parents/carers of young people aged 5-15, with an ARFID (Avoidance/Restrictive Food Intake Disorder) diagnosis and/or displaying ARFID behaviours and presentations - 448 support sessions since January 2023.
- Helpline - empowering others to seek help - 83,514 support sessions (2022: 116,949)

In addition to our one-to-one support services, we also delivered a number of group training sessions designed to enable carers of someone with an eating disorder to better support their loved one:

- Developing Dolphins – online training delivered by a Beat Clinical Associate Trainer over five evenings based on the New Maudsley method
- Raising Resilience – online workshops delivered by a Beat Clinical Associate Trainer over 5 weeks addressing topics including mealtime stress, setting boundaries and motivational techniques to support recovery
- Solace – video-based peer support facilitated by a Beat Clinical Associate Trainer and led by participants, enabling carers to share their feelings with others in a similar situation

We continue to provide POD (Peer support and Online Development) which is our online platform for anyone caring for someone with an eating disorder. POD combines training, peer support and other resources in one easy-to-navigate online platform. Between April 2022 and March 2023 we saw 6,337 new sign-ups to POD (2022: 3,569). The total number of users on POD at end of March 23 was 9,906.

Building on our online information which helps people to overturn decisions that deny them treatment, support or information, we piloted a case worker service to work with people who need additional help to challenge bad decisions themselves. This proved successful with the first 7 people supported all able to reverse the bad decisions made about them. Detailed guidance was also created to empower people to advocate themselves to overturn decisions.

Our 'Eating Disorders: Support for the Frontline' conference ran online for the second time this year. Over 1,700 parents, partners and other carers of people with eating disorders, along with frontline health and education professionals came together via our virtual event platform for learning, mutual support and encouragement (2022: 520).

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

EMPOWERING PROFESSIONALS

Empowering professionals to better support people with eating disorders and their carers remains an important aspect of our work.

'Beyond the Symptoms' is a video-call based training course for clinicians, delivered over two half-days, followed by access to regular online peer support community of practice. The course aims to help clinicians to be better able to spot the signs of an eating disorder, make earlier referrals and provide appropriate support. We provided this training to 509 professionals during the year.

In collaboration with our partners at Health Education England we launched e-learning sessions for GPs and primary care professionals and a webinar series for oral healthcare teams, dietitians and community pharmacy teams, all now hosted by e-Learning for Healthcare. These join the education programmes for medical students, foundation doctors and qualified nursing staff already produced as part of this collaboration. Work also began on a module for acute medicine professionals aimed at helping staff to identify eating disorders, recognise the urgency of the situations they may face and admitting/closely monitoring patients when necessary, and which became available early in the 2023-24 financial year. All draw on significant input from the target audiences as well as people with lived experience (patient and carer).

Finally, we continued to deliver our 'Spotting the Signs' and 'Primary Prevention' training, for secondary schools and primary schools respectively, online and further developed the SPOT platform. This sits alongside our POD platform for carers in a learning management system.

We held our first in-person stakeholder event for 2½ years in Glasgow in September, bringing together people from across the eating disorders community in Scotland to meet, hear about government progress and how Beat is supporting it.

We moved our biennial Eating Disorders International Conference (EDIC) online during lockdown, and this year we took the decision to replace EDIC with a regular series of half-day workshops exploring single issues in detail from different angles, convened by subject experts and targeting clinicians (while also being relevant to interested carers, education professionals and others). Two workshops ran this year, the first covering Autism and Eating Disorders and the second on Exercise and Eating Disorders.

CHANGING POLICY AND PRACTICE

A significant breakthrough this year has been in our campaign to increase funding for eating disorder research. Last year, in conjunction with the All-Party Parliamentary Group on eating disorders (a cross-party group of MPs and Peers) we conducted an inquiry into the issue and produced a report of our findings 'Breaking the Cycle'. This demonstrated the paucity of funding for eating disorder research and highlighted the major reasons for this including the lack of capacity within the eating disorder field which leads to a cycle of underfunding.

Our findings have been very impactful with funders, in particular the MRC which, following the publication of our report, decided to convene workshops with all the major research funders, researchers in the field and people with lived experience of eating disorders, to discuss the issues we had identified and how to address them. We were members of the steering group supporting this development and presented our findings to open the workshop.

As a result, a majority of the major funders, namely the MRC, the Economic and Social Research Council (ESRC), the Arts and Humanities Research Council (AHRC), the Medical Research Foundation (MRF) and the National Institute for Health and Care Research (NIHR) combined to issue a £4.25m funding call to support UK eating disorder research. This grant responds to the key concern we identified – namely the urgent need to build the capacity of the field, primarily by recruiting and retaining skilled researchers. The funding seeks to do this through a focus on building capacity in the sector and collaboration, including with researchers that have in the past focused on other conditions.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

CHANGING POLICY AND PRACTICE (continued)

We were approached by ten different research groups planning to submit applications for this funding and agreed to being a part of six of these applications, principally focussed on ensuring that people with lived experience of eating disorders are fully engaged in these projects. We will report on the outcome of these applications and subsequent work carried out next year.

Another priority has been campaigning against the introduction of a legal requirement for restaurants to list calories on their menus, which we know will have a harmful impact on people with, or at risk of, eating disorders. While it was disappointing that this measure has been introduced in England, we succeeded in reducing the harm it will cause, through preventing it being required on children's menus or in education settings and by the Government including a provision that restaurants can provide an alternative menu without calorie information on request. In addition, the NIHR commissioned research into the potential harms caused by this measure.

Our focus then moved to preventing similar measures being introduced in Scotland and Wales. We raised concerns directly with the relevant ministers and civil servants and supported our campaigners to raise their concerns on the issue. Over 3,500 people signed an open letter to the Scottish minister, while 700 did similarly in Wales, which we presented to the ministers alongside our lived experience volunteers. We have also worked with other stakeholders to raise concerns – many MSPs spoke out against the measure in a Scottish Parliament debate during Eating Disorders Awareness Week, and we partnered with organisations in Wales including the Royal College of Psychiatrists to raise concerns. Our campaign appears to be working, with both Governments being receptive to our arguments and no measures being introduced to date.

Following the national review of eating disorder services in Scotland making recommendations in line with our positions on early intervention and family empowerment we have been closely involved in the implementation of the review, including through membership of all the working groups set up to drive this forward. We have also established a lived experience panel, funded by the Scottish Government, to inform the implementation of the review. Implementation of the Welsh review of eating disorders is slower, although a national clinical lead is now in place. We were also instrumental in the re-establishment of the cross-party group on eating disorders in Wales, which will help to hold the Government to account on progress made.

We are active in the 'Task and Finish group' assembled by NHS England to review the scope of the access and waiting time standard for children and young people and update the accompanying guidance to NHS commissioners and providers. Due at least in part to our opposition some concerning proposals appear to have been abandoned. These included, most notably, a plan to remove generic CAMHS services from the standard (which would have significantly reduced its scope and disincentivised many services from providing effective early intervention).

We published a review of the evidence and recommendations on best practice in early intervention, complementing our earlier best practice statements on family empowerment, self-referral, intensive outpatient services and transitions between services. We then began to develop a campaign to have these best practice standards adopted by all the UK's eating disorder services. We recruited and commenced meetings with a lived experience panel and a services advisory group of clinicians to help us identify obstacles and have begun to engage directly with clinicians in eating disorder services.

In our campaign to ensure that all newly qualified doctors exit their training with an adequate understanding of eating disorders, 16 out of the UK's 41 medical schools now have effective medical training on eating disorders, with a further 10 in the process of implementing suitable training.

INCOME GENERATION

Without the generosity of individuals, families, companies and trusts who supported Beat over the past year, we would not be able to run our services to support those affected by eating disorders, nor to campaign on their behalf.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

INCOME GENERATION (continued)

In 2022-23, we had income of £4.55m (2021-22: £4.78m), of which £3.81m (2021-22 £4.3m) was from voluntary sources, decreasing fundraising income from the previous year by £491,004. In addition, we secured and delivered £703,063 (2021-22: £386,056) worth of contracts and commissions with public sector partners.

Following financial challenges in this year our focus in 2023-24 is around increasing income generation. Additional staffing is being allocated to raising funds and applying for grants. We are developing and implementing our new CRM system to enable better systems to monitor and track income and we are in regular discussions with existing and potential commissioners around new contract income. Beat is fortunate to have a base of committed supporters and our focus continues to be stewarding donors so they understand the difference they are making through their support. Our increasing profile and improved marketing will enable us to reach more people and new audiences so that we can grow our supporter base to help raise more money and ultimately help more people, as well as seeking new sources of unrestricted income.

PUBLICITY, MARKETING AND MOBILISATION

We relaunched HelpFinder, our online directory of eating disorder services and support, enabling people to find details of their local NHS community eating disorder service including how to obtain a referral for assessment. The results also include Beat services funded by the NHS in their locality, and the availability of other services provided by the private or charity sector which meet our criteria for quality and accreditation.

Our media coverage built on the success of previous years with Beat featuring in the press over 5,000 times in total. We cemented our position as a leading voice and the 'go-to' organisation for comment on issues which affect the eating disorder community. Our profile was enhanced by many appearances in flagship news programmes, including six appearances on BBC Breakfast alone. We were also approached by high-profile programmes wanting our input on their storylines, including EastEnders and Hollyoaks. It was also a significant year of progress in the devolved Nations, most notably Northern Ireland, where we are becoming a regular media commentator.

LOOKING FORWARD

Following the previous significant expansion in demand and delivery across all areas of our work, our primary focus during the 2023-2024 financial year will be to ensure maximum stability and sustainability and ensuring we have the right levels of staffing as we deal with the cost of living crisis and the multiple challenges facing our NHS partners. We will have increased focus on income generation and our performance against budgets and forecasts to work towards recovering our free reserves. Our goals include:

- To provide over 90,000 individual support sessions via our helpline and support programmes, and publish our online guidance to support people to challenge and overturn decisions that deny them access to treatment or information.
- To develop and launch new services to support people with ARFID and those living with longer-term illness.
- To complete and launch an education programme to equip peer support workers to operate effectively in eating disorder services, encouraging and supporting the NHS to fully embrace the many positive contributions that non-clinical staff can make in improving access, treatment and outcomes.
- To run our Frontline one-day conference for carers as well as 5 half-day single-issue workshops for clinicians, covering issues including Early intervention, Diversity and eating disorders, Type 1 Diabetes and eating disorders, Intensive home- and day-treatment, and ARFID.
- To have ensured that government commitments to eating disorder treatment targets and funding are honoured and where possible strengthened.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

LOOKING FORWARD (continued)

- To expand our campaigning for non-clinical best practice in the eating disorder services, pushing for improved provision in relation to early intervention, family and carer engagement, transitions between services and the availability of intensive home- and day-treatment.
- Research funders to have committed to maintaining and then raising their increased funding for eating disorders.

FINANCIAL REVIEW

2022/23 was a challenging year for Beat financially. Our contracted income from the NHS was reduced as eating disorder services struggled with long waiting lists, tight budgets and growing levels of crisis, diverting their attention in many cases away from the early intervention services that Beat can provide. Additionally, the wider economic challenges meant that voluntary income was not raised at the levels anticipated. We have therefore had to use our free reserves during the year. As a result of the deficit and impact on reserves the Trustees have identified a material uncertainty in relation to the application of the going concern principle (see note 1.3).

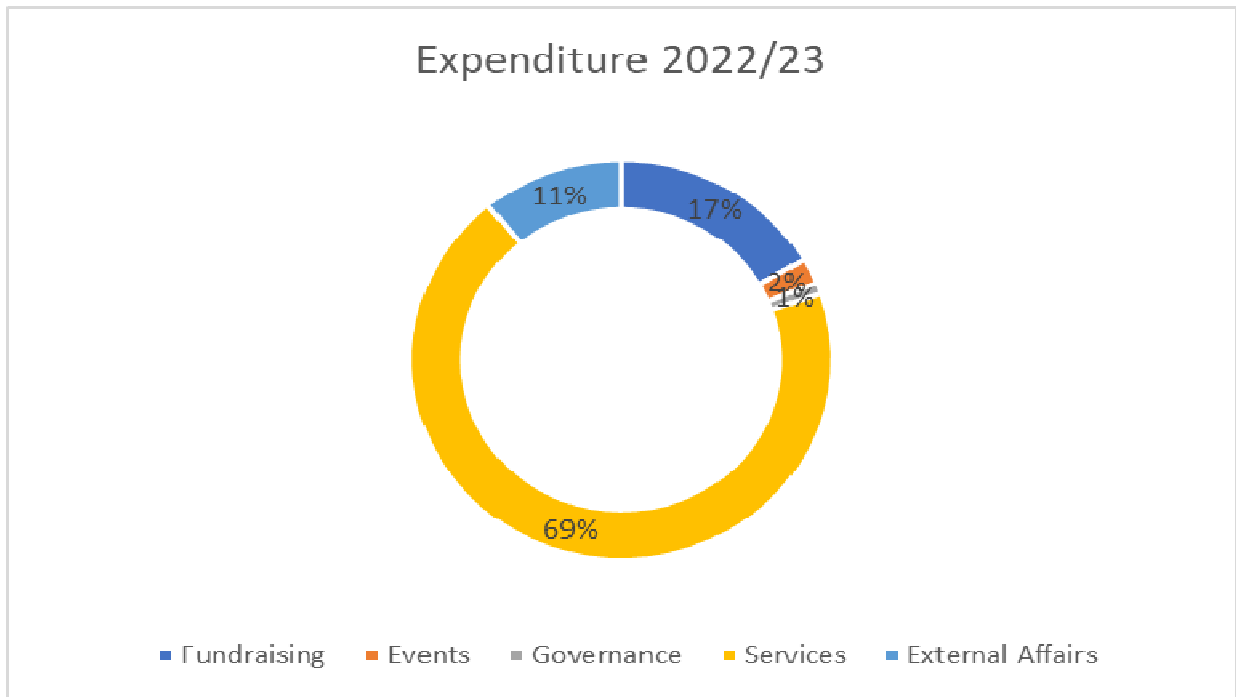
Total income for the year ended 31 March 2023 was £4.55m compared to £4.78m for the previous year. Expenditure of £6.71m was incurred in this financial year compared to £4.54m in the year ended 31 March 2022. This has reduced the total funds held by the charity to £58,992 at 31 March 2023, compared to £2.22m at 31 March 2022.

The deficit in this year is partly due to us deliberately choosing to spend the £1.1m surplus we had built up during 2020-21 and 2021-22, along with some accrued reserves, which were the result of income arriving in the late part of each financial year faster than we could spend it as required by the donor. The remainder is due to lower than anticipated income from funders and an inability to fully deliver public sector contracts (and recognise income received in advance) due to a lack of referrals from some of our public sector partners.

We have increased our focus on income generation and have clear plans which are being carefully monitored to recover our financial position. There are still areas of uncertainty in being able to achieve income at the levels forecast due to the current economic climate and our ability to fully deliver existing public sector contracts and to achieve future commissions. We have a series of mitigations to manage these risks including a change to the way we work with public sector partners to ensure we have more control over referrals and less risk over being able to deliver work. We have already reduced our cost base and if necessary will make further cuts in the next year to ensure we remain financially sustainable.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW (continued)



Balance Sheet

The value of fixed assets continues to fall as assets are generally no longer purchased but procured on a revenue basis. The net book value of fixed assets at 31 March 2023 was £24,691, down from £37,009 at 31 March 2022 due to depreciation charges in the year. Debtors levels decreased significantly from £2,121,400 in March 2022 to £821,710 at March 2023. All debts have subsequently been received. This reduction reflects lower commissions from NHS partners at the year end. The total figure for cash held at 31 March 2023 was £1,049,474 which is a decrease from the previous year where we held £2,272,523. Creditors also decreased to £1,836,883, previously £2,206,658.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW (continued)

Fundraising regulation

Beat's approach to fundraising is to maintain a balanced portfolio of income streams, in order to achieve a sustainable funding model.

We currently employ fourteen fundraisers, led by the Director of Marketing & Income Generation. Beat does not use the services of professional fundraising agencies to conduct any part of our fundraising programme. We promote a 'Supporters Promise' that sets out the standards donors can expect, including a pledge to not put undue pressure on supporters to make a gift. Beat also has a formal complaints procedure. There were no fundraising complaints in 2022-23 (one in 2021-22). Beat follows The Code of Fundraising Practice, as promoted by the Fundraising Regulator. Beat also has a Vulnerable Supporters Statement which is regularly reviewed and updated.

We are committed to working ethically and responsibly with all our supporters. This is detailed within our supporter promise, available on our website. This promise describes how we will always prioritise the health and wellbeing of supporters, never placing them under undue pressure and ensuring we work honestly, respectfully and sensitively with all supporters including fundraisers. We ensure personal data and details are collected and managed appropriately and we would never sell information to other parties.

Environmental Impact

We are committed to monitoring and reducing our environmental impact at Beat. We have an environmental action plan to monitor further improvements. We enable staff to work from home and employ paperless systems. We also run regular initiatives and awareness activities for staff.

Risk management

The Trustees are responsible for ensuring effective risk management and that internal controls are in place to appropriately manage the risk exposure of Beat. In June 2023, the Trustees completed their annual review of Beat's risk management strategy. In the course of this review, the Board has considered:

- The major risks to which Beat is exposed.
- The potential impact and probability associated with each risk.
- Existing internal controls and accountability for them.
- Mitigating actions needed to reduce each risk to a level that the Trustees consider to be acceptable. This year the board also considered the changes to risk caused by the recent growth and success of the organization.

All significant risks are reported in a risk register, and are monitored quarterly by the Executive Team and at every meeting of the Finance and Risk Committee, as well as being subject to a formal review by the Board of Trustees every year.

The key risks identified by the Trustees and mitigations taken are as follows:

- Cyberattack causing loss or theft of data of a commercially sensitive or personal nature - strong technical controls, encryption and firewalls are in place. We have cyber insurance and ensure access to sensitive data is limited with users receiving training to mitigate against cyberattack.
- Failure to comply with data protection legislation. We have a clear data protection policy and all staff receive bespoke training. We use multi-factor authentication and VPNs and regularly test for vulnerabilities. We have a clear procedure for reporting breaches and providing information under subject access requests and carry out data protection impact assessments as well as a full data audit annually.
- Inability to recruit or retain staff and volunteers. We have a robust recruitment and induction process. We promote learning, development and open feedback as well as communication from staff. Turnover is carefully monitored and exit interviews are carried out.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW (continued)

- Inability to raise the necessary income to meet our financial obligations and cashflow needs. We closely monitor financial performance and cashflow and are able to control and cut costs as needed to meet income levels.
- Inability to deliver contracted services leading to a reduction in income. This is managed by relationship management with commissioners, close monitoring of planned outputs, referrals and staff resources. We maximise the ability to self refer to services and use marketing and advertising to make beneficiaries aware of training and services available.
- Support services provide ineffective or inaccurate advice. Staff and volunteers receive comprehensive training and quality control is in place. Clinically trained staff oversee and provide guidance where relevant and our clinical advisory group supports development of services.
- Failure to meet contracted or promised outputs and outcomes for contracts and grants. We have strong relationship management with funders to ensure clarity on outputs and outcomes. Good communication, strong planning and regular reporting as well as strong evaluations are used to mitigate against this risk.
- There is unforeseen negative media or social media scrutiny and criticism. Our press and comms staff are able to respond to mitigate this risk. We have a crisis comms plan and guidance for all staff.

The charity's exposure to the financial and contract delivery risks demonstrated that our actions and controls to reduce and mitigate those risks needed to be strengthened significantly. In particular, we have changed the terms under which we are prepared to accept new NHS contracts, notably incentivising advance payment, allowing Beat to accept self-referrals, and adjusting our pricing to cover the additional costs incurred in managing these contracts. We have also increased the intensity and frequency of our scrutiny of financial performance and cashflow.

Reserves and Funds

The Trustees review reserves every year and set a reserves policy that reflects the risks faced by the organisation.

Currently it is the charity's policy to have a General Fund of free reserves (i.e. excluding restricted funds and tangible fixed assets) in order to:

- Allow continued operation in the event of a loss of a major source of funding while a new source of income is secured or while costs are cut in a considered manner.
- Provide a buffer in the event of making an operational loss in a given financial year.
- Bridge cash flow challenges resulting from slow payment or bad debt.
- Manage fluctuations in income, such as permitting very large donations or legacies received in one financial year to be spent in a reasonable manner in subsequent financial years, resulting in expenditure exceeding income in those subsequent years.
- Permit investment in key opportunities at short notice.

This policy is reviewed annually alongside the production of the annual accounts in order to:

- Ensure that the reserve held is equal to or greater than the minimum level identified.
- Check that the assumptions underlying the policy are still valid and the minimum amount is still sufficient for its purpose.
- Agree any action that may be required to ensure an adequate reserve is maintained.

From time to time Beat also holds designated funds in reserve in order to plan for future spending on specific infrastructure projects that will increase our effectiveness and/or sustainability.

The charity assesses its reserves requirement using a number of methods to ensure that the reserve figure required has been robustly tested.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW (continued)

Using a risk based approach, we calculated that at 1 April 2023 we require reserves of £0.75 million and will endeavour (subject to timing fluctuations) to have reserves within plus or minus 10% of this figure.

Income fluctuates significantly throughout the year at Beat. Therefore reserves will be monitored to ensure they are in line with projections and that total funds remain above reserves required, or if they do fall below that we have reliable forecasts to show them returning to the required level.

If free reserves fall or are predicted to fall below one month's full operating costs or two months' staff costs, trustees will take immediate action.

As at 31 March 2023 current funds are as follows:

| | 2023 | 2022 |
|------------------|---------------|------------------|
| | £ | £ |
| Restricted funds | 181,717 | 728,202 |
| General funds | (122,725) | 1,494,646 |
| Total | 58,992 | 2,222,848 |

At 31st March 2023 Beat has no free reserves held. Reserves have been used in this deficit period to cover a decline in income. Cash held at this point was £1,049,474. However £1,560,059 had been received in advance payment for NHS contracts, including where expenditure had been incurred but the full contract terms had not yet been delivered meaning that the income could not yet be recognised.

Significant work has been carried out since the year end to enable us to complete contracted work and be able to recognise income. Increased measures have been taken in monitoring finances and cashflow with cuts made to staffing and further contingency planning carried out to enable Beat to replenish free reserves as soon as possible.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee, incorporated on 5 April 1989 and registered as a charity on 7 April 1989. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company, and is governed under its Articles of Association. Following a general meeting on 24th March 2020 the previous approach to membership was removed with the trustees of the charity becoming its only members, who guarantee the liabilities of the company in the event of a winding up, to a maximum of £1 each.

Recruitment and appointment of Trustees

The directors of the company are also the charity Trustees for the purposes of charity law. Under the charity's Articles of Association they are known as members of the Board of Trustees. The Trustees who served during the year and up to the date of this report are listed on page 1. Trustees are appointed by the Board. A recruitment panel, delegated from the main Board, interviews and recommends Trustees for appointment.

Under the requirements of the Articles of Association, the Trustees are elected to serve for a term of three years. Trustees may serve a maximum of two terms, not including any time (upto a maximum of six years) spent as Chair, Vice Chair or Treasurer. There must be at least six Trustees.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Responsibilities and delegation

The Board of Trustees meets quarterly and is responsible for the strategic direction and oversight of the charity. The Board has two sub-committees that meet regularly throughout the year:

- Finance and Risk: This committee meets five times a year to oversee finance and to support the Executive in the development of budgets, financial and management reporting, and risk management.
- Human Resources: This committee meets four times per year and works with the Chief Executive and the Executive team to ensure Beat can attract, develop and retain great staff and volunteers.

Beat is also supported by a multi-disciplinary Clinical Advisory Group of senior clinicians with expertise in eating disorders. This meets three times a year and is chaired by a trustee, although includes members who are not trustees and is not a formal sub-committee of the Board.

Day to day management of Beat is delegated to the Chief Executive and the Executive Team under a scheme of delegation.

All Board members give their time voluntarily but may claim reasonable travel expenses, which are shown in Note 9 to the accounts.

The Board regularly evaluates its performance and membership, considering the direction of the organisation and the skills and diversity needed among its number to take Beat forward with confidence. The Board is committed to and has achieved full compliance with the Charity Code of Governance. Compliance is audited annually to ensure any necessary further actions are taken.

Public benefit

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Commission on determining the activities undertaken by the charity. We are clear that our services are available to all and are actively working on messaging to make Beat as inclusive as possible.

Staff and Executive Pay

Staff salaries are banded in a series of salary points, with the median for each band being a market average benchmarked against similar jobs elsewhere in the voluntary sector. Employees can progress to the next salary point in their band by meeting criteria linked to performance. The exception is the Chief Executive, whose salary is determined by the Board.

Every twelve months the Trustees determine whether there should be an overall increase in salaries to reflect changes in the cost of living. The level of any increase is decided in the context of:

- The charity's financial situation.
- The charity's performance.
- The current rate of inflation.
- Cost of living adjustments made in recent years.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2023**

Trustees' responsibilities statement

The Trustees (who are also directors of Beat (formerly Eating Disorders Association) for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charitable company's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

29 Jan 2024

This report was approved by the Trustees, on and signed on their behalf by:

Mike Cooke

Mike Cooke (Jan 29, 2024, 4:37pm)

Mike Cooke, Chair

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Opinion

We have audited the financial statements of Beat (formerly Eating Disorders Association) (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Material uncertainty related to going concern

We draw attention to Note 1.3 in the financial statements, which explains the charity has made a significant deficit in the financial year of £2,163,856. This has been caused by a challenging funding environment due to the economic crisis and a potential inability to fully deliver public sector contracts and receive the related income due to slow receipt of suitable referrals from the charities public sector partners. This has led to reserves falling from £2,222,848 at 1 April 2022 (as restated) to £58,992 at 31 March 2023. The impact of this is that unrestricted funds are in deficit of £122,725 as at 31 March 2023, having been in surplus of £1,494,646 as at 1 April 2022. As stated in Note 1.3, these events or conditions, along with other matters as set forth in Note 1.3, indicate that a material uncertainty exists that may cast significant doubt on the company's ability to continue as a going concern.

Our opinion is not modified in respect of this matter.

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION) (CONTINUED)

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION) (CONTINUED)

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:


- Management override; We reviewed systems and procedures to identify potential areas of management override risk. In particular, we carried out testing of journal entries and other adjustments for appropriateness.
- We reviewed minutes of Trustee meetings and made enquiries of management and those charged with governance to identify any instances of non-compliance with laws and regulations.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the FRC's website at: <https://www.frc.org.uk/auditors/audit-assurance/auditor-s-responsibilities-for-the-audit-of-the-fi/description-of-the-auditor%E2%80%99s-responsibilities-for> This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Helena Wilkinson FCA DChA

Price Bailey LLP

Chartered Accountants

Anglia House, 6 Central Avenue

St Andrews Business Park

Thorpe St Andrew

Norwich

NR7, 0HR

Date: 29 January 2024

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

| | | Unrestricted Funds 2023 | Restricted Funds 2023 | Total Funds 2023 | As restated Total Funds 2022 |
|--|--------------|------------------------------------|----------------------------------|-----------------------------|---|
| | Notes | £ | £ | £ | £ |
| Income from: | | | | | |
| Donations and legacies | 2 | 2,140,656 | 1,669,537 | 3,810,193 | 4,301,187 |
| Charitable activities | 3 | 732,332 | - | 732,332 | 475,613 |
| Other trading activities | 4 | 5,154 | - | 5,154 | 4,064 |
| Investments | 5 | 2,833 | - | 2,833 | 214 |
| Total income | | <u>2,880,975</u> | <u>1,669,537</u> | <u>4,550,512</u> | <u>4,781,078</u> |
| Expenditure on: | | | | | |
| Raising funds | | 1,012,550 | - | 1,012,550 | 1,000,962 |
| Expenditure on charitable activities: | | 3,485,796 | 2,216,022 | 5,701,818 | 3,542,959 |
| Total expenditure | 6 | <u>4,498,346</u> | <u>2,216,022</u> | <u>6,714,368</u> | <u>4,543,921</u> |
| Net (expenditure)/income being net movement in funds for the year | | (1,617,371) | (546,485) | (2,163,856) | 237,157 |
| Transfers | | - | - | - | - |
| Reconciliation of funds: | | | | | |
| Total funds brought forward | 14 | 1,494,646 | 938,642 | 2,433,288 | 1,985,691 |
| Prior year adjustment | 13 | - | (210,440) | (210,440) | - |
| Net movement in funds | | (1,617,371) | (546,485) | (2,163,856) | 237,157 |
| Total funds carried forward | 14 | <u>(122,725)</u> | <u>181,717</u> | <u>58,992</u> | <u>2,222,848</u> |

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 25 to 42 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
REGISTERED NUMBER: 02368495

BALANCE SHEET
AS AT 31 MARCH 2023

| | Notes | £ | 2023 £ | As restated 2022 £ | £ |
|---|-------|--------------------|----------------------|--------------------------|-------------------------|
| Fixed assets | | | | | |
| Tangible fixed assets | 9 | | 24,691 | | 37,009 |
| Current assets | | | | | |
| Debtors: Amounts due within one year | 10 | 821,710 | | 2,121,400 | |
| Cash at bank and in hand | | <u>1,049,474</u> | | <u>2,272,523</u> | |
| | | 1,871,184 | | 4,393,923 | |
| Creditors: Amounts falling due within one year | 11 | <u>(1,836,883)</u> | | <u>(2,206,658)</u> | |
| Net current assets | | | <u>34,301</u> | | <u>2,187,265</u> |
| Total assets less current liabilities | | | <u>58,992</u> | | <u>2,224,274</u> |
| Creditors: Amounts falling due after more than one year | 12 | | - | | (1,426) |
| Total net assets | | | <u><u>58,992</u></u> | | <u><u>2,222,848</u></u> |
| Restricted funds | 14 | | 181,717 | | 728,202 |
| Unrestricted funds | 14 | | (122,725) | | 1,494,646 |
| TOTAL FUNDS | | | <u><u>58,992</u></u> | | <u><u>2,222,848</u></u> |

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised by the Trustees and signed on their behalf by:

Mike Cooke

Mike Cooke (Jan 29, 2024, 4:37pm)

Mike Cooke

Chairman

Date: 29 Jan 2024

V C Jolliffe

Valerie Jolliffe (Jan 29, 2024, 4:22pm)

Valerie Jolliffe

Treasurer

The notes on pages 25 to 42 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2023**

| | | 2023 | 2022 |
|---|--------------|------------------|------------------|
| | Notes | £ | £ |
| Cash flows from operating activities | | | |
| Net cash used in operating activities | 16 | (1,225,882) | 515,003 |
| Cash flows from investing activities | | | |
| Dividends, interest and rents from investments | | 2,833 | 214 |
| Net cash provided by investing activities | | 2,833 | 214 |
| Change in cash and cash equivalents in the year | | (1,223,049) | 515,217 |
| Cash and cash equivalents at the beginning of the year | | 2,272,523 | 1,757,306 |
| Cash and cash equivalents at the end of the year | | <u>1,049,474</u> | <u>2,272,523</u> |

The notes on pages 25 to 42 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

1.1 Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Beat (formerly Eating Disorders Association) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Company status

The charity is a company limited by guarantee, incorporated in England and Wales. The members of the company are the Trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.3 Going Concern

The challenging wider economic environment has had a significant impact on Beat's income and our reserves position has been further challenged by the effects of not being able to fully deliver our NHS contract work in line with plans. Notwithstanding this, the Trustees consider it appropriate for the financial statement to be prepared on a going concern basis underpinned by a clear plan to recover the financial position with strong focus on rebuilding the level of reserves. Following considerable scrutiny of forecasts and scenario planning looking forwards at least 12 months from the approval of the 31 March 2023 financial statements the trustees are satisfied that the organisation is a going concern. However there is a material uncertainty related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. This material uncertainty arises from not having reserves at present coupled with a challenging funding environment due to the economic crisis and a potential inability to fully deliver public sector contracts and receive the related income due to slow receipt of suitable referrals from our public sector partners.

The charity has made a significant deficit in the financial year of £2,163,856. This has led to reserves falling from £2,222,848 at 1 April 2022 (as restated) to £58,992 at 31 March 2023. The impact of this is that unrestricted funds are in deficit of £122,725 as at 31 March 2023, having been in surplus of £1,494,646 as at 1 April 2022.

Results for the year ending 31 March 2024 are projected to be in a worsened position with a further deficit of £565,509 to 31 December 2023 meaning total funds are in deficit by £399,627 at 31st December 2023. Our forecasts show we should reach a break even position by March 2024 and budgets to March 2025 show a strong surplus allowing funds and reserves to return to positive balances and start to rebuild free reserves to an appropriate level.

The main reason for the deficit is an increase in costs not matched by increased income projected. Voluntary income has been affected by the downturn in the economy and cost of living crisis. In addition, provision of our services under contract to the NHS has been severely impacted by referrals being received much more slowly than anticipated, although we have contracts in plan to deliver the work.

Importantly, we remain able to continue trading because we receive considerable funds in advance to deliver many of our NHS contracts. At 31st March 2023 we were holding funds to the value of £1.5 million. The underlying risk with these contracts is that if services are not delivered and cannot be rescheduled, funds could be "clawed back". We have therefore been working to minimise the impact of this, and on ensuring we retain adequate cash reserves, by working with commissioners to ensure delivery of these contracts and/or agreeing alternative uses of the funds received that better align to the NHS's changing needs.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (continued)

1.3 Going Concern (continued)

While we are confident that our financial recovery plan will have the necessary effect, we are not complacent and are focussing regularly and in detail on the current financial position and cashflow. Additional oversight measures have been put in place including the trustees supporting the CEO and executive team through the formation of a trustee recovery group, which meets regularly to review progress and make further decisions to safeguard the organisation. We are also diverting additional resource into raising further funds.

Cashflow, financial forecasts and performance are continuously monitored by the trustees to ensure Beat continues to be able to meet its liabilities as they fall due. Our business plans and financial model have been amended to ensure we are operating within resources available - this has involved reducing headcount from over 180 staff to 120 and further staff reductions are planned to match resources available and allow for reserves to be increased. We have also closed our London office, to coincide with its lease ending, to save funds and have minimised non-staff expenditure.

Stress testing and scenario planning has been carried out to deal with uncertainties and potential future events that are not anticipated. There is a contingency plan for further cost reductions if income targets are not achieved. Beat's leadership, both trustees and executive team, are actively working to maintain the charity's long term financial resilience through remaining agile and adapting our business model as necessary while trying to continue to have the maximum impact possible for our beneficiaries. We are confident that the measures taken will result in the charity returning to a strong position in early 2024.

To achieve our recovery plan we need to continue generating income in line with forecasts and completing delivery on existing contracts with the NHS.

The trustees and executive team are extremely concerned by the current financial situation but are committed and focused on rebuilding the funds to ensure the future sustainability and ongoing positive work for our beneficiaries.

1.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.5 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (continued)

1.5 Income (continued)

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteers time is not recognised in the accounts, please refer to the Trustees' report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Incoming resources from grants, including income from Government, is recognised when the charity has entitlement to the funds, and it is probable the amount will be received.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the bank.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (continued)

1.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments.

Impairment losses are recognised in the Statement of Financial Activities incorporating income and expenditure account.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment.

Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives using the straight-line method.

Depreciation is provided on the following bases:

| | |
|--------------------------------|--------------------------------|
| Leasehold improvements | - over the period of the lease |
| Office furniture and equipment | - 5 years straight-line |
| Computer equipment | - 3 years straight-line |

1.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.11 Liabilities

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

1.12 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.13 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

1.14 Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund in respect of the year.

The company is a member of a multi-employer plan. Where it is not possible for the company to obtain sufficient information to enable it to account for the plan as a defined benefit plan, it accounts for the plan as a defined contribution plan. Further details can be found in note 18.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

2 Income from donations and legacies

| | Unrestricted 2023 £ | Restricted 2023 £ | Total 2023 £ |
|-----------------------------------|------------------------------------|----------------------------------|-----------------------------|
| Individual giving | 280,512 | - | 280,512 |
| Public sector funding | 22,945 | - | 22,945 |
| Community fundraising | 749,866 | - | 749,866 |
| Major donors grants and donations | 570,836 | - | 570,836 |
| Trusts and Statutory Grants | 437,145 | 1,669,537 | 2,106,682 |
| Corporate donor | 79,352 | - | 79,352 |
| | <u>2,140,656</u> | <u>1,669,537</u> | <u>3,810,193</u> |

Legacy income of £27,960 is included in individual giving (2022: £24,564)

| | Unrestricted 2022 £ | As restated Restricted 2022 £ | As restated Total 2022 £ |
|-----------------------------------|------------------------------------|--|---|
| Individual giving | 327,903 | - | 327,903 |
| Public sector funding | 55,419 | - | 55,419 |
| Community fundraising | 787,933 | - | 787,933 |
| Major donors grants and donations | 975,776 | 51,808 | 1,027,584 |
| Trusts and Statutory Grants | 47,299 | 1,880,197 | 1,927,496 |
| Corporate donor | 174,852 | - | 174,852 |
| | <u>2,369,182</u> | <u>1,932,005</u> | <u>4,301,187</u> |

3 Income from charitable activities

| | Unrestricted 2023 £ | Total 2023 £ |
|--------------------------------------|------------------------------------|-----------------------------|
| Income from training and conferences | 28,844 | 28,844 |
| Publications | 425 | 425 |
| Contract income | 703,063 | 703,063 |
| | <u>732,332</u> | <u>732,332</u> |

| | Unrestricted 2022 £ | Total 2022 £ |
|--------------------------------------|------------------------------------|-----------------------------|
| Income from training and conferences | 81,870 | 81,870 |
| Publications | 7,687 | 7,687 |
| Contract income | 386,056 | 386,056 |
| | <u>475,613</u> | <u>475,613</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

4 Income from other trading activities

| | Unrestricted 2023 £ | Total 2023 £ |
|-----------------|------------------------------------|-----------------------------|
| Affinity income | <u>5,154</u> | <u>5,154</u> |

| | Unrestricted 2022 £ | Total 2022 £ |
|-----------------|------------------------------------|-----------------------------|
| Affinity income | <u>4,064</u> | <u>4,064</u> |

5 Investment income

| | Unrestricted 2023 £ | Total 2023 £ |
|-------------------|------------------------------------|-----------------------------|
| Interest received | <u>2,833</u> | <u>2,833</u> |

| | Unrestricted 2022 £ | Total 2022 £ |
|-------------------|------------------------------------|-----------------------------|
| Interest received | <u>214</u> | <u>214</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

6 Analysis of expenditure by activities

| | Direct costs | Support costs | Total |
|-------------------|---------------------|----------------------|------------------|
| | 2023 | 2023 | 2023 |
| | £ | £ | £ |
| Service provision | 3,766,749 | 908,816 | 4,675,565 |
| Fundraising costs | 1,225,042 | (115,222) | 1,109,820 |
| External affairs | 602,673 | 125,021 | 727,694 |
| Events | 114,557 | 23,763 | 138,320 |
| Governance | - | 62,969 | 62,969 |
| | <u>5,709,021</u> | <u>1,005,347</u> | <u>6,714,368</u> |
| | <u>5,709,021</u> | <u>1,005,347</u> | <u>6,714,368</u> |
| | Direct costs | Support costs | Total |
| | 2022 | 2022 | 2022 |
| | £ | £ | £ |
| Service provision | 2,301,191 | 468,542 | 2,769,733 |
| Fundraising costs | 1,051,827 | (50,865) | 1,000,962 |
| External affairs | 517,647 | 104,693 | 622,340 |
| Events | 75,455 | 16,026 | 91,481 |
| Governance | - | 59,405 | 59,405 |
| | <u>3,946,120</u> | <u>597,801</u> | <u>4,543,921</u> |
| | <u>3,946,120</u> | <u>597,801</u> | <u>4,543,921</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

6 Analysis of expenditure by activities (continued)

Analysis of direct costs

| | Service provision 2023 £ | Fundraising costs 2023 £ | External affairs 2023 £ | Event costs 2023 £ | Total 2023 £ |
|-------------------|---|---|--|---------------------------------------|-----------------------------|
| Staff costs | 2,680,732 | 875,631 | 498,934 | 60,591 | 4,115,888 |
| Operational costs | 676,592 | 216,255 | 38,232 | 41,514 | 972,593 |
| Facilities costs | 119,354 | 38,817 | 19,096 | 3,630 | 180,897 |
| IT costs | 170,585 | 55,479 | 27,293 | 5,188 | 258,545 |
| Irrecoverable VAT | 119,486 | 38,860 | 19,118 | 3,634 | 181,098 |
| | <u>3,766,749</u> | <u>1,225,042</u> | <u>602,673</u> | <u>114,557</u> | <u>5,709,021</u> |

| | Service provision 2022 £ | Fundraising costs 2022 £ | External affairs 2022 £ | Event costs 2022 £ | Total 2022 £ |
|-------------------|---|---|--|---------------------------------------|-----------------------------|
| Staff costs | 1,446,412 | 671,190 | 397,895 | 50,001 | 2,565,498 |
| Operational costs | 522,791 | 167,101 | 45,975 | 14,161 | 750,028 |
| Event costs | 1,802 | 64,515 | - | - | 66,317 |
| Facilities costs | 129,435 | 58,417 | 28,921 | 4,427 | 221,200 |
| IT costs | 126,051 | 56,890 | 28,165 | 4,311 | 215,417 |
| Irrecoverable VAT | 74,700 | 33,714 | 16,691 | 2,555 | 127,660 |
| | <u>2,301,191</u> | <u>1,051,827</u> | <u>517,647</u> | <u>75,455</u> | <u>3,946,120</u> |

Analysis of support costs

| | Service provision 2023 £ | Fundraising costs 2023 £ | External affairs 2023 £ | Event costs 2023 £ | Governance 2023 £ | Total 2023 £ |
|------------------------|---|---|--|---------------------------------------|----------------------------------|-----------------------------|
| HR costs | 176,672 | 57,458 | 28,267 | 5,373 | - | 267,770 |
| Finance costs | 113,612 | 36,949 | 18,178 | 3,455 | - | 172,194 |
| Central costs | 374,839 | 80,465 | 39,586 | 7,524 | 62,969 | 565,383 |
| Communications support | 243,693 | (290,094) | 38,990 | 7,411 | - | - |
| | <u>908,816</u> | <u>(115,222)</u> | <u>125,021</u> | <u>23,763</u> | <u>62,969</u> | <u>1,005,347</u> |

| | Service provision 2022 £ | Fundraising costs 2022 £ | External affairs 2022 £ | Event costs 2022 £ | Governance 2022 £ | Total 2022 £ |
|------------------------|---|---|--|---------------------------------------|----------------------------------|-----------------------------|
| HR costs | 80,393 | 36,284 | 17,963 | 2,750 | - | 137,390 |
| Finance costs | 88,016 | 39,724 | 19,667 | 3,010 | - | 150,417 |
| Central costs | 146,631 | 66,179 | 32,764 | 5,015 | 59,405 | 309,994 |
| Communications support | 153,502 | (193,052) | 34,299 | 5,251 | - | - |
| | <u>468,542</u> | <u>(50,865)</u> | <u>104,693</u> | <u>16,026</u> | <u>59,405</u> | <u>597,801</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

7 Auditors' remuneration

| | 2023 | 2022 |
|--|---------------|---------------|
| | £ | £ |
| Fees payable to the company's auditor for the audit of the company's annual accounts | 12,350 | 8,895 |
| Fees payable to the company's auditor in respect of: All other non-audit services | 1,750 | 1,265 |
| | <u>14,100</u> | <u>10,160</u> |

8 Staff costs

| | 2023 | 2022 |
|-----------------------|------------------|------------------|
| | £ | £ |
| Wages and salaries | 4,337,789 | 2,622,727 |
| Social security costs | 413,712 | 241,231 |
| Pension costs | 165,168 | 89,756 |
| | <u>4,916,669</u> | <u>2,953,714</u> |

The average number of employees during the year was as follows:

| | 2023 | 2022 |
|-----------------------|-------------|-------------|
| | No. | No. |
| Charitable activities | 138 | 85 |
| Fundraising | 25 | 19 |
| | <u>163</u> | <u>104</u> |

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

| | 2023 | 2022 |
|-------------------------------|-------------|-------------|
| | No. | No. |
| In the band £60,001 - £70,000 | 1 | 3 |
| In the band £70,001 - £80,000 | 3 | 1 |
| In the band £80,001 - £90,000 | 1 | 1 |

The key management personnel of the charity are the Trustees and the Executive Team.

The pay and benefits (including employer pension contributions) of the Executive Team during the year were £452,474 (2022: £418,846).

The value of services provided by Beat's volunteers has not been incorporated into these financial statements. However, Beat recognises that it could not have achieved everything set out in the Trustees' report had it not been for a dedicated team of Volunteers to help it fundraise, promote awareness, speak to the media and deliver services such as the Helpline, self-help networks and conferences.

No remuneration was paid to any Trustee during the year (2022: £nil) and no expenses were reimbursed to any Trustee (2022: none).

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

9 Tangible fixed assets

| | Improvements to leasehold property £ | Computer equipment £ | Total £ |
|-----------------------|---|-------------------------------------|--------------------|
| Cost | | | |
| At 1 April 2022 | 90,476 | 184,415 | 274,891 |
| Additions | - | - | - |
| At 31 March 2023 | <u>90,476</u> | <u>184,415</u> | <u>274,891</u> |
| Depreciation | | | |
| At 1 April 2022 | 53,467 | 184,415 | 237,882 |
| Charge for the year | 12,318 | - | 12,318 |
| At 31 March 2023 | <u>65,785</u> | <u>184,415</u> | <u>250,200</u> |
| Net book value | | | |
| At 31 March 2023 | <u>24,691</u> | <u>-</u> | <u>24,691</u> |
| At 31 March 2022 | <u>37,009</u> | <u>-</u> | <u>37,009</u> |

10 Debtors

| | 2023 £ | As restated 2022 £ |
|--------------------------------|-------------------|-----------------------------------|
| Trade debtors | 130,464 | 1,317,751 |
| Other debtors | 9,023 | 833 |
| Prepayments and accrued income | 682,223 | 802,816 |
| | <u>821,710</u> | <u>2,121,400</u> |

11 Creditors: Amounts falling due within one year

| | 2023 £ | 2022 £ |
|--|-------------------|-------------------|
| Trade creditors | 60,214 | 91,660 |
| Other taxation and social security | 126,679 | 351,747 |
| Other creditors | 35,126 | 3,117 |
| Accruals and deferred income | 1,614,864 | 1,760,134 |
| | <u>1,836,883</u> | <u>2,206,658</u> |
| | 2023 £ | 2022 £ |
| Deferred income at 1 April 2022 | 1,664,924 | 432,945 |
| Resources deferred during the year | 1,560,059 | 1,664,924 |
| Amounts released from previous periods | (1,664,924) | (432,945) |
| Deferred income at 31 March 2023 | <u>1,560,059</u> | <u>1,664,924</u> |

Income is deferred where contract income is received upfront but the services are provided over a period of time. The income is released in line with the provision of the agreed services.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

12 Creditors: Amounts falling due after more than one year

| | 2023 | 2022 |
|------------------------|-------------|--------------|
| | £ | £ |
| Pension scheme deficit | <u>-</u> | <u>1,426</u> |

13 Prior year adjustment

The prior year adjustment relates to an adjustment of £210,440 in accrued income which had been incorrectly recognised as income in the 2022 financial year. As a result of this, the following adjustments have been applied to the 2022 comparative disclosures:

- restricted income from Trusts and Statutory Grants has been reduced from £2,090,637 to £1,880,197 as shown in note 2
- accrued income (as included in prepayments and accrued income) in note 10 has been reduced from £906,655 to £696,215
- restricted funds carried forward as at 31 March 2022, have been reduced from £938,642 to £728,202 as shown in note 14.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14 Charity funds

Summary of funds - current year

| | As restated Brought forward £ | Income £ | Expenditure £ | Transfers £ | Carried forward £ |
|------------------|--|---------------------|--------------------------|------------------------|----------------------------------|
| General funds | 1,494,646 | 2,880,975 | (4,498,346) | - | (122,725) |
| Restricted funds | 728,202 | 1,669,537 | (2,216,022) | - | 181,717 |
| | <u>2,222,848</u> | <u>4,550,512</u> | <u>(6,714,368)</u> | <u>-</u> | <u>58,992</u> |

Summary of funds - prior year

| | Brought forward £ | As restated income £ | Expenditure £ | Transfers £ | As restated carried forward £ |
|------------------|----------------------------------|-------------------------------------|--------------------------|------------------------|--|
| General funds | 1,364,721 | 2,849,073 | (2,719,148) | - | 1,494,646 |
| Restricted funds | 620,970 | 1,932,005 | (1,824,773) | - | 728,202 |
| | <u>1,985,691</u> | <u>4,781,078</u> | <u>(4,543,921)</u> | <u>-</u> | <u>2,222,848</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14 Charity funds (continued)

Restricted funds - current year

| | As restated brought forward £ | Income £ | Expenditure £ | Carried forward £ |
|--|--|---------------------|--------------------------|----------------------------------|
| Aviva Foundation | 70,000 | - | (37,917) | 32,083 |
| City Bridge Trust | - | 103,550 | (94,904) | 8,646 |
| Extended helpline | 36,555 | - | (36,555) | - |
| Fidelity | - | 133,584 | (133,584) | - |
| Garfield Weston Foundation | 75,000 | - | (75,000) | - |
| Mels 40th Milestone Balls | 36,026 | - | (36,026) | - |
| The National Lottery Community Fund | 355,594 | 105,155 | (460,749) | - |
| NHS Norfolk and Waveney CCG | 49,025 | - | (49,025) | - |
| National Lottery - 3rd fund | - | 315,849 | (315,849) | - |
| NI Carers | 61,834 | - | (8,665) | 53,169 |
| Margaret Starkie | 12,500 | - | (12,500) | - |
| Tampon Tax | 15,695 | 176,278 | (191,973) | - |
| Scottish Government | - | 671,358 | (671,358) | - |
| St James's Place Charitable Foundation | - | 60,006 | (50,005) | 10,001 |
| Vogelgezung Ext Affairs Grant | - | 103,757 | (25,939) | 77,818 |
| Welsh Government | 15,973 | - | (15,973) | - |
| | <u>728,202</u> | <u>1,669,537</u> | <u>(2,216,022)</u> | <u>181,717</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

14 Charity funds (continued)

A description of the restricted funds are as follows:

| | |
|---|--|
| Aviva Foundation | To provide training to school professionals |
| BOTG (Beat on the Ground) | Locality based work covering training, GP and awareness |
| BBC Children in Need | Funding to provide online advice and support to children and young people affected by family and friends with an eating disorder |
| City Bridge Trust | Locality work in London, covering training, GP and awareness |
| Department for Health and Social Care | Helpline services in England |
| John Ellerman Foundation | Recruiting, training and supporting volunteers |
| Extended helpline | Helpline services, including extended opening hours |
| Fidelity | Delivery costs for Beat's digital services |
| Garfield Weston Foundation | Helpline services |
| Health Foundation | Helpline services |
| Margaret Starkie | Work on External Affairs and research |
| Mels 40th Milestone Balls | Best practice campaign |
| The National Lottery Community Fund | Locality based work in Scotland and North East England |
| NHS Lothian | Email support services in Scotland |
| NHS Norfolk and Waveney CCG | Training and support services across East of England |
| NI Carers | Delivering support services to carers in Northern Ireland |
| Northern Ireland Government | Support services in Northern Ireland |
| Scottish Government | Support services in Scotland |
| St James's Place Charitable Foundation | Helpline services, including extended opening hours |
| Tampon Tax / Department for Digital, Culture, Media and Sport | Support and services for carers across the UK |
| Vogelgezang Ext Affairs Grant | External Affairs department including Policy and Campaigns |
| Welsh Government | Support services in Wales |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14 Charity funds (continued)

Restricted funds - prior year

| | Brought forward £ | As restated income £ | Expenditure £ | As restated carried forward £ |
|--|----------------------------------|-------------------------------------|--------------------------|--|
| Aviva Foundation | - | 70,000 | - | 70,000 |
| BOTG - West Midlands | 5,000 | - | (5,000) | - |
| BBC Children in Need | 14,964 | - | (14,964) | - |
| City Bridge Trust | 46,200 | - | (46,200) | - |
| Campaigns | - | 5,000 | (5,000) | - |
| Echo Project | 2,525 | 4,795 | (7,320) | - |
| John Ellerman Foundation | 15,865 | - | (15,865) | - |
| Extended helpline | - | 189,062 | (152,507) | 36,555 |
| Garfield Weston Foundation | 150,000 | - | (75,000) | 75,000 |
| Health Foundation | 2,500 | - | (2,500) | - |
| Mels 40th Milestone Balls | 13,840 | 34,308 | (12,122) | 36,026 |
| The National Lottery Community Fund | 239,153 | 491,565 | (375,124) | 355,594 |
| NHS Lothian | 14,899 | 33,131 | (48,030) | - |
| NHS Norfolk and Waveney CCG | 35,127 | 210,000 | (196,102) | 49,025 |
| Northern Ireland Government | - | 61,834 | - | 61,834 |
| Scottish Government direct approach | - | 219,648 | (219,648) | - |
| Spot the Signs - Ethos | 8,931 | - | (8,931) | - |
| St James's Place Charitable Foundation | - | 57,718 | (57,718) | - |
| Margaret Starkie | - | 12,500 | - | 12,500 |
| Department for Digital, Culture, Media and Sport | - | 483,316 | (467,621) | 15,695 |
| Vogelgezang Ext Affairs Grant | 71,966 | - | (71,966) | - |
| Welsh Government | - | 59,128 | (43,155) | 15,973 |
| | <u>620,970</u> | <u>1,932,005</u> | <u>(1,824,773)</u> | <u>728,202</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

15 Analysis of net assets between funds

Analysis of net assets between funds - current year

| | Unrestricted Funds 2023 £ | Restricted Funds 2023 £ | Total Funds 2023 £ |
|-------------------------------|--|--|---------------------------------------|
| Tangible fixed assets | 24,691 | - | 24,691 |
| Current assets | 1,689,467 | 181,717 | 1,871,184 |
| Creditors due within one year | (1,836,883) | - | (1,836,883) |
| | <u>(122,725)</u> | <u>181,717</u> | <u>58,992</u> |

Analysis of net assets between funds - prior year

| | Unrestricted Funds 2022 £ | As restated Restricted Funds 2022 £ | As restated Total Funds 2022 £ |
|-------------------------------------|--|--|---|
| Tangible fixed assets | 37,009 | - | 37,009 |
| Current assets | 3,665,721 | 728,202 | 4,393,923 |
| Creditors due within one year | (2,206,658) | - | (2,206,658) |
| Creditors due in more than one year | (1,426) | - | (1,426) |
| | <u>1,494,646</u> | <u>728,202</u> | <u>2,222,848</u> |

16 Reconciliation of net movement in funds to net cash flow from operating activities

| | 2023 £ | 2022 £ |
|--|--------------------|-------------------|
| Net (expenditure)/income for the year (as per Statement of Financial Activities) | <u>(2,163,856)</u> | <u>447,597</u> |
| Depreciation charges | 12,318 | 12,883 |
| Dividends, interests and rents from investments | (2,833) | (214) |
| Increase in debtors | 1,299,690 | (1,429,182) |
| Increase in creditors | (379,496) | 1,497,808 |
| Decrease in pension provision | 8,295 | (13,889) |
| | <u>(1,225,882)</u> | <u>515,003</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

17 Analysis of cash and cash equivalents

| | 2023 | 2022 |
|---------------------------------|-------------------------|-------------------------|
| | £ | £ |
| Cash in hand | <u>1,049,474</u> | <u>2,272,523</u> |
| Total cash and cash equivalents | <u><u>1,049,474</u></u> | <u><u>2,272,523</u></u> |

18 Analysis of change in net debt

| | At 1 April | Cash flows | At 31 March |
|--------------------------|-------------------------|---------------------------|-------------------------|
| | 2022 | £ | 2023 |
| | £ | | £ |
| Cash at bank and in hand | 2,272,523 | (1,223,049) | 1,049,474 |
| | <u><u>2,272,523</u></u> | <u><u>(1,223,049)</u></u> | <u><u>1,049,474</u></u> |

19 Pension commitments

The charity participates in a multi-employer pension scheme (TPT Retirement Solutions - The Growth Plan) that provides benefits to some 1,300 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004, which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the charity is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

£3,312,000 per annum for the period 1 April 2022 to 30 September 2025.

Where the scheme is in deficit, and where the charity has agreed to a deficit funding arrangement, the charity recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The unwinding of the discount of the net present value is recognised as a finance cost.

The present value of the liability at 31 March 2023 is £2,498 (2022: £3,918)

The share of contributions paid to the scheme by the company in the year amounted to £1,427 (2022: £4,413)

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

20 Operating lease commitments

At 31 March 2023 the company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

| | 2023 | 2022 |
|--|----------------|----------------|
| | £ | £ |
| Not later than 1 year | 85,608 | 119,519 |
| Later than 1 year and not later than 5 years | 136,953 | 166,394 |
| | <u>222,561</u> | <u>285,913</u> |

The following lease payments have been recognised as an expense in the Statement of financial activities:

| | 2023 | 2022 |
|-------------------------|----------------|----------------|
| | £ | £ |
| Operating lease rentals | <u>181,222</u> | <u>113,653</u> |

21 Related party transactions

Donations from 2 (2022 - 5) of the Trustees during the year totalled £270 (2022: £2,463). The Health Foundation, of which David Smart is a Governor, made donations totalling £13,000 (2022: £14,000) in the year. There were no further related party transactions.

22 Events after the end of the period

In May 2023, the charity has commenced development (with a software developer) for the creation of an intangible asset in order to manage the charity's fundraising and support activities. The total value of this contract is £135,900.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

England & Wales - Charity number 801343

Accounts



Trustees Report and Financial Statements

For the year ended 31 March 2022

Beat (formerly Eating Disorders Association)
A company limited by Guarantee
Registered number: 02368495
Charity numbers: 801343 and SC039309

Beat
Eating disorders

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

CONTENTS

| | Page |
|---|---------|
| Reference and administrative details of the company, its Trustees and advisers | 1 - 2 |
| Chair's statement | 3 |
| Trustees' report | 4 - 15 |
| Independent auditors' report on the financial statements | 16 - 19 |
| Statement of financial activities | 20 |
| Balance sheet | 21 |
| Statement of cash flows | 22 |
| Notes to the financial statements | 23 - 44 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2022**

Trustees

Dr Stephen Anderson
Jo Bennett
Mike Cooke, Chair
Richard Davis (resigned 20 September 2022)
Valerie Jolliffe, Treasurer
Dr Sandeep Ranote (resigned 20 September 2022)
Dr Paul Robinson
Neil Roskilly
Emily Rothwell
David Smart

Company registered number

02368495

Charity registered numbers

801343 and SC039309

Registered office

1 Chalk Hill House, 19 Rosary Road, Norwich, Norfolk, NR1 1SZ

Company secretary

Claire Reynolds

Executive team

Andrew Radford, Chief Executive Officer
Caroline Price, Director of Services
Tom Quinn, Director of External Affairs
Claire Reynolds, Director of Finance and Resources
Philip Roethenbaugh, Director of Marketing & Income Generation

Independent auditors

Larking Gowen LLP, King Street House, 15 Upper King Street, Norwich, NR3 1RB

Bankers

The Co-Operative Bank, 69 London Street, Norwich, NR2 1HT

NatWest, 21 Gentlemans Walk, Norwich, NR2 1NA

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
(CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Beat is supported by a multidisciplinary Clinical Advisory Group of senior clinicians:

Dr Stephen Anderson (Consultant Psychiatrist)
Abigail Cardwell (Lead Occupational Therapist)
Dr Erica Cini (Consultant Child and Adolescent Psychiatrist and Clinical Lead)
Sam Clark-Stone (Lead Clinician and Registered Mental Health Nurse)
Sarah Fuller (Specialist Eating Disorder Dietitian)
Dr Sheryllin McNeil (Clinical Psychologist)
Dr Ciaran Newell (Consultant Nurse)
Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead)
Dr Paul Robinson (Consultant Psychiatrist)
Becca Randell (Kent, Surrey and Sussex Implementation Lead, Children's Mental Health - KSS Academic Health Science Network and KSS Applied Research Collaborative)
Professor Ulrike Schmidt (Professor of Eating Disorders & Consultant Psychiatrist)

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

CHAIR'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

We started this year following a period of rapid change in response to the pressures and restrictions of the pandemic. Even as we move out of that period, demand for our services has remained high as people with eating disorders have continued to face significant barriers to accessing appropriate services. In the face of this demand, Beat delivered 127,705 support sessions - more than ever before in a single year and a reflection of how dedicated services for people with eating disorders are needed now more than ever. Growing awareness of the seriousness of these mental illnesses is also contributing to the increasing numbers of people reaching out to Beat for support.

We were fortunate to start the year in a strong financial position. This meant that we could focus our efforts on strengthening services developed and launched during the previous year, as well as ensuring we are working to high standards of beneficiary involvement. We recognise the importance of not just involving our beneficiaries in the development of new initiatives but also actively coproducing with groups who represent the diversity of those affected by eating disorders. This is an area where we expect to see exciting changes over the year to come. Developments to our services have also been supported by our clinical advisory group who ensure that we are guided by the latest research and clinical best practice.

Our work in the devolved nations has also continued to go from strength to strength. During this year we launched nations-specific helplines for Scotland, Wales and Northern Ireland, a mark of our ongoing commitment to listening to the needs of those across the whole of the UK. Our campaigning work has also ensured that eating disorders have remained on the political agenda and that government and healthcare services across all nations are being held to account.

By continuing to move our support online we are able to not only reach more people with eating disorders and their carers but also continue to adapt to their needs and ideas. This was the first year that we brought our 'Frontline' conference for both professionals and informal carers online, with lively participation and positive feedback from those attending. We now have an impressive spread of online training permanently available to carers, school professionals and the eating disorder workforce through our new online learning platform and in collaboration with Health Education England.

Beat's work to improve the lives of people with eating disorders and their loved ones is made possible through the generosity of a huge number of dedicated individuals. I would like to thank every single person who contributed to Beat's impact over the past year by offering their time, skills, lived experience and funding. This includes our volunteers, donors, campaigners, fundraisers, partners and supporters. Your ongoing commitment to improving the lives of people affected by eating disorders is what makes our work possible.

As ever, I would also like to thank my fellow Trustees and all of our staff for their hard work over the past year. I am excited to see where your dedication, agility and passion for supporting our beneficiaries takes us over the year to come.



Mike Cooke, Chair
Date: 12 October 2022

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report together with the audited financial statements for the year 1 April 2021 to 31 March 2022. The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Since the company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 is not required.

The company trades under the name Beat.

BACKGROUND

Eating disorders are serious mental illnesses that include anorexia, bulimia, binge eating disorder, ARFID (avoidant/restrictive food intake disorder) and OSFED (other specified feeding or eating disorder). Anorexia has a higher mortality rate than any other mental illness.

Eating disorders have an enormous impact on the person affected as well as their friends and family, seriously disrupting their education, employment and relationships. They cause both physical and psychological problems, often with long-term impacts.

Around 4% of people in the UK will suffer from an eating disorder at some point in their lives, with at least 1.25 million people suffering at any one time, at an estimated annual cost to the NHS of £4.6bn a year.

While anorexia and bulimia are most commonly found in girls and young women, they affect people of all genders, races, ages, genders, sexualities and backgrounds. Binge eating disorder normally affects adults, with men and women affected more equally.

We know that the sooner someone seeks and gets help, the more likely they are to make a fast and full recovery. But rapid treatment is difficult. On average, people delay for three years between their eating disorder symptoms emerging and seeking help from the NHS. They then find themselves in a cycle of waiting, treatment, partial recovery and relapse lasting another six years on average, with many people never fully recovering.

We also know that sufferers who have the empowered support of their families and friends are more likely to get well sooner. But when someone is affected by an eating disorder, the people close to them rarely know why it's happening or what to do about it. They also suffer as they don't know how to support their loved one to seek treatment, or how to stop things getting worse while they wait for treatment to start.

Suffering is further compounded by misunderstanding in society, misrepresentation in the media, and under-funding of research. Eating disorder sufferers can face stigma and discrimination at school, university and in the workplace.

PURPOSE

Beat exists to end the pain and suffering caused by eating disorders.

We do this by working directly with sufferers and their families, and by using that experience to highlight the challenges they face and to campaign for change. We work both nationally and locally and focus on three priority areas: early intervention, family and carer empowerment, and prevention and cure.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

We produce information to alert people to the early signs of an eating disorder, what to do about them and how to support someone who falls ill. We help people to understand their illness, guide them to seek medical help, and support them to ensure they get the treatments to which they are entitled.

We produce research that highlights the challenges and inequities faced by people affected by eating disorders, and we campaign for increased resourcing for eating disorders, reduced waiting times and better education for health and medical professionals.

OUR HISTORY

Beat has been working for people with eating disorders for over 40 years. Anorexic Aid was formed in Manchester in 1974 while Anorexic Family Aid was created in Norwich in 1976. The two organisations merged in 1989 to become the Eating Disorders Association. We started to use the name Beat in 2007 and changed our registered name to Beat (formerly Eating Disorders Association) on 18 October 2018.

OUR VALUES

All staff, trustees and volunteers at Beat share the vision of an end to the pain and suffering caused by eating disorders. We are inspired by the people we serve, by the difference we can make, and by our commitment to each other.

To make our vision a reality, we need to be bold. It takes a particular courage for our beneficiaries to ask us for help. And we need to be courageous in return, being proactive in seeking new opportunities, embracing new ways of working, and challenging things that are preventing our vision from becoming a reality.

Central to our success is our commitment to building and maintaining supportive and mutually empowering relationships with our colleagues, supporters and beneficiaries. In turn, these relationships provide us with unique experience and learning, which we use to speak with both compassion and authority about the realities of eating disorders.

We also believe that people performing at their best are happier in their work and that happy people perform at their best, so we aim to create and protect a trusting and collaborative environment where people can experiment, learn and flourish.

We all have the responsibility of ensuring our behaviours and relationships reflect these values on a day-to-day basis and of holding ourselves and each other accountable when they do not through Beat's management principles.

When we get this right, we will achieve brilliant results together, making Beat a truly inspiring and enjoyable place to work.

OUR STRATEGY

Our five-year strategy for 2019-24 sets out how we will make the greatest possible progress on our priorities of early intervention, family empowerment, and prevention and cure. Specifically, our goals during this period are for:

- Everyone who falls ill to begin and successfully complete treatment within the shortest possible timeframe, reducing the delay between someone falling ill and seeking treatment from over three years at present to less than 12 months.
- All families and carers of eating disorder sufferers to be fully informed and involved as their loved one seeks, receives and exits treatment, increasing the likelihood of successful and sustained recovery.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

- An increase in the funding and priority given to eating disorders research so that there is a realistic chance of effective cures and prevention strategies being discovered.

To achieve the goals of our 2019-24 strategy, all our activities will be geared towards:~

- Supporting beneficiaries: providing online and telephone support to everyone who needs us, offering guidance to overturn decisions that deny early intervention or family empowerment, running communication campaigns and publishing materials to increase understanding of eating disorders, and developing the skills of carers through education, networking and peer support.
- Empowering professionals: developing and providing services to the NHS, offering high-quality training, developing information materials that guide professionals and institutions, lobbying for the comprehensive and effective inclusion of eating disorders in the training of medical professionals, and supporting academics performing high quality clinical research.
- Changing policy and practice: lobbying for better government policy and more generous funding, defining best practice and holding to account those responsible for delivering it, promoting the adoption of innovative treatment approaches, and communicating the real life experiences of eating disorder sufferers to decision makers and influencers.

ACHIEVEMENTS AND PERFORMANCE

This 2021-2022 annual report demonstrates progress over the past financial year against our 2019-24 strategy and will therefore concentrate on the following key areas of our work:

- Supporting beneficiaries
- Empowering professionals
- Changing policy and practice
- Income generation
- Publicity, marketing and mobilisation

SUPPORTING BENEFICIARIES

Beat offers both telephone and digital support services and operates 365 days per year. The reach of our services has grown substantially in recent years. In the 2021-2022 financial year we aimed to provide over 120,000 individual support sessions via our existing Helpline channels. Against this target we delivered 127,705 individual support sessions which included phone calls, web chats, emails, online groups and a wide range of individual support programmes for people with eating disorders and their carers, including:

- SharED – peer-to-peer support for young people provided over email by volunteer befrienders (6,770 support sessions)
- ECHO – weekly peer coaching for carers via telephone calls to provide emotional support and develop collaborative care skills (2,105 support sessions)
- Nexus – weekly telephone coaching for carers delivered by a Beat Adviser (2,772 support sessions)
- Bolster – coaching support for adults with disordered eating behaviours unable to access eating disorder treatment (395 support sessions)
- Motivate – fortnightly calls from a Beat Adviser and fortnightly access to moderated peer support groups to maintain motivation while service users wait for treatment for anorexia or bulimia (282 support sessions)
- Momentum – guided self-help for binge eating disorder from a Specialist Advisor, using NICE-recommended book 'Overcoming Binge Eating' (819 support sessions)

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

One of our goals for the year was to further extend our Helpline opening hours through the support of our volunteers and collaboration with international partners. Having already extended our opening hours to 9am – 8pm Monday – Friday, we have further extended our opening hours to midnight. Our Helpline is now open 91 hours per week.

To meet the rising demand for our services we increased not only the number of our Helpline Advisors and Support Officers, but also our team of active digital volunteers, which grew from 121 in April 2021 to over 200 in March 2022. These volunteers help to deliver our popular webchat service.

In addition to our one-to-one support services, we also delivered a number of group training sessions designed to enable carers of someone with an eating disorder to better support their loved one. Over the past year we have reached significantly more carers than previous years:

- Developing Dolphins – online training delivered by a Beat Clinical Associate Trainer over five evenings based on the New Maudsley method (425 carers attended)
- Raising Resilience – online workshops delivered by a Beat Clinical Associate Trainer over 5 weeks addressing topics including mealtime stress, setting boundaries and motivational techniques to support recovery (299 carers attended)
- Solace – video-based peer support facilitated by a Beat Clinical Associate Trainer and led by participants, enabling carers to share their feelings with others in a similar situation (695 carers attended)

We also launched the POD (Peer support and Online Development), a new online platform for anyone caring for someone with an eating disorder. It combines training, peer support and other resources in one easy-to-navigate place. Over 3,500 carers joined following the launch of the platform in November 2021, and we expect the platform to enable us to reach a far greater number of carers over the coming years.

EMPOWERING PROFESSIONALS

Empowering professionals to better support people with eating disorders and their carers remains an important aspect of our work. Building on the success of moving much of our in-person training online in 2020, one of our key goals for the year was to offer new online services including a virtual event platform and a learning management system for carers, teachers and other professionals.

We brought back our 'Eating Disorders: Support for the Frontline' conference, bringing 584 people together via an virtual event platform. This involved both carers and frontline workers coming together to share best practice in caring for someone with an eating disorder.

Having paused delivery of 'Beyond the Symptoms' in the previous financial year, we brought this course back in a new format as a video-call based course for clinicians, delivered over two half-days, followed by access to regular online peer support community of practice. The course aims to help clinicians to be better able to spot the signs of an eating disorder, make earlier referrals and provide appropriate support. We provided this training to 238 professionals during the year.

In collaboration with our partners at Health Education England we launched three e-learning sessions for the nursing workforce, hosted by e-Learning for Healthcare. This follows the launch of our training programme for medical students and foundation doctors in early 2021. We began work on a similar series of e-learning sessions for GPs and the primary care workforce for launch in the 2022-2023 financial year.

Finally, we began work to move our in-person 'Spotting the Signs' and 'Primary Prevention' training, for secondary schools and primary schools respectively, online and launched the 'SPOT' platform in early 2022. This sits alongside our 'POD' platform for carers in a learning management system which will host even more of our training for both carers and professionals over the coming years.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

CHANGING POLICY AND PRACTICE

A key goal for the 2021-2022 financial year was to maximize our impact in Northern Ireland, Scotland and Wales, ensuring that eating disorder services are properly funded and focused on best practice. Our '3 Years On' report examining progress made by the Welsh Government since the 2018 Eating Disorder Service review was published in January. The Deputy Minister welcomed the report and stated that the Welsh Government will use it to inform their work going forward. Beat also continues to be represented on all three working groups for the implementation of the Review of Eating Disorder Services in Scotland. The new Scottish Intercollegiate Guidelines Network launched their new eating disorders guidance during January, with Beat having been involved throughout the review of these with one of our lived experience volunteers on the steering group. Progress in Northern Ireland has been slower, although the action we launched for supporters to encourage their Members of the Legislative Assembly to advocate for full funding for eating disorders resulted in 15 direct responses to Beat from MLAs and 5 Assembly questions on eating disorders.

In all four nations, our campaigning work over the past year has focused on securing the commitment of more medical and foundation schools to make effective education on eating disorders a compulsory part of their curriculum for all students. By the end of the financial year, we found that 14 of 41 medical schools were providing quality eating disorders education, with a further 8 in the process of achieving the required standard. Overall progress was achieved in 37 out of 41 medical schools, and over the coming year we will continue work with those who have expressed an interest in addressing this problem. As part of Eating Disorders Awareness Week, and to assist with the campaign, we launched an open letter to medical schools who have not engaged with the campaign that over 5,500 signed.

We have also seen progress in the commitments made by key decision makers to increase funding for eating disorder research. In September 2021 Yesterday, on behalf of the All-Party Parliamentary Group (APPG) on Eating Disorders, we published our 'Breaking the Cycle' report setting out the findings and recommendations of our inquiry into research funding. In response to our report, the Medical Research Council (MRC) has committed to organising one or more workshops to bring together funders and academics to explore building the capacity of the eating disorder research field. We have also received an invitation to join the steering group for this work.

Another significant highlight this year is the confirmation that eating disorders will be included in the Adult Psychiatric Morbidity Survey 2022 (APMS). The APMS is the main way that the Government and the NHS estimates the prevalence of mental health conditions in those aged 16 and over England. It is only conducted every 7 years and eating disorders were omitted from the last survey. We called for eating disorders to be included within the interview-based second phase of the APMS, to enable a robust assessment of the prevalence of eating disorders in English adults, through our membership of NHS Digital's steering group for the survey, and by writing to the Department for Health and Social Care (DHSC). In January 2022 the DHSC confirmed they would allocate the funding required to achieve, and the APMS 2022 will be the first study to investigate the prevalence of eating disorders in a nationally representative sample of English adults.

INCOME GENERATION

Without the generosity of individuals, families, companies and trusts who supported Beat over the past year, we would not be able to run our services to support those affected by eating disorders, nor to campaign on their behalf.

In 2021-22, we had income of £4.99 million, of which £4,511,627 was from voluntary sources, increasing fundraising income from the previous year by £1,291,753, equating to growth of 40%. In addition, we secured and delivered £386,056 worth of contracts and commissions with public sector partners. This has been by far our most successful year and was achieved across a wide range of income streams, which bodes well for the

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

longer-term strength of the charity's finances.

Having seen a remarkable response from the general public, trusts and major donors to our appeals for emergency funding in 2020-21, our task this year was to replace the 'one off' funding with new income that would be sustainable. We achieved this in 2021-22, thereby protecting the growth in services and allowing us to help increasingly greater numbers of people.

Another aim was to increase the number and value of multi-year grants and donations. We go into 2022-2023 with over £1.7m in income already committed from charitable trusts or government funding, which encourages us to set a bold income target for the new financial year. Rising income from statutory sources is particularly heartening as it is a strong indicator of the quality of our relationship with the governments in each part of the UK.

Our most significant 'trust' funder remains The National Lottery Community Fund. During this year we were delighted to receive our third major grant from this funder in as many years. £947,000 was awarded to retain the extension of our Helpline and support the recruitment of additional volunteers.

Our unrestricted income has always been heavily supported by individuals fundraising in their communities through challenge events and other local and online fundraising activities. Going into this year our ambition was to exceed pre-pandemic levels of participation and income. We succeeded in raising over £780,000 surpassing the previous year by 33%, with the help of a total of 1,173 fundraisers.

A trend of increasing donations from the general public, which began in the pandemic, has thankfully continued. Over £250,000 was donated via our new website and we now have nearly 850 people making monthly donations to Beat. We plan to invest further in Individual Giving in order to enable our individual supporters to increase their important support for us in this way.

While support from the corporate sector remains quite modest in comparison to other sources of income, we were delighted to secure a grant of £70,000 from the insurance firm Aviva, to expand our roll-out of our SPOT programme.

PUBLICITY, MARKETING AND MOBILISATION

At the start of the year we launched our new website. The site is now clearer and easier to navigate and the changes made reflect feedback from our beneficiaries who were consulted during the development process.

Our top-tier media coverage remained strong throughout the year, covering a wide range of national outlets including BBC Online, the Telegraph and the Independent. Beat was mentioned nearly 4,000 times across print and online media, and over 1,000 times across broadcast media. A notable period of media success was Eating Disorders Awareness Week in March when we campaigned for all UK medical schools and foundation programmes to introduce proper training on eating disorders. We also had significant results in the devolved nations, including a news report on ITV Wales featuring one of our media volunteers.

Recruitment over the past year has focused on ensuring that we are sufficiently resourced to deliver a wide range of new services and projects to the highest possible standard. Co-production is one area where we have invested in new roles to deliver an array of projects which will ensure we are not only working closely with people with lived experience of an eating disorder in our own work, but also supporting NHS services to better collaborate with those they serve. Alongside these initiatives, our work has continued to be supported by a growing cohort of Lived Experience Volunteers. This role is a new iteration of our earlier Ambassador programme, and offers volunteers opportunities to contribute their experience via Beat training sessions, external speaking events, media opportunities and workshops to co-produce new services.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

We have been supporting our staff team by developing new initiatives to support wellbeing, which has included changing our working week so that full time hours can be worked over 4 days, with a 3 day weekend. We decided to pilot this change during lockdown, having noticed that our productivity went up when we reduced staff hours to save money for a short period in Spring 2020. We therefore decided to test out whether that productivity increase could be maintained once we started paying people their full-time wage again. After piloting for 12 months, it has become clear that Beat has become more effective even though we're working slightly fewer hours. Staff are of course very happy with the change and our beneficiaries can therefore only experience positive results from it.

LOOKING FORWARD

Following a period of significant expansion across all of our services, our goal for the 2022-2023 financial year is to consolidate our existing workstreams and launch services which have been in development over the past year. During the 2022-23 financial year, our plans include:

- More than 200,000 individual support sessions to be delivered via our existing Helpline and related channels, with an advocacy service to be launched to provide additional case worker support to people needing to challenge bad decisions about their access to treatment or information.
- An expanding suite of short online self-directed courses for different groups of clinical staff to be developed and rolled out.
- More than 4,000 schools to be registered users of the SPOT platform, with more than 8,000 schools professionals having completed relevant modules.
- A campaign to be launched to encourage eating disorder services to adopt Beat's best practice standards on early intervention, family and carer engagement and transitions between services.
- All medical schools and deaneries to have committed to provide an adequate standard of eating disorder education for all students and trainees, with at least 50% having already started delivery.
- A significant increase in funding for eating disorder research to have been agreed by at least one major research funder.
- Co-production at Beat becomes central to all new developments and is offered as a commissioned service to external partners.

FINANCIAL REVIEW

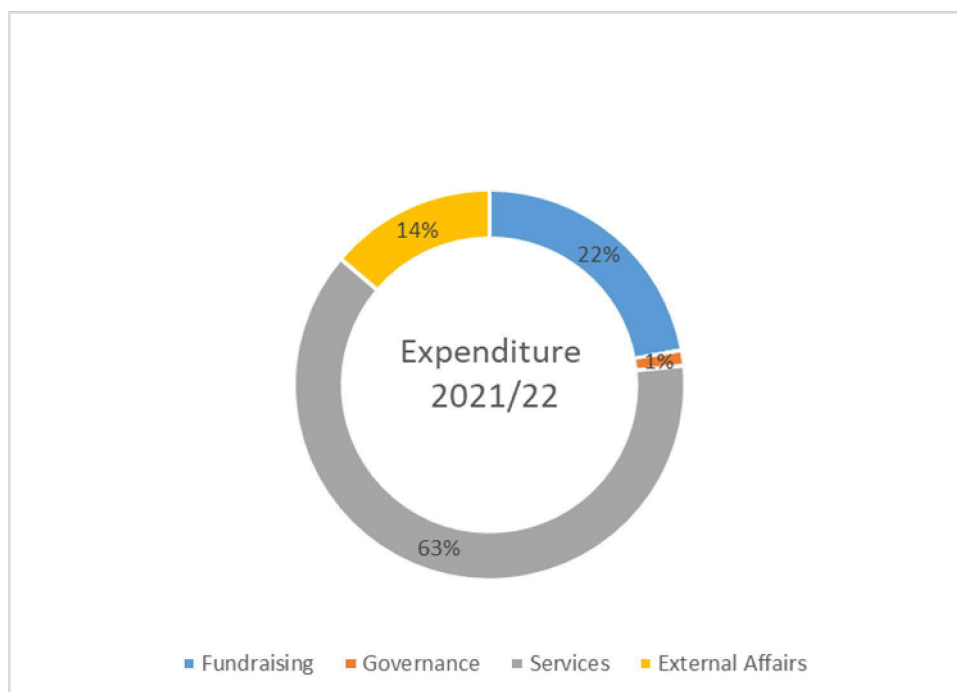
2021/22 was another strong year for Beat financially, with a number of sizeable donations being received late in the year to be spent in 2022/23 and beyond. Income has grown in almost all areas with particular success in trusts and statutory and community fundraising. We have also secured a good number of public sector contracts which will be delivered and recognized in future years.

Total income for the year ended 31 March 2022 was £4.99 million compared to £3.42 million for the previous year. Expenditure of £4.54 million was incurred in this financial year compared to £2.75 million in the year ended 31 March 2021. This has increased the total funds held by the charity to £2.43 million at 31 March 2022, compared to £1.99 million at 31 March 2021.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)



Balance Sheet

The value of fixed assets continues to fall as assets are generally no longer purchased but procured on a revenue basis. The net book value of fixed assets at 31 March 2022 was £37,009, down from £49,892 at 31st March 2021 due to depreciation charges in the year. Debtors levels have increased significantly from £902,628 in March 2021 to £2,331,840 at March 2022. All debts have subsequently been received or are considered fully recoverable. The increase was mainly due to a high amount of contract invoicing to NHS partners during March 2022. The total figure for cash held at 31st March 2022 was £2,272,523 which is an increase from the previous year where we held £1,757,306. Creditors also increased significantly to £2,206,658, previously £710,758. The increase is in all areas of creditors but most significantly an increase in deferred income received by Beat.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

Fundraising regulation

Beat's approach to fundraising is to maintain a balanced portfolio of income streams, in order to achieve a sustainable funding model. We currently employ twelve fundraisers, led by the Director of Marketing & Income Generation, all of whom are members of the Institute of Fundraising. Beat does not use the services of professional fundraising agencies to conduct any part of our fundraising programme. We promote a 'Supporters Promise' that sets out the standards donors can expect, including a pledge to not put undue pressure on supporters to make a gift. Beat also has a formal complaints procedure. There was one fundraising complaint in 2021-22 (nine in 2020-21) - which was resolved internally. Beat follows The Code of Fundraising Practice, as promoted by the Fundraising Regulator. A Vulnerable Supporters Statement was introduced in 2019-20.

We are committed to working ethically and responsibly with all our supporters. This is detailed within our supporter promise, available on our website. This promise describes how we will always prioritise the health and wellbeing of supporters, never placing them under undue pressure and ensuring we work honestly, respectfully and sensitively with all supporters including fundraisers. We ensure personal data and details are collected and managed appropriately and we would never sell information to other parties.

Environmental Impact

We are committed to monitoring and reducing our environmental impact at Beat. We have an environmental action plan to monitor further improvements. We enable staff to work from home and employ paperless systems.

Risk management

The Trustees are responsible for ensuring effective risk management, and that internal controls are in place to appropriately manage the risk exposure of Beat. In June 2022, the Trustees completed their annual review of the Beat's risk management strategy. In the course of this review, the Board has considered:

- The major risks to which Beat is exposed.
- The potential impact and probability associated with each risk.
- Existing internal controls and accountability for them.
- Mitigating actions needed to reduce each risk to a level that the Trustees consider to be acceptable. This year the board also considered the changes to risk caused by the recent growth and success of the organization.

All significant risks are reported in a risk register, and are monitored quarterly by the Executive Team and at every meeting of the Finance and Risk Committee, as well as being subject to a formal review by the Board of Trustees every year.

The key risks identified by the Trustees are as follows:

- Cyberattack causing loss or theft of data of a commercially sensitive or personal nature.
- Failure to comply with data protection or similar legislation.
- Inability to recruit or retain the right staff and volunteers
- Support services provide ineffective or inaccurate advice
- Failure to meet contracted or promised outputs and outcomes for contracts and grants
- There is unforeseen negative media or social media scrutiny and criticism

None of the above risks caused loss or harm to the organization during the year but we continue to improve and increase actions and controls to reduce and mitigate these risks.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

Reserves and Funds

The Trustees review reserves every year and set a reserves policy that reflects the risks faced by the organisation.

Currently it is the charity's policy to have a General Fund of free reserves (i.e. excluding restricted funds and tangible fixed assets) in order to:

- Allow continued operation in the event of a loss of a major source of funding while a new source of income is secured or while costs are cut in a considered manner.
- Provide a buffer in the event of making an operational loss in a given financial year.
- Bridge cash flow challenges resulting from slow payment or bad debt.
- Manage fluctuations in income, such as permitting very large donations or legacies received in one financial year to be spent in a reasonable manner in subsequent financial years, resulting in expenditure exceeding income in those subsequent years.
- Permit investment in key opportunities at short notice.

This policy is reviewed annually alongside the production of the annual accounts in order to:

- Ensure that the reserve held is equal to or greater than the minimum level identified.
- Check that the assumptions underlying the policy are still valid and the minimum amount is still sufficient for its purpose.
- Agree any action that may be required to ensure an adequate reserve is maintained.

From time to time Beat also holds designated funds in reserve in order to plan for future spending on specific infrastructure projects that will increase our effectiveness and/or sustainability.

The charity assesses its reserves requirement using a number of methods to ensure that the reserve figure required has been robustly tested.

Using a risk based approach, we calculated that at 1 April 2022 we require reserves of £1.28 million and will endeavour (subject to timing fluctuations) to have reserves within plus or minus 10% of this figure.

Income fluctuates significantly throughout the year at Beat. Therefore reserves will be monitored to ensure they are line with projections and that total funds remain above reserves required, or if they do fall below that we have reliable forecasts to show them returning to the required level.

If free reserves fall or are predicted to fall below one month's full operating costs or two months' staff costs, trustees will take immediate action.

As at 31 March 2022 current funds are as follows:

| | 2022 | 2021 |
|------------------|------------------|------------------|
| | £'000 | £'000 |
| Restricted funds | 938,642 | 620,970 |
| General funds | 1,494,646 | 1,364,721 |
| Total | 2,433,288 | 1,985,691 |

After adjusting for fixed assets that gives Beat free reserves at 31st March 2022 of £1,457,637. This amount is slightly higher than the reserves required but reflects a particular point in time at which additional spending was planned for delivery of projects and services. We anticipate reserves levels to remain closer to the planned levels as we move through the year ending 31st March 2023.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee, incorporated on 5 April 1989 and registered as a charity on 7 April 1989. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company, and is governed under its Articles of Association. Following a general meeting on 24th March 2020 the previous approach to membership was removed with the trustees of the charity becoming its only members, who guarantee the liabilities of the company in the event of a winding up, to a maximum of £1 each.

Recruitment and appointment of Trustees

The directors of the company are also the charity Trustees for the purposes of charity law. Under the charity's Articles of Association they are known as members of the Board of Trustees. The Trustees who served during the year and up to the date of this report are listed on page 1. Trustees are appointed by the Board. A recruitment panel, delegated from the main Board, interviews and recommends Trustees for appointment.

Under the requirements of the Articles of Association, the Trustees are elected to serve for a term of three years. Trustees may serve a maximum of two terms, not including any time (upto a maximum of six years) spent as Chair, Vice Chair or Treasurer. There must be at least six Trustees. The Board of Trustees meets quarterly and is responsible for the strategic direction and oversight of the charity. The Board has two sub-committees that meet regularly throughout the year:

- Finance and Risk: This committee meets five times a year to oversee finance and to support the Executive in the development of budgets, financial and management reporting, and risk management.
- Human Resources: This committee meets four times per year and works with the Chief Executive and the Executive team to ensure Beat can attract, develop and retain great staff and volunteers.

Day to day management of Beat is delegated to the Chief Executive and the Executive Team under a scheme of delegation. All Board members give their time voluntarily but may claim reasonable travel expenses, which are shown in Note 9 to the accounts. The Board regularly evaluates its performance and membership, considering the direction of the organisation and the skills and diversity needed among its number to take Beat forward with confidence. The Board is committed to and has achieved full compliance with the Charity Code of Governance. Compliance is audited annually to ensure any necessary further actions are taken.

Public benefit

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Commission on determining the activities undertaken by the charity. We are clear that our services are available to all and are actively working on messaging to make Beat as inclusive as possible.

Staff and Executive Pay

Staff salaries are banded in a series of salary points, with the median for each band being a market average benchmarked against similar jobs elsewhere in the voluntary sector. Employees can progress to the next salary point in their band by meeting criteria linked to performance. The exception is the Chief Executive, whose salary is determined by the Board.

Every twelve months the Trustees determine whether there should be an overall increase in salaries to reflect changes in the cost of living. The level of any increase is decided in the context of:

- The charity's financial situation.
- The charity's performance.
- The current rate of inflation.
- Cost of living adjustments made in recent years.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

(continued)

Trustees' responsibilities statement

The Trustees (who are also directors of Beat (formerly Eating Disorders Association) for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charitable company's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....
Mike Cooke

Date: 12 October 2022

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Opinion

We have audited the financial statements of Beat (formerly Eating Disorders Association) (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION) (CONTINUED)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a Strategic report.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION) (CONTINUED)

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

Due to the field in which the charitable company operates, we identified the areas most likely to have a direct material impact on the financial statements as compliance with the UK accounting standards, the Companies Act 2006, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011. In addition, we considered the provisions of other laws and regulations which, whilst not having a direct impact on the financial statements, are fundamental to the charitable company's ability to operate including employment law, safeguarding, health and safety and GDPR.

Our approach to identifying and assessing the risk of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, included the following:

- Enquiry with management about any actual or potential litigations and claims against the charity;
- Enquiry with management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Review of Board meeting minutes during the year and since the year end;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION) (CONTINUED)

There are inherent limitations in our audit procedures described above. The more removed that laws or regulations are from financial transactions, the less likely it is that we would be aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the Trustees and management and the inspection of regulatory and legal correspondence, if any.

Material misstatement that arises due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charitable company's trustees, as a body, in accordance with regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Joanne Fox BA FCA (Senior statutory auditor)

for and on behalf of
Larking Gowen LLP
Chartered Accountants
Statutory Auditors
King Street House
15 Upper King Street
Norwich
NR3 1RB

Date: 27 October 2022

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022**

| | Note | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|------------------------------------|------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | | |
| Donations and legacies | 2 | 2,369,182 | 2,142,445 | 4,511,627 | 3,219,874 |
| Charitable activities | 3 | 475,613 | - | 475,613 | 183,967 |
| Other trading activities | 4 | 4,064 | - | 4,064 | 11,163 |
| Investments | 5 | 214 | - | 214 | 84 |
| Total income | | 2,849,073 | 2,142,445 | 4,991,518 | 3,415,088 |
| Expenditure on: | | | | | |
| Raising funds | | 1,000,962 | - | 1,000,962 | 850,223 |
| Charitable activities | | 1,718,186 | 1,824,773 | 3,542,959 | 1,895,195 |
| Total expenditure | | 2,719,148 | 1,824,773 | 4,543,921 | 2,745,418 |
| Net movement in funds | | 129,925 | 317,672 | 447,597 | 669,670 |
| Reconciliation of funds: | | | | | |
| Total funds brought forward | | 1,364,721 | 620,970 | 1,985,691 | 1,316,021 |
| Net movement in funds | | 129,925 | 317,672 | 447,597 | 669,670 |
| Total funds carried forward | | 1,494,646 | 938,642 | 2,433,288 | 1,985,691 |

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 23 to 44 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)
REGISTERED NUMBER: 02368495

BALANCE SHEET
AS AT 31 MARCH 2022

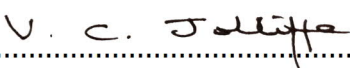
| | Note | 2022 £ | 2021 £ |
|---|------|--------------------|------------------|
| Fixed assets | | | |
| Tangible assets | 9 | 37,009 | 49,892 |
| Current assets | | | |
| Debtors | 10 | 2,331,840 | 902,658 |
| Cash at bank and in hand | | 2,272,523 | 1,757,306 |
| | | <u>4,604,363</u> | <u>2,659,964</u> |
| Creditors: amounts falling due within one year | 11 | <u>(2,206,658)</u> | <u>(710,758)</u> |
| Net current assets | | 2,397,705 | 1,949,206 |
| Total assets less current liabilities | | 2,434,714 | 1,999,098 |
| Creditors: amounts falling due after more than one year | 12 | (1,426) | (13,407) |
| Total net assets | | 2,433,288 | 1,985,691 |
| Charity funds | | | |
| Restricted funds | | 938,642 | 620,970 |
| Unrestricted funds | | 1,494,646 | 1,364,721 |
| Total funds | | 2,433,288 | 1,985,691 |

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:


.....
Mike Cooke
Chairman
Date: 12 October 2022


.....
Valerie Jolliffe
Treasurer

The notes on pages 23 to 44 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

| | 2022 | <i>2021</i> |
|---|------------------|------------------|
| | £ | £ |
| Cash flows from operating activities | | |
| Net cash used in operating activities | 515,003 | <i>837,494</i> |
| | <hr/> | <hr/> |
| Cash flows from investing activities | | |
| Dividends, interests and rents from investments | 214 | <i>84</i> |
| Purchase of tangible fixed assets | - | <i>(3,493)</i> |
| Proceeds from sale of investments | - | <i>108,615</i> |
| | <hr/> | <hr/> |
| Net cash provided by investing activities | 214 | <i>105,206</i> |
| | <hr/> | <hr/> |
| Change in cash and cash equivalents in the year | 515,217 | <i>942,700</i> |
| Cash and cash equivalents at the beginning of the year | 1,757,306 | <i>814,606</i> |
| | <hr/> | <hr/> |
| Cash and cash equivalents at the end of the year | 2,272,523 | <i>1,757,306</i> |
| | <hr/> <hr/> | <hr/> <hr/> |

The notes on pages 23 to 44 form part of these financial statements

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Beat (formerly Eating Disorders Association) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Company status

The charity is a company limited by guarantee, incorporated in England and Wales. The members of the company are the Trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.3 Going concern

With the level of unrestricted funds and liquid assets available, the Trustees consider the organisation is in a stable financial position. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The Trustees consider that the budgeted cashflow is sufficient with the level of unrestricted reserves for Beat to be able to meet its liabilities as they fall due. For this reason, the Trustees consider it appropriate for the financial statements to continue being prepared on a going concern basis.

1.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting policies (continued)

1.5 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteers time is not recognised in the accounts, please refer to the Trustees' report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Incoming resources from grants, including income from Government, is recognised when the charity has entitlement to the funds, and it is probable the amount will be received.

The value of services provided by volunteers has not been included in these accounts.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting policies (continued)

1.6 Expenditure (continued)

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

1.7 Government grants

Government grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

1.8 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

1.9 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments.

Impairment losses are recognised in the Statement of financial activities incorporating income and expenditure account.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment.

Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives using the straight-line method.

Depreciation is provided on the following bases:

| | |
|--------------------------------|--------------------------------|
| Leasehold improvements | - over the period of the lease |
| Office furniture and equipment | - 20% per annum on cost |
| Computer equipment | - 33.3% per annum on cost |

1.10 Investments

Current asset investments are a form of financial instrument. They are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the fair value cannot be measured reliably, in which case it is measured at cost less impairment.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting policies (continued)

1.11 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.12 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.13 Liabilities

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

1.14 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.15 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

1.16 Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund in respect of the year.

The company is a member of a multi-employer plan. Where it is not possible for the company to obtain sufficient information to enable it to account for the plan as a defined benefit plan, it accounts for the plan as a defined contribution plan. Further details can be found in note 18.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

2. Income from donations and legacies

| | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total funds 2022 £ |
|-----------------------------------|--|--|---------------------------------------|
| Individual giving | 327,903 | - | 327,903 |
| Public sector funding | 55,419 | - | 55,419 |
| Community fundraising | 787,933 | - | 787,933 |
| Major donors grants and donations | 975,776 | 51,808 | 1,027,584 |
| Trusts and Statutory Grants | 47,299 | 2,090,637 | 2,137,936 |
| Corporate donor | 174,852 | - | 174,852 |
| | <u>2,369,182</u> | <u>2,142,445</u> | <u>4,511,627</u> |

Government grants comprise the following:

£Nil (2021: £56,991) of income under the Coronavirus Job Retention Scheme. This is a government scheme whereby employers can reclaim some of the costs of staff placed on furlough leave during the Covid-19 pandemic.

Legacy income of £24,564 is included in individual giving (2021: £5,056)

| | <i>Unrestricted funds 2021 £</i> | <i>Restricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|-----------------------------------|--|--|---------------------------------------|
| Community fundraising | 528,898 | - | 528,898 |
| Individual giving | 390,461 | - | 390,461 |
| Major donors grants and donations | 485,993 | - | 485,993 |
| Trusts and Statutory Grants | 181,644 | 1,492,013 | 1,673,657 |
| Government grants | 56,991 | - | 56,991 |
| Corporate donor | 83,874 | - | 83,874 |
| | <u>1,727,861</u> | <u>1,492,013</u> | <u>3,219,874</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

3. Income from charitable activities

| | Unrestricted funds 2022 £ | Total funds 2022 £ |
|--------------------------------------|--|---------------------------------------|
| Income from training and conferences | 81,870 | 81,870 |
| Publications | 7,687 | 7,687 |
| Contract income | 386,056 | 386,056 |
| | <hr/> 475,613 <hr/> | <hr/> 475,613 <hr/> |
| | <i>Unrestricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
| Income from training and conferences | 21,255 | 21,255 |
| Publications | 15,193 | 15,193 |
| Contract income | 147,519 | 147,519 |
| | <hr/> 183,967 <hr/> | <hr/> 183,967 <hr/> |

4. Income from other trading activities

| | Unrestricted funds 2022 £ | Total funds 2022 £ |
|-----------------|--|---------------------------------------|
| Affinity income | 4,064 | 4,064 |
| | <hr/> 4,064 <hr/> | <hr/> 4,064 <hr/> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

4. Income from other trading activities (continued)

(continued)

| | <i>Unrestricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|-----------------|--|---------------------------------------|
| Affinity income | 5,830 | 5,830 |
| Sponsorship | 5,333 | 5,333 |
| | 11,163 | 11,163 |
| | 11,163 | 11,163 |

5. Investment income

| | Unrestricted funds 2022 £ | Total funds 2022 £ |
|-------------------|--|---------------------------------------|
| Interest received | 214 | 214 |
| | 214 | 214 |

| | <i>Unrestricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|-------------------|--|---------------------------------------|
| Interest received | 84 | 84 |
| | 84 | 84 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

6. Analysis of expenditure by activities

| | Activities undertaken directly 2022 £ | Support costs 2022 £ | Total funds 2022 £ |
|-------------------|--|---|---------------------------------------|
| Service provision | 2,301,191 | 468,542 | 2,769,733 |
| Fundraising costs | 1,051,827 | (50,865) | 1,000,962 |
| External affairs | 517,647 | 104,693 | 622,340 |
| Events | 75,455 | 16,026 | 91,481 |
| Governance | - | 59,405 | 59,405 |
| | <u>3,946,120</u> | <u>597,801</u> | <u>4,543,921</u> |

| | <i>Activities undertaken directly 2021 £</i> | <i>Support costs 2021 £</i> | <i>Total funds 2021 £</i> |
|-------------------|--|---|---------------------------------------|
| Service provision | 1,061,191 | 224,467 | 1,285,658 |
| Fundraising costs | 701,364 | 148,859 | 850,223 |
| External affairs | 627,505 | (74,010) | 553,495 |
| Governance | - | 56,042 | 56,042 |
| | <u>2,390,060</u> | <u>355,358</u> | <u>2,745,418</u> |

Our Marketing and Communications costs are considered to be support costs and are allocated accordingly from fundraising (2021 these were included in and allocated from external affairs). This is shown on page 32 as Communications support.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

6. Analysis of expenditure by activities (continued)

Analysis of direct costs

| | Service provision 2022 £ | Fundraising costs 2022 £ | External affairs 2022 £ | Event costs 2022 £ | Total funds 2022 £ |
|-------------------|---|---|--|-----------------------------------|---------------------------------------|
| Staff costs | 1,446,412 | 671,190 | 397,895 | 50,001 | 2,565,498 |
| Operational costs | 522,791 | 167,101 | 45,975 | 14,161 | 750,028 |
| Event costs | 1,802 | 64,515 | - | - | 66,317 |
| Facilities costs | 129,435 | 58,417 | 28,921 | 4,427 | 221,200 |
| IT costs | 126,051 | 56,890 | 28,165 | 4,311 | 215,417 |
| Unrecoverable VAT | 74,700 | 33,714 | 16,691 | 2,555 | 127,660 |
| | <u>2,301,191</u> | <u>1,051,827</u> | <u>517,647</u> | <u>75,455</u> | <u>3,946,120</u> |
| | <u>2,301,191</u> | <u>1,051,827</u> | <u>517,647</u> | <u>75,455</u> | <u>3,946,120</u> |
| | <i>Service provision 2021 £</i> | <i>Fundraising costs 2021 £</i> | <i>External affairs 2021 £</i> | <i>Event costs 2021 £</i> | <i>Total funds 2021 £</i> |
| Staff costs | 619,365 | 479,955 | 419,556 | - | 1,518,876 |
| Operational costs | 251,848 | 89,789 | 102,855 | - | 444,492 |
| Facilities costs | 90,557 | 59,846 | 49,907 | - | 200,310 |
| IT costs | 79,203 | 52,342 | 43,649 | - | 175,194 |
| Unrecoverable VAT | 20,218 | 19,432 | 11,538 | - | 51,188 |
| | <u>1,061,191</u> | <u>701,364</u> | <u>627,505</u> | <u>-</u> | <u>2,390,060</u> |
| | <u>1,061,191</u> | <u>701,364</u> | <u>627,505</u> | <u>-</u> | <u>2,390,060</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

6. Analysis of expenditure by activities (continued)

Analysis of support costs

| | Service provision 2022 £ | Fundraising costs 2022 £ | External affairs 2022 £ | Event costs 2022 £ |
|------------------------|---|---|--|-----------------------------------|
| HR costs | 80,393 | 36,284 | 17,963 | 2,750 |
| Finance costs | 88,016 | 39,724 | 19,667 | 3,010 |
| Central costs | 146,631 | 66,179 | 32,764 | 5,015 |
| Communications support | 153,502 | (193,052) | 34,299 | 5,251 |
| | <u>468,542</u> | <u>(50,865)</u> | <u>104,693</u> | <u>16,026</u> |

| | Governance 2022 £ | Total funds 2022 £ |
|------------------------|----------------------------------|---------------------------------------|
| HR costs | - | 137,390 |
| Finance costs | - | 150,417 |
| Central costs | 59,405 | 309,994 |
| Communications support | - | - |
| | <u>59,405</u> | <u>597,801</u> |

| | <i>Service provision 2021 £</i> | <i>Fundraising costs 2021 £</i> | <i>External affairs 2021 £</i> | <i>Event costs 2021 £</i> |
|------------------------|---|---|--|-----------------------------------|
| HR costs | 32,981 | 21,796 | 18,176 | - |
| Finance costs | 63,837 | 42,188 | 35,181 | - |
| Central costs | 38,497 | 25,441 | 21,219 | - |
| Communications support | 89,152 | 59,434 | (148,586) | - |
| | <u>224,467</u> | <u>148,859</u> | <u>(74,010)</u> | <u>-</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

6. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

| | <i>Governance 2021 £</i> | <i>Total funds 2021 £</i> |
|------------------------|----------------------------------|---------------------------------------|
| HR costs | - | 72,953 |
| Finance costs | - | 141,206 |
| Central costs | 56,042 | 141,199 |
| Communications support | - | - |
| | <u>56,042</u> | <u>355,358</u> |

7. Auditors' remuneration

| | 2022 £ | 2021 £ |
|--|---------------------|-------------------|
| Fees payable to the company's auditor for the audit of the company's annual accounts | 8,895 | 8,470 |
| Fees payable to the company's auditor in respect of: All other non-audit services | 1,265 | 1,210 |
| | <u>1,265</u> | <u>1,210</u> |

8. Staff costs

| | 2022 £ | 2021 £ |
|--|-------------------------|-------------------|
| Wages and salaries | 2,622,727 | 1,613,810 |
| Social security costs | 241,231 | 148,889 |
| Contribution to defined contribution pension schemes | 89,756 | 70,512 |
| | <u>2,953,714</u> | <u>1,833,211</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

8. Staff costs (continued)

The average number of persons employed by the company during the year was as follows:

| | 2022 | <i>2021</i> |
|-----------------------|-------------|-------------|
| | No. | <i>No.</i> |
| Charitable activities | 85 | <i>52</i> |
| Fundraising | 19 | <i>13</i> |
| | 104 | <i>65</i> |

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

| | 2022 | <i>2021</i> |
|-------------------------------|-------------|-------------|
| | No. | <i>No.</i> |
| In the band £60,001 - £70,000 | 3 | <i>2</i> |
| In the band £70,001 - £80,000 | 1 | <i>-</i> |
| In the band £80,001 - £90,000 | 1 | <i>1</i> |

The key management personnel of the charity are the Trustees and the Executive Team.

The pay and benefits (including employer pension contributions) of the Executive Team during the year were £418,846 (2021: £383,568).

The value of services provided by Beat's volunteers has not been incorporated into these financial statements. However, Beat recognises that it could not have achieved everything set out in the Trustees' report had it not been for a dedicated team of volunteers and Ambassadors to help us fundraise, promote awareness, speak to the media and deliver services such as the Helpline, self-help networks and conferences.

No remuneration was paid to any Trustee during the year (2021: £Nil) and no expenses were reimbursed to any Trustee (2021: none).

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

9. Tangible fixed assets

| | Improvements to leasehold property £ | Computer equipment £ | Total £ |
|--------------------------|---|----------------------------|----------------|
| Cost or valuation | | | |
| At 1 April 2021 | 90,476 | 184,415 | 274,891 |
| At 31 March 2022 | <u>90,476</u> | <u>184,415</u> | <u>274,891</u> |
| Depreciation | | | |
| At 1 April 2021 | 41,148 | 183,851 | 224,999 |
| Charge for the year | 12,319 | 564 | 12,883 |
| At 31 March 2022 | <u>53,467</u> | <u>184,415</u> | <u>237,882</u> |
| Net book value | | | |
| At 31 March 2022 | <u>37,009</u> | - | <u>37,009</u> |
| <i>At 31 March 2021</i> | <u>49,328</u> | 564 | <u>49,892</u> |

10. Debtors

| | 2022 £ | 2021 £ |
|--------------------------------|------------------|----------------|
| Trade debtors | 1,317,751 | 466,830 |
| Other debtors | 833 | 649 |
| Prepayments and accrued income | 1,013,256 | 435,179 |
| | <u>2,331,840</u> | <u>902,658</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

11. Creditors: Amounts falling due within one year

| | 2022 | <i>2021</i> |
|--|-------------------------|-----------------------|
| | £ | <i>£</i> |
| Trade creditors | 91,660 | <i>91,089</i> |
| Other taxation and social security | 351,747 | <i>110,677</i> |
| Other creditors | 3,117 | <i>4,994</i> |
| Accruals and deferred income | 1,760,134 | <i>503,998</i> |
| | <u>2,206,658</u> | <i><u>710,758</u></i> |
| | | |
| | 2022 | <i>2021</i> |
| | £ | <i>£</i> |
| Deferred income at 1 April 2021 | 432,945 | <i>190,542</i> |
| Resources deferred during the year | 1,664,924 | <i>432,945</i> |
| Amounts released from previous periods | (432,945) | <i>(190,542)</i> |
| | <u>1,664,924</u> | <i><u>432,945</u></i> |

Income is deferred where contract income is received upfront but the services are provided over a period of time. The income is released in line with the provision of the agreed services.

12. Creditors: Amounts falling due after more than one year

| | 2022 | <i>2021</i> |
|------------------------|---------------------|----------------------|
| | £ | <i>£</i> |
| Pension scheme deficit | 1,426 | <i>13,407</i> |
| | <u>1,426</u> | <i><u>13,407</u></i> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

13. Charity funds

Summary of funds - current year

| | Balance at 1 April 2021 £ | Income £ | Expenditure £ | Balance at 31 March 2022 £ |
|------------------|--|---------------------|--------------------------|---|
| General funds | 1,364,721 | 2,849,073 | (2,719,148) | 1,494,646 |
| Restricted funds | 620,970 | 2,142,445 | (1,824,773) | 938,642 |
| | <u>1,985,691</u> | <u>4,991,518</u> | <u>(4,543,921)</u> | <u>2,433,288</u> |

Summary of funds - prior year

| | <i>Balance at 1 April 2020 £</i> | <i>Income £</i> | <i>Expenditure £</i> | <i>Balance at 31 March 2021 £</i> |
|------------------|--|---------------------|--------------------------|---|
| General funds | 829,609 | 1,923,075 | (1,387,963) | 1,364,721 |
| Restricted funds | 486,412 | 1,492,013 | (1,357,455) | 620,970 |
| | <u>1,316,021</u> | <u>3,415,088</u> | <u>(2,745,418)</u> | <u>1,985,691</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

Restricted funds - current year

| | Balance at 1 April 2021 | Income | Expenditure | Balance at 31 March 2022 |
|--|----------------------------|------------------|--------------------|--------------------------------|
| | £ | £ | £ | £ |
| Aviva Foundation | - | 70,000 | - | 70,000 |
| BOTG - West Midlands | 5,000 | - | (5,000) | - |
| BBC Children in Need | 14,964 | - | (14,964) | - |
| City Bridge Trust | 46,200 | 210,440 | (46,200) | 210,440 |
| Campaigns | - | 5,000 | (5,000) | - |
| Echo Project | 2,525 | 4,795 | (7,320) | - |
| John Ellerman Foundation | 15,865 | - | (15,865) | - |
| Extended helpline | - | 189,062 | (152,507) | 36,555 |
| Garfield Weston Foundation | 150,000 | - | (75,000) | 75,000 |
| Health Foundation | 2,500 | - | (2,500) | - |
| Mels 40th Milestone Balls | 13,840 | 34,308 | (12,122) | 36,026 |
| The National Lottery Community Fund | 239,153 | 491,565 | (375,124) | 355,594 |
| NHS Lothian | 14,899 | 33,131 | (48,030) | - |
| NHS Norfolk and Waveney CCG | 35,127 | 210,000 | (196,102) | 49,025 |
| Northern Ireland Government | - | 61,834 | - | 61,834 |
| Scottish Government direct approach | - | 219,648 | (219,648) | - |
| Spot the Signs - Ethos | 8,931 | - | (8,931) | - |
| St James's Place Charitable Foundation | - | 57,718 | (57,718) | - |
| Margaret Starkie | - | 12,500 | - | 12,500 |
| Department for Digital, Culture, Media and Sport | - | 483,316 | (467,621) | 15,695 |
| Vogelgezung Ext Affairs Grant | 71,966 | - | (71,966) | - |
| Welsh Government | - | 59,128 | (43,155) | 15,973 |
| | <u>620,970</u> | <u>2,142,445</u> | <u>(1,824,773)</u> | <u>938,642</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

A description of the significant restricted funds is as follows:

| | |
|--|--|
| Aviva | To provide training to school professionals |
| BOTG (Beat on the Ground) | Locality based work covering training, GP and awareness |
| BBC Children in Need | Funding to provide online advice and support to children and young people affected by family and friends with an eating disorder |
| City Bridge Trust | Locality work in London, covering training, GP and awareness |
| Department of Health and Social Care | Helpline services in England |
| John Ellerman Foundation | Recruiting, training and supporting volunteers |
| Extended helpline | Helpline services, including extended opening hours |
| Garfield Weston Foundation | Helpline services |
| Health Foundation | Helpline services |
| Mels 40th Milestone | Best practice campaign |
| The National Lottery Community Fund | Locality based work in Scotland and North East England |
| NHS Lothian | Email support services in Scotland |
| NHS Norfolk and Waveney CCG | Training and support services across East of England |
| Northern Ireland Government | Support services in Northern Ireland |
| Scottish Government | Support services in Scotland |
| St James's Place Charitable Foundation | Helpline services, including extended opening hours |
| Department for Digital, Culture, Media and Sport | Support services for sufferers and carers |
| Vogelgezang Ext Affairs Grant | External Affairs department including Policy and Campaigns |
| Welsh Government | Support services in Wales |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

Restricted funds - prior year

| | Balance at 1 April 2020 | Income | Expenditure | Balance at 31 March 2021 |
|---|----------------------------|------------------|--------------------|--------------------------------|
| | £ | £ | £ | £ |
| Binge Eating Disorder Project | 3,843 | - | (3,843) | - |
| BOTG - Buckinghamshire | 600 | - | (600) | - |
| BOTG - Rhondda Cynon Taff | 1,002 | - | (1,002) | - |
| BOTG - Surrey | 125 | - | (125) | - |
| BOTG - Wales | 112,116 | - | (112,116) | - |
| BOTG - West Midlands | 188 | 5,000 | (188) | 5,000 |
| BOTG - West Sussex | 625 | - | (625) | - |
| Training of Carers | 500 | - | (500) | - |
| CBT/London Funders | - | 22,021 | (22,021) | - |
| CHK Foundation | 62,500 | - | (62,500) | - |
| BBC Children in Need | 14,076 | 37,069 | (36,182) | 14,963 |
| City Bridge Trust | 44,713 | 115,863 | (114,376) | 46,200 |
| Department of Health and Social Care | - | 90,000 | (90,000) | - |
| Echo Project | 10,304 | 14,595 | (22,372) | 2,527 |
| John Ellerman Foundation | 18,735 | 35,000 | (37,870) | 15,865 |
| Garfield Weston Foundation | - | 150,000 | - | 150,000 |
| Health Foundation | - | 30,000 | (27,500) | 2,500 |
| Helpline Fund | 25,000 | 26,508 | (51,508) | - |
| Mels 40th Milestone Balls | 11,130 | 2,710 | - | 13,840 |
| The National Lottery Community Fund | - | 357,771 | (118,618) | 239,153 |
| NHS Lothian | 2,023 | 24,834 | (11,959) | 14,898 |
| Norfolk Community Foundation | 7,228 | - | (7,228) | - |
| The National Lottery Community Fund - second grant | - | 451,009 | (451,009) | - |
| NHS Norfolk and Waveney CCG | - | 35,127 | - | 35,127 |
| Scottish Government | - | 42,963 | (42,963) | - |
| SCVO Wellbeing Scot Govt | - | 12,515 | (12,515) | - |
| Spot The Signs - Ethos | 1,857 | 8,088 | (1,014) | 8,931 |
| Vogelgezang Ext Affairs Grant | 169,847 | - | (97,881) | 71,966 |
| Welsh Government | - | 30,940 | (30,940) | - |
| | <u>486,412</u> | <u>1,492,013</u> | <u>(1,357,455)</u> | <u>620,970</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

14. Analysis of net assets between funds

Analysis of net assets between funds - current year

| | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total funds 2022 £ |
|-------------------------------------|--|--|---------------------------------------|
| Tangible fixed assets | 37,009 | - | 37,009 |
| Current assets | 3,665,721 | 938,642 | 4,604,363 |
| Creditors due within one year | (2,206,658) | - | (2,206,658) |
| Creditors due in more than one year | (1,426) | - | (1,426) |
| Total | <u>1,494,646</u> | <u>938,642</u> | <u>2,433,288</u> |

Analysis of net assets between funds - prior year

| | <i>Unrestricted funds 2021 £</i> | <i>Restricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|-------------------------------------|--|--|---------------------------------------|
| Tangible fixed assets | 49,892 | - | 49,892 |
| Current assets | 2,038,994 | 620,970 | 2,659,964 |
| Creditors due within one year | (710,758) | - | (710,758) |
| Creditors due in more than one year | (13,407) | - | (13,407) |
| Total | <u>1,364,721</u> | <u>620,970</u> | <u>1,985,691</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

15. Reconciliation of net movement in funds to net cash flow from operating activities

| | 2022 | 2021 |
|--|--------------------|----------------|
| | £ | £ |
| Net income for the year (as per Statement of Financial Activities) | 447,597 | 669,670 |
| Adjustments for: | | |
| Depreciation charges | 12,883 | 20,563 |
| Dividends, interests and rents from investments | (214) | (84) |
| Decrease in stocks | - | 10,715 |
| Increase in debtors | (1,429,182) | (194,339) |
| Increase in creditors | 1,497,808 | 334,172 |
| Decrease in pension provision | (13,889) | (3,203) |
| Net cash provided by operating activities | 515,003 | 837,494 |

16. Analysis of cash and cash equivalents

| | 2022 | 2021 |
|--|------------------|------------------|
| | £ | £ |
| Cash in hand | 2,272,523 | 1,757,306 |
| Total cash and cash equivalents | 2,272,523 | 1,757,306 |

17. Analysis of changes in net debt

| | At 1 April 2021 | Cash flows | At 31 March 2022 |
|--------------------------|----------------------------|-------------------|-----------------------------|
| | £ | £ | £ |
| Cash at bank and in hand | 1,757,306 | 515,217 | 2,272,523 |
| | 1,757,306 | 515,217 | 2,272,523 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

18. Pension commitments

The charity participates in a multi-employer pension scheme that provides benefits to some 1,300 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004, which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the charity is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

£3,312,000 per annum for the period 1 April 2022 to 30 September 2025.

Where the scheme is in deficit, and where the charity has agreed to a deficit funding arrangement, the charity recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The unwinding of the discount of the net present value is recognised as a finance cost.

The present value of the liability at 31 March 2022 is £3,918 (2021: £17,438)

The share of contributions paid to the scheme by the company in the year amounted to £4,413 (2021: £4,284)

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

19. Operating lease commitments

At 31 March 2022 the company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

| | 2022 | <i>2021</i> |
|--|----------------|----------------|
| | £ | £ |
| Not later than 1 year | 119,519 | <i>113,653</i> |
| Later than 1 year and not later than 5 years | 166,394 | <i>97,460</i> |
| | 285,913 | <i>211,113</i> |

The following lease payments have been recognised as an expense in the Statement of financial activities:

| | 2022 | <i>2021</i> |
|-------------------------|----------------|----------------|
| | £ | £ |
| Operating lease rentals | 113,653 | <i>123,642</i> |

20. Related party transactions

Donations from 5 (2021 - 3) of the Trustees during the year totalled £2,463 (2021: £1,752). The Health Foundation, of which David Smart is a Governor, made donations totalling £14,000 (2021: £58,000) in the year. There were no further related party transactions.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

England & Wales - Charity number 801343

Accounts



Trustees' Report and Financial Statements

For the year ended 31 March 2021

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
A company limited by Guarantee
Registered number: 02368495
Charity numbers: 801343 and SC039309

Beat
Eating disorders

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

CONTENTS

| | Page |
|---|---------|
| Reference and administrative details of the company, its Trustees and advisers | 1 - 2 |
| Trustees' report | 3 - 18 |
| Independent auditors' report on the financial statements | 19 - 22 |
| Statement of financial activities | 23 |
| Balance sheet | 24 |
| Statement of cash flows | 25 |
| Notes to the financial statements | 26 - 46 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2021**

Trustees

Stephen Anderson (appointed 22 June 2021)
Jo Bennett
Mike Cooke, Chairman
Richard Davis
Valerie Jolliffe, Treasurer
Professor Hubert Lacey (resigned 9 December 2020)
Dr Sandeep Ranote
Dr Paul Robinson
Neil Roskilly
Emily Rothwell (appointed 22 September 2020)
David Smart

Company registered number

02368495

Charity registered numbers

801343 and SC039309

Registered office

1 Chalk Hill House, 19 Rosary Road, Norwich, Norfolk, NR1 1SZ

Company secretary

Claire Reynolds

Executive team

Andrew Radford, Chief Executive Officer
Caroline Price, Director of Services
Tom Quinn, Director of External Affairs
Claire Reynolds, Director of Finance and Resources
Philip Roethenbaugh, Director of Marketing & Income Generation

Independent auditors

Larking Gowen LLP, King Street House, 15 Upper King Street, Norwich, NR3 1RB

Bankers

The Co-Operative Bank, 69 London Street, Norwich, NR2 1HT
NatWest, 21 Gentlemans Walk, Norwich, NR2 1NA

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
(CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Beat is supported by a multidisciplinary Clinical Advisory Group of senior clinicians:

Abigail Cardwell (Lead Occupational Therapist)

Dr Erica Cini (Consultant Child and Adolescent Psychiatrist and Clinical Lead)

Sam Clark-Stone (Lead Clinician and Registered Mental Health Nurse)

Dr Fiona Duffy (Consultant Clinical Psychologist and Clinical Lead)

Sarah Fuller (Specialist Eating Disorder Dietitian)

Dr Menna Jones (Consultant Clinical Psychologist and Clinical Lead)

Dr Rhys Jones (Consultant Psychiatrist)

Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead)

Dr Paul Robinson (Consultant Psychiatrist)

Professor Janet Treasure (Consultant Psychiatrist)

Becca Randell (Kent, Surrey and Sussex Implementation Lead, Children's Mental Health - KSS Academic Health Science Network and KSS Applied Research Collaborative)

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2021

The Trustees present their annual report together with the audited financial statements of the company for the year 1 April 2020 to 31 March 2021. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

The company trades under the name Beat.

REPORT OF THE CHAIRMAN

Beat started this financial year in the midst of the Covid-19 crisis. The pandemic not only had an impact on how we deliver our services, but also generated a level of demand for support which we had never seen before. People with eating disorders have been profoundly affected by the anxiety, restrictions and isolation which we have all known over the past year. They have also had to face new challenges including longer waits for treatment and disruption to their support networks and coping strategies. As a result, our staff have heard from many people whose eating disorders have sadly worsened, and many more who have fallen ill for the first time.

Beat has risen to this challenge and sought to do the very best we can for people with eating disorders. By March 2021 we were supporting over 12,000 people a month, a staggering fourfold increase on the number supported in March 2020 and by the end of the year, our staff team and volunteers had delivered almost 100,000 support sessions to eating disorder sufferers and their carers. During this time, we launched several new specialist support services designed to address the changing needs amongst our beneficiaries, which we are now seeing rolled out at a larger scale with the support of our funders and commissioners.

This year has also seen the launch of our new training package for medical schools and deaneries, designed to address the current gaps in knowledge amongst newly qualified doctors encountering patients with eating disorders for the first time. Along with our first online Eating Disorders International Conference held in January 2021, this has laid the foundation for a future programme of work to better educate a wide range of professionals about eating disorders.

We have also continued to grow our work in Scotland, Wales and Northern Ireland. This has included supporting a review of eating disorder services in Scotland, securing funding from the governments in both Scotland and Wales and appointing our first National Officer for Northern Ireland.

I remain in awe of our staff and volunteers, who have continued to show incredible drive and determination to provide our beneficiaries with high quality services when they need them most. They have adapted to new ways of working and have approached the past year as an opportunity to really listen to what our beneficiaries want from us, and to develop innovative new services in response.

I would like to thank every single funder and fundraiser who has supported our work over the past year. Without their generosity and willingness to let us use their funding where it was needed most we would not have had the positive impact which I am proud to report. As demand for Beat's services remains high and the impact of Covid-19 endures, we will continue to rely upon their ongoing commitment to people with eating disorders and their loved ones.



Mike Cooke, Chairman

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

BACKGROUND

Eating disorders are serious mental illnesses that include anorexia nervosa, bulimia nervosa, binge eating disorder, ARFID (avoidant/restrictive food intake disorder) and OSFED (other specified feeding or eating disorder). Anorexia nervosa has a higher mortality rate than any other mental illness.

Eating disorders have an enormous impact on the person affected as well as their friends and family, seriously disrupting their education, employment and relationships. They cause both physical and psychological problems, often with long-term impacts.

Around 4% of people in the UK will suffer from an eating disorder at some point in their lives, with at least 1.25 million people suffering at any one time, at an estimated annual cost to the NHS of £4.6bn a year.

While anorexia nervosa and bulimia nervosa are most commonly found in girls and young women, they affect people of all genders, races, ages, sexualities and backgrounds. Binge eating disorder normally affects adults, with men and women affected more equally.

We know that the sooner someone seeks and gets help, the more likely they are to make a fast and full recovery. But rapid treatment is difficult. On average, people delay for three years between their eating disorder symptoms emerging and seeking help from the NHS. They then find themselves in a cycle of waiting, treatment, partial recovery and relapse lasting another six years on average, with many people never fully recovering.

We also know that people with an eating disorder who have the empowered support of their families and friends are more likely to get well sooner. But when someone is affected by an eating disorder, the people close to them rarely know why it's happening or what to do about it. They also suffer as they don't know how to support their loved one to seek treatment, or how to stop things getting worse while they wait for treatment to start.

Suffering is further compounded by the high levels of misunderstanding in society and misrepresentation in the media. Eating disorder sufferers can face stigma and discrimination at school, university and in the workplace.

PURPOSE

Beat exists to end the pain and suffering caused by eating disorders.

We do this by working directly with sufferers and their families, and by using that experience to highlight the challenges they face and to campaign for change. We work both nationally and locally and focus on three priority areas: early intervention, family empowerment, and prevention and cure.

We produce information to alert people to the early signs of an eating disorder, what to do about them and how to support someone who falls ill. We help people to understand their illness, guide them to seek medical help, and support them to ensure they get the treatments to which they are entitled.

We produce research that highlights the challenges and inequities faced by people affected by eating disorders, and we campaign for increased funding for eating disorders, reduced waiting times and better education for health and medical professionals.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

OUR HISTORY

Beat has been working for people with eating disorders for over 40 years. Anorexic Aid was formed in Manchester in 1974 while Anorexic Family Aid was created in Norwich in 1976. The two organisations merged in 1989 to become the Eating Disorders Association. We started to use the name Beat in 2007 and changed our registered name to Beat (formerly Eating Disorders Association) on 18 October 2018.

OUR VALUES

All staff, trustees and volunteers at Beat share the vision of an end to the pain and suffering caused by eating disorders. We are inspired by the people we serve, by the difference we can make, and by our commitment to each other.

To make our vision a reality, we need to be bold. It takes a particular courage for our beneficiaries to ask us for help. And we need to be courageous in return, being proactive in seeking new opportunities, embracing new ways of working, and challenging things that are preventing our vision from becoming a reality.

Central to our success is our commitment to building and maintaining supportive and mutually empowering relationships with our colleagues, supporters and beneficiaries. In turn, these relationships provide us with unique experience and learning, which we use to speak with both compassion and authority about the realities of eating disorders.

We also believe that people performing at their best are happier in their work and that happy people perform at their best, so we aim to create and protect a trusting and collaborative environment where people can experiment, learn and flourish.

We all have the responsibility of ensuring our behaviours and relationships reflect these values on a day-to-day basis and of holding ourselves and each other accountable when they do not through Beat's management principles.

When we get this right, we will achieve brilliant results together, making Beat a truly inspiring and enjoyable place to work.

OUR STRATEGY

Our five-year strategy for 2019-24 sets out how we will make the greatest possible progress on our priorities of early intervention, family empowerment, and prevention and cure.

Specifically, our goals during this period are for:

- Everyone who falls ill to begin and successfully complete treatment within the shortest possible timeframe, reducing the delay between someone falling ill and seeking treatment from over three years at present to less than 12 months.
- All families and carers of eating disorder sufferers to be fully informed and involved as their loved one seeks, receives and exits treatment, increasing the likelihood of successful and sustained recovery.
- An increase in the funding and priority given to eating disorders research so that there is a realistic chance of effective cures and prevention strategies being discovered.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

To achieve the goals of our 2019-24 strategy, all our activities will be geared towards:

- Supporting beneficiaries: providing online and telephone support to everyone who needs us, offer guidance to overturn decisions that deny early intervention or family empowerment, run communication campaigns and publish materials to increase understanding of eating disorders, and develop the skills of carers through education, networking and peer support.
- Empowering professionals: developing and providing services to the NHS, offer high-quality training, develop information materials that guide professionals and institutions, lobby for the comprehensive and effective inclusion of eating disorders in the training of medical professionals, and support academics performing high quality clinical research.
- Changing policy and practice: lobbying for better government policy and more generous funding, define best practice and hold to account those responsible for delivering it, promote the adoption of innovative treatment approaches, and communicate the real life experiences of eating disorder sufferers to decision makers and influencers.

ACHIEVEMENTS AND PERFORMANCE

This annual report demonstrates progress over the past financial year against our 2019-24 strategy and will therefore concentrate on the following key areas of our work:

- Supporting beneficiaries
- Empowering professionals
- Changing policy and practice
- Income generation
- Publicity, marketing and mobilisation

SUPPORTING BENEFICIARIES

Beat has been running a Helpline service since 1989 and our direct support services remain at the core of our work to end the pain and suffering caused by eating disorders. We now offer both telephone and digital support services and operate 365 days per year. Our direct support channels include telephone calls, one-to-one webchat, online support groups, social media direct messaging and more intensive individual support services. We support both sufferers and carers to better understand eating disorders and empower them to seek the treatment needed to make a fast recovery. Over the past year we have continued to develop our existing support channels, as well as developing and piloting new services.

Our goals for 2020/21 were to:

- Expand the Helpline service as new additional funding is obtained to provide over 5,000 support sessions per month by extending opening hours and expanding the home-based digital volunteer team.
- Expand our suite of courses and workshops for carers and train 300 carers during the year.

Our Helpline supported 77,518 people on 99,988 occasions during the financial year 2020-21, an average of

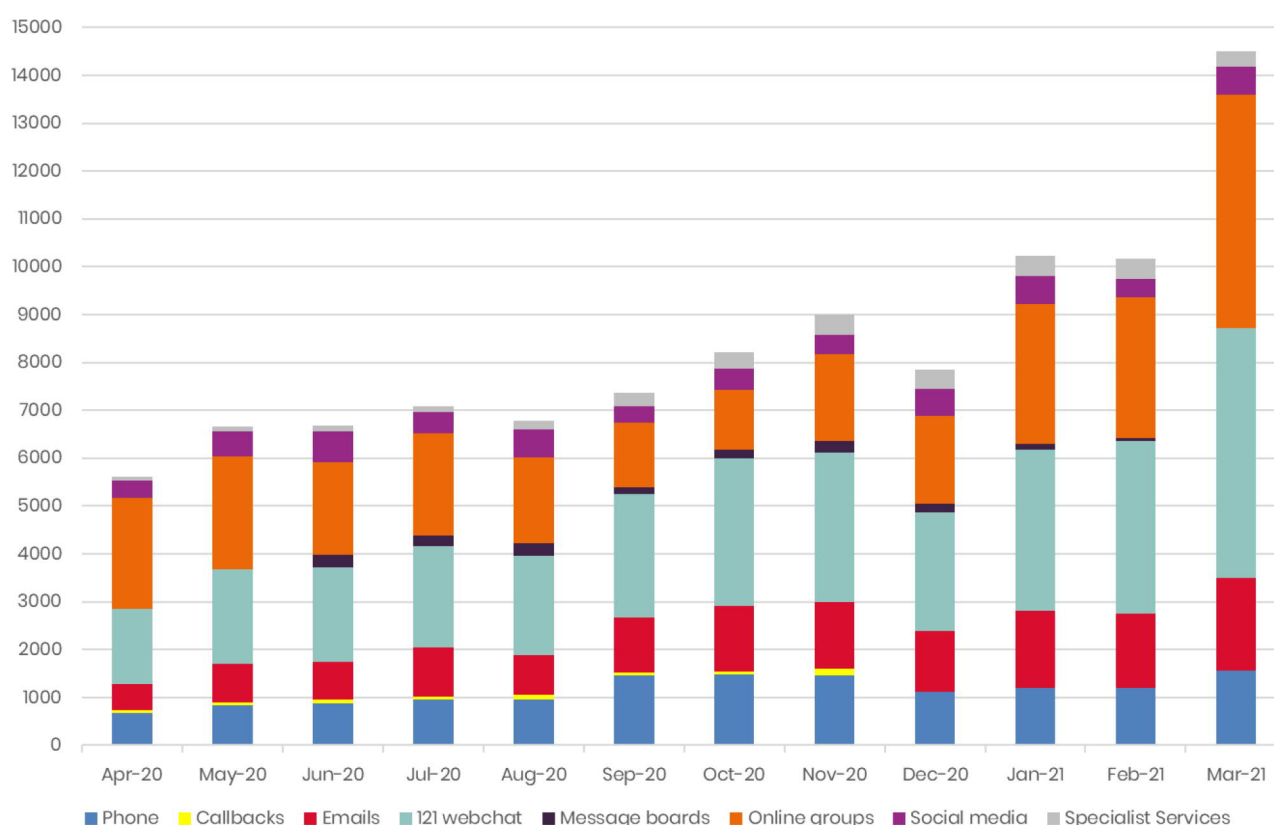
BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

over 8,000 support sessions per month and far in excess of our target of 5,000 support sessions per month. Demand for our services increased steadily over the course of the year, and we responded in turn by increasing the availability of our advisors and recruiting more digital volunteers. The Helpline team made a successful transition to working remotely and have continued to provide an uninterrupted, high quality service during the pandemic, even while working from home. Session numbers have steadily increased across all channels over the course of the year, in response to rising demand, reaching over 14,000 support sessions delivered in March 2021. This increase in demand also led us to extend our opening hours in September 2020, so that service users can now contact us from 9am to 8pm on weekdays. 98% of callers rated the information and support provided by our Helpline as good or excellent.

"Thank you so much for all your help! You've been so helpful today and have given some really useful resources. Thanks for being so understanding and positive. I feel a lot less stressed about talking to the GP and a lot more ready to open up." - Helpline Service User



Number of sessions per 'channel' per month (April 2020 to March 2021)

In recognition of the new set of challenges faced by people with eating disorders during the pandemic, we used this year to create new specialist support services and adapt existing ones. This included coaching to help people who are waiting for eating disorders treatment to start their recovery journey as early as possible, as well as a suite of new services to enable carers to better support their loved one. Through expanding our online forums, we have also helped people connect with and support each other at this difficult time. This has been especially important for many people who've been separated from family and friends this year and have struggled to cope without their usual support networks.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

| | Calls | • Webchats | • Email | • Social Media | • Online groups |
|-------------------|--------|------------|---------|----------------|-----------------|
| Feb '20 | • 1094 | • 1543 | • 452 | • 201 | • 987 |
| March '21 | • 3476 | • 6315 | • 1948 | • 581 | • 4889 |
| % increase | • 218% | • 309% | • 331% | • 189% | • 395% |

The table above shows the increase in demand across each channel from the start of the pandemic to the end of the financial year.

Specialist support services developed and delivered this year include:

- SharED – peer-to-peer support for young people provided over email by volunteer befrienders (149 people supported)
- ECHO – weekly peer coaching for carers via telephone calls to provide emotional support and develop collaborative care skills (113 carers supported)
- Nexus – weekly telephone coaching for carers delivered by a Beat Adviser (84 carers supported)
- Bolster – coaching support for adults with disordered eating behaviours unable to access eating disorder treatment (48 people supported)
- Motivate – fortnightly calls from a Beat Adviser and fortnightly access to moderated peer support groups to maintain motivation while service users wait for treatment for anorexia or bulimia (16 people supported)
- Momentum – guided self-help for binge eating disorder from a Specialist Advisor, using NICE-recommended book 'Overcoming Binge Eating' (16 people supported)

"I think the programme has made a massive difference in my life, and I've changed a lot in such a short time. It's been ten years of trying different support, but this programme is the first thing that's made a difference." - Bolster Service User

In addition to our one-to-one specialist support services, we have delivered a number of group training sessions designed to enable carers of someone with an eating disorder to better support their loved one. Over the past year these have included:

- Developing Dolphins – online training delivered by a Beat Clinical Associate Trainer over five evenings based on the New Maudsley method, to equip carers with skills to support both their loved one in recovery and their own wellbeing (158 carers attended)
- Raising Resilience – online workshops delivered by a Beat Clinical Associate Trainer over 5 weeks addressing topics including mealtime stress, setting boundaries and motivational techniques to support recovery (162 carers attended)
- Solace – video-based peer support facilitated by a Beat Clinical Associate Trainer and led by participants, enabling carers to share their feelings and speak to others in a similar situation (506 carers attended)

"I am just so grateful we have found you. I have been feeling so isolated and alone with this. It's awful to hear other stories but a comfort to know we're not alone and can support each other. It's also so valuable to have support and advise on strategies / how to cope with this dreadful illness" – Carer attending Solace

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

EMPOWERING PROFESSIONALS

To reach our goals of early intervention, family empowerment and prevention and cure, we must also empower the health, education and other professionals who come into contact with those affected by eating disorders. A lack of understanding of eating disorders among health professionals can prevent people from getting life-saving treatment at the earliest opportunity — which we know is the best way to help them make a full recovery.

Our goals for the year were to:

- Develop an education package to enable universities and teaching hospitals to provide high quality teaching on eating disorders for all medical students and foundation trainees
- Deliver eating disorders training to over 1,300 health and education professionals

The pandemic meant that we had to abandon our existing approach of delivering most of our training in person. Nevertheless, we have used this year to create new opportunities to educate and empower a large number of medical and school professionals, as well as academics.

In early 2021 we launched an online training package for medical schools and deaneries, with support from the Royal College of Psychiatrists Faculty of Eating Disorders, Health Education England and the General Medical Council. We piloted the training with groups of medical students and foundation doctors prior to launch and are now encouraging all teaching institutions to ensure all students and junior doctors receive the training necessary to equip them with the knowledge they need to help people with eating disorders.

"The medical training was really useful, really increased my confidence surrounding talking to people who may present with an eating disorder. I saw a patient recently with an eating disorder and was able to use the skills learnt from this session!" – 4th year medical student.

We had been set to deliver our biennial Eating Disorders International Conference in March 2020 in Glasgow. The conference is aimed at academics, researchers, clinicians, psychiatrists, commissioners and students and provides an opportunity to engage with new research and explore how it can be used to improve policy and practice. Unfortunately the conference had to be cancelled due to the pandemic and postponed to January 2021. We took that decision to bring the conference online using a new events platform which enabled us to reach 320 delegates from 18 countries despite Covid-19 restrictions. While this shift initially presented some challenges, it has resulted in a new approach which will enable us to make our conferences and events more accessible into the future.

Since the start of the pandemic we have unfortunately been unable to deliver our Primary Prevention and Spotting the Signs training to primary and secondary school staff, and were therefore unable to meet our target for number of professionals trained. Instead, we have started work to move this training online, to be made available in late 2021, and anticipate this enabling us to reach far more education professionals than would ever have been possible in person. Despite not being able to run our usual training in schools, we were still able to engage 184 school professionals in our online workshop on Binge Eating Disorder during Eating Disorders Awareness Week in March 2021.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

CHANGING POLICY AND PRACTICE

Our campaigning and policy work aims to increase awareness of eating disorders amongst policy makers in order to achieve better and more generous government policy along with improved healthcare practice.

Our goals for 2020/21 were for:

- Define best practice standards across a number of 'non-clinical' indicators and start a campaign to promote them for adoption by the institutions which should implement them.
- Persuade relevant Government departments and arms-length bodies to acknowledge the potential for harm caused by insufficiently-considered anti-obesity campaigns, leading to a reduction in (and targeting elimination of) communications which risk the health and wellbeing of eating disorder sufferers.
- Launch a campaign to increase the funding for and quality of research into eating disorders.

Our highest profile campaign this year has been Public Health Not Public Shaming, launched in response to repeated government anti-obesity messaging and campaigns which were triggering and distressing people with eating disorders. This came to a head in the summer when the Government announced plans to step up its anti-obesity work in England in response to the Covid pandemic.

One of our greatest concerns was in relation to the Better Health App. As a consequence of Beat's lobbying, Public Health England agreed to amend the app to stop under 18s and people with low BMIs from using it. More recently, our attention has been focused on the legislation to introduce calories on menus in any restaurants and cafes, despite the lack of evidence for this having benefits in reducing obesity and in the face of research demonstrating its potential to harm people with eating disorders. We supported over 4,300 people to write to their MP about this issue, reaching 96% of MPs. At the time of writing, it looks like this legislation will pass, although our efforts have helped prevent this from being introduced in education settings, and establishments will be able to offer a non-calorie menu on request.

"Your Public Health Not Public Shaming campaign encouraging us to contact the Prime Minister was just the thing I needed to see today – a reminder that it's not me who is wrong." – Beat campaigner

We have also had productive early conversations with government about how any similar legislation might be introduced in Scotland and Wales, particularly surrounding the use of stigmatising language and involving people with lived experience when developing new policies on obesity.

We postponed activity on our best practice campaign for clinicians as it would not have been appropriate or constructive to launch this during the pandemic when pressure on services was already very high.

The All-Party Parliamentary Group (APPG) on Eating Disorders in Westminster (for which Beat is the secretariat) has continued to be influential, with membership increasing by a third. The group commissioned the report "Short-Changed", authored by Beat, which looked into funding reaching the frontline in Children and Young People's community eating disorder services in England. This was based on data from 2019/20 and found that 90% of the total additional funding provided was not actually spent on the services it was pledged to. It also found that a fifth (21%) of CCGs actually spent less on children and young people's community eating disorder services in 2019/20 than in 2018/19. The APPG also heard evidence about the levels of funding for eating disorders research funding, and applied significant pressure on the Government's obesity strategy.

In Scotland, an Eating Disorder Service Review was conducted. Beat worked closely with the Review Leads and in March 2021 the review was published with 15 recommendations to be delivered over a ten-year period.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

INCOME GENERATION

Without the generosity of individuals, families, companies and trusts who supported Beat over the past year, we would not be able to run our services to support those affected by eating disorders, nor to campaign on their behalf. For this we thank every one of them.

In 2020/21, we had income of £3,415,088 in total, of which £3,219,874 was from voluntary sources, increasing fundraising income from the previous year by £819,263. This equates to growth of 34%.

Such success was far from our expectation in April 2020, at the beginning of the pandemic. In fact, we began the year by lowering our income target by £800,000, from the original target of £2.9m. We were very concerned about the public's freedom to engage in our Community Fundraising activities, the effect on the private sector's ability to engage in our corporate programme and the general public's willingness to give during such uncertain times. In contrast, we have had our most successful fundraising year ever. The public got behind our emergency appeal, we found innovative ways to continue community fundraising, grant making trusts applied flexibility to make their committed funding more usable and gave additional grants, plus we received significant funding from the UK Government and the devolved governments in Scotland and Wales.

Community Fundraising has always been the backbone of our unrestricted fundraising income. So, naturally, we were very concerned about the way the pandemic and lockdowns would affect this. We were delighted therefore that 1,250 people participated in events (up from 750 the year before) and we raised almost £529,000 (just 2% down on 2019/20).

"Every kilometre of my challenge means Beat continues to provide support to people with eating disorders. As society reopens, I hope the patients we are supporting can use the world's opportunities as a goal for their recovery and that my fundraising means Beat can help them along the way." – Eating Disorders Nurse and Beat fundraiser

Donations from the general public, in the form of one-off gifts and regular giving, have always been modest compared to Community Fundraising. However, in 2020/21 we saw a major shift. At the start of the pandemic, we ran a comprehensive emergency public appeal. Our supporters responded magnificently. During an eight-week period, we raised over £75,000, recruited over 1,000 new donors and saw 500 past donors return. This step-up in Individual Giving continued, eventually rising by 150% compared to 2019/20.

Funds from charitable trusts and statutory sources increased from £812,000 in 2019/20 to £1.6m in 2020/21. We also secured a grant for 2021-23 from the Tampon Tax Fund, worth just over £1m, to enable a significant expansion of our support services for families and carers. Meanwhile, the NHS has increasingly seen Beat as a reliable partner in delivering training to carers and professionals as well as peer support and guided self-help services.

We are committed to working ethically and responsibly with all our supporters. This is detailed within our supporter promise, available on our website. This promise describes how we will always prioritise the health and wellbeing of supporters, never placing them under undue pressure and ensuring we work honestly, respectfully and sensitively with all supporters including fundraisers. We ensure personal data and details are collected and managed appropriately and we would never sell information to other parties.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

PUBLICITY, MARKETING AND MOBILISATION

This year we built on the success of the previous year's publicity and marketing, whilst also capitalising on fresh media interest due to the pandemic. Highlights include two appearances on the Jeremy Vine Show, a lead health story in the Telegraph for our work on calories on menus, and two separate appearances for our media volunteers for BBC Breakfast. We also advised several high-profile television programmes, most notably the latest series of The Crown on Netflix, on portraying Princess Diana's experiences with bulimia responsibly. In June 2020, actor Christopher Eccleston presented a BBC Lifeline Appeal to support the work we do for people affected by eating disorders.

For Eating Disorders Awareness Week 2021, we focused on raising awareness of binge eating disorder (BED). More people live with BED than with anorexia or bulimia, yet not many know the signs of BED or how to get help. We worked with a group of people with lived experience of binge eating disorder to create a Eating Disorders Awareness Week campaign video which has been viewed over 1.3 million times. There were thousands of references across social media to our campaign hashtag #YouMightKnowMe on personal accounts, by other charities and healthcare providers. The social media creative assets were also shared extensively by supporters and picked up by news outlets (including BBC Look East and ITV Wales) as well as numerous NHS trusts.

We owe a huge amount to the volunteers who give their time in numerous ways to support our work. These individuals include Beat Ambassadors, digital volunteers working on our Helpline, media volunteers, campaigners and office volunteers. During the year we rolled out our new Ambassador programme, empowering volunteers to be more proactive in the promotion of our early intervention messaging in their communities. We also recruited 97 new digital volunteers to continue supporting our Helpline in response to rising demand for our services. Altogether, our volunteers provided over 10,000 volunteer hours to support almost every aspect of our work and have played an essential role in our response to the pandemic.

"It is hard to put into words what being a Beat volunteer means to me. Whether you're helping someone find the right information, talking them through a difficult feeling or decision, helping them order their thoughts or just sitting and listening, every conversation feels so valuable because you are being there for someone when they need you most." – Natalie, Digital Volunteer

LOOKING FORWARD

We expect the changing Covid-19 situation to continue to have an impact on our work over the coming year. However, we are confident that we can build upon the strong foundations we have laid over the past year. During the 2021-22 financial year we aim in particular to:

- Provide more than 120,000 individual support sessions via our existing Helpline channels.
- Extend our Helpline opening hours later into the evenings through the support of our volunteers and collaboration with international partners.
- Relaunch our website and offer new online services including a virtual event platform and a learning management system for carers, teachers and other professionals.
- Secure the commitment of more medical and foundation schools to make eating disorders part of their curriculum.
- Define best practice standards across a number of 'non-clinical' indicators and start a campaign to promote them for adoption by the institutions which should implement them, while stepping up our campaign to increase the funding for research into eating disorders.
- Maximize our impact in Northern Ireland, Scotland and Wales, notably in relation to ensuring that eating disorder services are properly funded and optimally focussed on early intervention and carer involvement.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

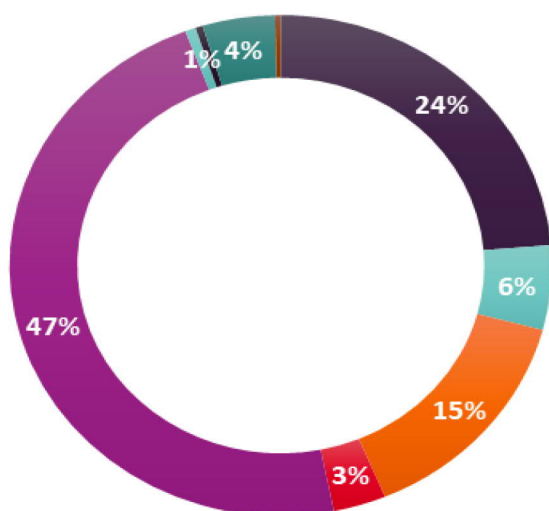
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FINANCIAL REVIEW

Financial results this year have been exceptionally strong which is vital given the increase in those accessing our services. This gives us the ability to expand to meet the needs of beneficiaries.

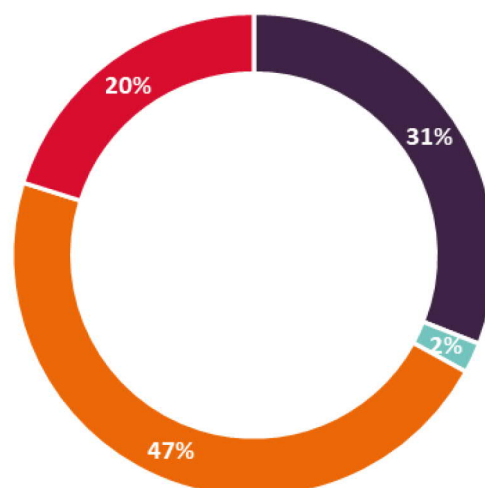
Total income for the year ended 31 March 2021 was £3.42 million compared to £2.58 million for the previous year. Expenditure of £2.75 million was incurred in this financial year compared to £2.64 million in the year ended 31 March 2020. This has increased the total funds held by the charity to £1.99 million at 31 March 2021, compared to £1.32 million at 31 March 2020.

Income 2020/21



- Community Fundraising
- Major Donors
- Trusts and Statutory Grants
- Publications
- Other Trading Activities
- Individual Giving
- Corporate Donors
- Training and Contracts
- Contract Income
- Investment Income

Expenditure 2020/21



- Fundraising
- Services
- Governance
- External Affairs

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

Balance Sheet

The value of fixed assets continues to fall as assets are generally no longer purchased but procured on a revenue basis. The net book value of fixed assets at 31 March 2021 was £49,892 down from £66,962 at 31st March 2020 due to depreciation charges in the year. Stock levels have reduced greatly and are no longer relevant to include. At 31st March 2020 the balance sheet showed a value of £10,715 consisting of training materials that have now been used. Debtors levels have increased from £708,319 in March 2020 to £902,658 at March 2021. All debts have subsequently been received or are considered fully recoverable. Cash investments have been converted and added to the cash at bank and in hand. The total figure for cash held at 31st March 2021 is £1,757,306 which is a large increase from the previous year where we held £814,606 cash at bank and in hand and £108,615 in investments. Creditors have increased to £710,758, previously £376,818. The increase is in all areas of creditors but most significantly an increase in deferred income received by Beat.

Fundraising regulation

Beat's approach to fundraising is to maintain a balanced portfolio of income streams, in order to achieve a sustainable funding model.

We currently employ twelve fundraisers, led by the Director of Marketing & Income Generation, all of whom are members of the Institute of Fundraising. Beat does not use the services of professional fundraising agencies to conduct any part of our fundraising programme.

We promote a 'Supporters Promise' that sets out the standards donors can expect, including a pledge to not put undue pressure on supporters to make a gift. Beat has a formal complaints procedure. There were nine fundraising complaints in 2020-21 (five in 2019-20)- these were all resolved internally. Beat follows The Code of Fundraising Practice, as promoted by the Fundraising Regulator. A Vulnerable Supporters Statement was introduced in 2019-20. Beat is registered with the Fundraising Regulator and complies with the Fundraising Code.

Environmental Impact

We are committed to monitoring and reducing our environmental impact at Beat. Our environmental staff group meets regularly and provides ideas and initiatives to help the organization and staff to work in an environmentally friendly way. Staff working from home has made a significant improvement in reducing travel and printing levels and we are working to ensure we retain these improvements as much as possible as we return to the offices.

Risk management

The Trustees are responsible for ensuring effective risk management, and that internal controls are in place to appropriately manage the risk exposure of Beat. In June 2021, the Trustees completed their annual review of the Beat's risk management strategy. In the course of this review, the Board has considered:

- The major risks to which Beat is exposed.
- The potential impact and probability associated with each risk.
- Existing internal controls and accountability for them.
- Mitigating actions needed to reduce each risk to a level that the Trustees consider to be acceptable. This year the board also considered the changes to risk caused by the recent growth and success of the organization.

All significant risks are reported in a risk register, and are monitored quarterly by the Executive Team and at every meeting of the Finance and Risk Committee, as well as being subject to a formal review by the Board of Trustees every year.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

The key risks identified by the Trustees are as follows:

- Cyberattack causing loss or theft of data of a commercially sensitive or personal nature.
- Failure to comply with data protection or similar legislation.
- Inability to recruit or retain the right staff and volunteers
- Support services provide ineffective or inaccurate advice
- Failure to meet contracted or promised outputs and outcomes for contracts and grants
- There is unforeseen negative media or social media scrutiny and criticism

None of the above risks caused loss or harm to the organization during the year but we continue to improve and increase actions and controls to reduce and mitigate these risks.

Reserves and Funds

The Trustees review reserves every year and set a reserves policy that reflects the risks faced by the organisation.

Currently it is the charity's policy to have a General Fund of free reserves (i.e. excluding restricted funds and tangible fixed assets) in order to:

- Allow continued operation in the event of a loss of a major source of funding while a new source of income is secured or while costs are cut in a considered manner.
- Provide a buffer in the event of making an operational loss in a given financial year.
- Bridge cash flow challenges resulting from slow payment or bad debt.
- Manage fluctuations in income, such as permitting very large donations or legacies received in one financial year to be spent in a reasonable manner in subsequent financial years, resulting in expenditure exceeding income in those subsequent years.
- Permit investment in key opportunities at short notice.

This policy is reviewed annually alongside the production of the annual accounts in order to:

- Ensure that the reserve held is equal to or greater than the minimum level identified.
- Check that the assumptions underlying the policy are still valid and the minimum amount is still sufficient for its purpose.
- Agree any action that may be required to ensure an adequate reserve is maintained.

From time to time Beat also holds designated funds in reserve in order to plan for future spending on specific infrastructure projects that will increase our effectiveness and/or sustainability.

The charity assesses its reserves requirement using a number of methods to ensure that the reserve figure required has been robustly tested.

Using a risk based approach the charity have calculated that at 31 March 2021 it required reserves of £1,188,000 and will endeavour (subject to timing fluctuations) to have reserves within a 10% banding range of this figure.

Income fluctuates significantly throughout the year at Beat. Therefore reserves will be monitored to ensure they are in line with projections and that total funds remain above reserves required, or if they do fall below that we have reliable forecasts to show them returning to the required level.

If free reserves fall or are predicted to fall below one month's full operating costs or two months' staff costs, trustees will take immediate action.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

| | 2021 | 2020 |
|--|-----------|-----------|
| | £'000 | £'000 |
| Restricted Funds (must be applied in line with donors' instructions) | 620,969 | 486,412 |
| General Funds | 1,364,722 | 829,609 |
| Total Funds | 1,985,691 | 1,316,021 |

After adjusting for fixed assets Beat has free reserves at 31st March 2021 of £1,314,830. This amount is slightly higher than the reserves required but reflects a particular point in time at which additional spending was planned for delivery of projects and services. We anticipate reserves levels to remain closer to the planned levels as we move through the year ending 31st March 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee, incorporated on 5 April 1989 and registered as a charity on 7 April 1989. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company, and is governed under its Articles of Association. Following a general meeting on 24th March 2020 the previous approach to membership was removed with the trustees of the charity becoming its only members, who guarantee the liabilities of the company in the event of a winding up, to a maximum of £1 each.

Recruitment and appointment of Trustees

The directors of the company are also the charity Trustees for the purposes of charity law. Under the charity's Articles of Association they are known as members of the Board of Trustees. The Trustees who served during the year and up to the date of this report are listed on page 1. Trustees are appointed by the Board. A recruitment panel, delegated from the main Board, interviews and recommends Trustees for appointment.

Under the requirements of the Articles of Association, the Trustees are elected to serve for a term of three years. Trustees may serve a maximum of two terms, not including any time (up to a maximum of six years) spent as Chair, Vice Chair or Treasurer. There must be at least six Trustees. The Board of Trustees meets quarterly and is responsible for the strategic direction and oversight of the charity. The Board has two sub-committees that meet regularly throughout the year:

- Finance and Risk: This committee meets five times a year to oversee finance and to support the Executive in the development of budgets, financial and management reporting, and risk management.
- Human Resources: This committee meets four times per year and works with the Chief Executive and the Executive team to ensure Beat can attract, develop and retain great staff and volunteers.

Day to day management of Beat is delegated to the Chief Executive and the Executive Team. All Board members give their time voluntarily but may claim reasonable travel expenses, which are shown in Note 9 to the accounts. The Board regularly evaluates its performance and membership, considering the direction of the organisation and the skills needed among its number to take Beat forward with confidence. The Board is committed to and has achieved full compliance with the Charity Code of Governance. Compliance is audited annually to ensure any necessary further actions are taken.

Public benefit

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Commission on determining the activities undertaken by the charity.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

(continued)

Staff and Executive Pay

Staff salaries are banded in a series of salary points, with the median for each band being a market average benchmarked against similar jobs elsewhere in the voluntary sector. Employees can progress to the next salary point in their band by meeting criteria linked to performance. The exception is the Chief Executive, whose salary is determined by the Board.

Every twelve months the Trustees determine whether there should be an overall increase in salaries to reflect changes in the cost of living. The level of any increase is decided in the context of:

- The charity's financial situation.
- The charity's performance.
- The current rate of inflation.
- Cost of living adjustments made in recent years.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Auditors

The auditors, Larking Gowen LLP, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....
Mike Cooke

Date: 30 September 2021

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Opinion

We have audited the financial statements of Beat (formerly Eating Disorders Association) (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION) (CONTINUED)

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a Strategic report.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION) (CONTINUED)

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

Due to the field in which the charity operates, we identified the following areas as those most likely to have a material impact on the financial statements: health and safety; employment law; and compliance with the UK Companies Act and Charity SORP.

The specific procedures for this engagement and the extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- Enquiry with management about any actual or potential litigations and claims against the charity;
- Enquiry with management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Review of Board meeting minutes during the year and since the year end;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

Due to the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatements in the financial statements or non-compliance with regulation. The risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION) (CONTINUED)

intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charitable company's trustees, as a body, in accordance with regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Joanne Fox BA FCA (Senior statutory auditor)

for and on behalf of
Larking Gowen LLP
Chartered Accountants
Statutory Auditors
King Street House

15 Upper King Street
Norwich
NR3 1RB

Date: 22 December 2021

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021**

| | Note | <i>Unrestricted funds 2021 £</i> | <i>Restricted funds 2021 £</i> | <i>Total funds 2021 £</i> | <i>Total funds 2020 £</i> |
|------------------------------------|------|--|--|---------------------------------------|---------------------------------------|
| Income from: | | | | | |
| Donations and legacies | 2 | 1,727,861 | 1,492,013 | 3,219,874 | 2,400,611 |
| Charitable activities | 3 | 183,967 | - | 183,967 | 170,615 |
| Other trading activities | 4 | 11,163 | - | 11,163 | 3,607 |
| Investments | 5 | 84 | - | 84 | 1,232 |
| Total income | | 1,923,075 | 1,492,013 | 3,415,088 | 2,576,065 |
| Expenditure on: | | | | | |
| Raising funds | | 850,223 | - | 850,223 | 896,037 |
| Charitable activities | | 537,740 | 1,357,455 | 1,895,195 | 1,739,955 |
| Total expenditure | | 1,387,963 | 1,357,455 | 2,745,418 | 2,635,992 |
| Net movement in funds | | 535,112 | 134,558 | 669,670 | (59,927) |
| Reconciliation of funds: | | | | | |
| Total funds brought forward | | 829,609 | 486,412 | 1,316,021 | 1,375,948 |
| Net movement in funds | | 535,112 | 134,558 | 669,670 | (59,927) |
| Total funds carried forward | | 1,364,721 | 620,970 | 1,985,691 | 1,316,021 |

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 26 to 46 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)
REGISTERED NUMBER: 02368495

BALANCE SHEET
AS AT 31 MARCH 2021

| | Note | 2021 £ | 2020 £ |
|---|------|-------------------------|-------------------------|
| Fixed assets | | | |
| Tangible assets | 9 | 49,892 | 66,962 |
| Current assets | | | |
| Stocks | 10 | - | 10,715 |
| Debtors | 11 | 902,658 | 708,319 |
| Investments | 12 | - | 108,615 |
| Cash at bank and in hand | | 1,757,306 | 814,606 |
| | | <u>2,659,964</u> | <u>1,642,255</u> |
| Creditors: amounts falling due within one year | 13 | (710,758) | (376,818) |
| Net current assets | | <u>1,949,206</u> | <u>1,265,437</u> |
| Total assets less current liabilities | | <u>1,999,098</u> | <u>1,332,399</u> |
| Creditors: amounts falling due after more than one year | 14 | (13,407) | (16,378) |
| Total net assets | | <u><u>1,985,691</u></u> | <u><u>1,316,021</u></u> |
| Charity funds | | | |
| Restricted funds | | 620,970 | 486,412 |
| Unrestricted funds | | 1,364,721 | 829,609 |
| Total funds | | <u><u>1,985,691</u></u> | <u><u>1,316,021</u></u> |

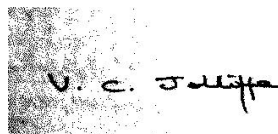
The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Mike Cooke, Chairman



Valerie Jolliffe, Treasurer

Date: 30 September 2021

The notes on pages 26 to 46 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2021

| | 2021 £ | 2020 £ |
|---|------------------|----------------|
| Cash flows from operating activities | | |
| Net cash used in operating activities | 837,494 | 89,639 |
| | <hr/> | <hr/> |
| Cash flows from investing activities | | |
| Dividends, interests and rents from investments | 84 | 1,232 |
| Purchase of tangible fixed assets | (3,493) | - |
| Proceeds from sale of investments | 108,615 | 192,183 |
| | <hr/> | <hr/> |
| Net cash provided by investing activities | 105,206 | 193,415 |
| | <hr/> | <hr/> |
| Change in cash and cash equivalents in the year | 942,700 | 283,054 |
| Cash and cash equivalents at the beginning of the year | 814,606 | 531,552 |
| | <hr/> | <hr/> |
| Cash and cash equivalents at the end of the year | 1,757,306 | 814,606 |
| | <hr/> <hr/> | <hr/> <hr/> |

The notes on pages 26 to 46 form part of these financial statements

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Beat (formerly Eating Disorders Association) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Company status

The charity is a company limited by guarantee, incorporated in England and Wales. The members of the company are the Trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.3 Going concern

The Trustees have considered the financial uncertainty of COVID-19, and the measures that have been put in place to respond to the crisis. The quick response in articulating Beat's needs to funders and supporters led to very positive early results in fundraising activities. This included securing government funding for the helpline for the first time in England, Scotland, and Wales. As a result, with the level of unrestricted funds and liquid assets available, the Trustees consider the organisation is in a stable financial position. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The Trustees consider that the budgeted cashflow is sufficient with the level of unrestricted reserves for Beat to be able to meet its liabilities as they fall due. For this reason, the Trustees consider it appropriate for the financial statements to continue being prepared on a going concern basis.

1.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1. Accounting policies (continued)

1.5 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteers time is not recognised in the accounts, please refer to the Trustees' report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Incoming resources from grants, including income from Government, is recognised when the charity has entitlement to the funds, and it is probable the amount will be received.

The value of services provided by volunteers has not been included in these accounts.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1. Accounting policies (continued)

1.6 Expenditure (continued)

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

1.7 Government grants

Government grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

1.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments.

Impairment losses are recognised in the Statement of financial activities incorporating income and expenditure account.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment.

Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives using the straight-line method.

Depreciation is provided on the following bases:

| | |
|--------------------------------|--------------------------------|
| Leasehold improvements | - over the period of the lease |
| Office furniture and equipment | - 20% per annum on cost |
| Computer equipment | - 33.3% per annum on cost |

1.9 Investments

Current asset investments are a form of financial instrument. They are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the fair value cannot be measured reliably, in which case it is measured at cost less impairment.

1.10 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

1.11 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1. Accounting policies (continued)

1.12 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

1.13 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

1.14 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.15 Liabilities

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

1.16 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.17 Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund in respect of the year.

The company is a member of a multi-employer plan. Where it is not possible for the company to obtain sufficient information to enable it to account for the plan as a defined benefit plan, it accounts for the plan as a defined contribution plan. Further details can be found in note 20.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Income from donations and legacies

| | Unrestricted funds 2021 £ | Restricted funds 2021 £ | Total funds 2021 £ |
|-----------------------------------|------------------------------------|----------------------------------|-----------------------------|
| Community fundraising | 528,898 | - | 528,898 |
| Individual giving | 390,461 | - | 390,461 |
| Major donors grants and donations | 485,993 | - | 485,993 |
| Trusts and Statutory Grants | 181,644 | 1,492,013 | 1,673,657 |
| Government grants | 56,991 | - | 56,991 |
| Corporate donor | 83,874 | - | 83,874 |
| | <u>1,727,861</u> | <u>1,492,013</u> | <u>3,219,874</u> |

Government grants comprise the following:

£56,991 (2020: £nil) of income under the Coronavirus Job Retention Scheme. This is a government scheme whereby employers can reclaim some of the costs of staff placed on furlough leave during the Covid-19 pandemic.

Legacy income of £5,056 is included in individual giving (2020: £5,972)

| | <i>Unrestricted funds 2020 £</i> | <i>Restricted funds 2020 £</i> | <i>Total funds 2020 £</i> |
|-----------------------------------|--|--|---------------------------------------|
| Community fundraising | 538,345 | - | 538,345 |
| Individual giving | 155,463 | - | 155,463 |
| Major donors grants and donations | 440,791 | 293,952 | 734,743 |
| Trusts and Statutory Grants | 50,127 | 761,863 | 811,990 |
| Corporate donor | 160,070 | - | 160,070 |
| | <u>1,344,796</u> | <u>1,055,815</u> | <u>2,400,611</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

3. Income from charitable activities

| | <i>Unrestricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|--------------------------------------|--|---------------------------------------|
| Income from training and conferences | 21,255 | 21,255 |
| Publications | 15,193 | 15,193 |
| Contract income | 147,519 | 147,519 |
| | <u>183,967</u> | <u>183,967</u> |

| | <i>Unrestricted funds 2021 £</i> | <i>Restricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|--------------------------------------|--|--|---------------------------------------|
| Income from training and conferences | 16,300 | - | 16,300 |
| Publications | 18,532 | - | 18,532 |
| Contract income | 104,083 | 31,700 | 135,783 |
| | <u>138,915</u> | <u>31,700</u> | <u>170,615</u> |

4. Income from other trading activities

| | <i>Unrestricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|-----------------|--|---------------------------------------|
| Affinity income | 5,830 | 5,830 |
| Sponsorship | 5,333 | 5,333 |
| | <u>11,163</u> | <u>11,163</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

4. Income from other trading activities (continued)

(continued)

| | <i>Unrestricted funds 2020 £</i> | <i>Total funds 2020 £</i> |
|-----------------|--|---------------------------------------|
| Affinity income | 3,507 | 3,507 |
| Misc income | 100 | 100 |
| | <u>3,607</u> | <u>3,607</u> |

5. Investment income

| | <i>Unrestricted funds 2021</i> | <i>Total funds 2021</i> |
|-------------------|--|---------------------------------|
| Interest received | 84 | 84 |
| | <u>84</u> | <u>84</u> |

| | <i>Unrestricted funds 2021</i> | <i>Total funds 2021</i> |
|-------------------|--|---------------------------------|
| Interest received | 1,232 | 1,232 |
| | <u>1,232</u> | <u>1,232</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

6. Analysis of expenditure by activities

| | <i>Unrestricted funds 2021 £</i> | <i>Restricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|-------------------|--|--|---------------------------------------|
| Service provision | 1,061,191 | 224,467 | 1,285,658 |
| Fundraising costs | 701,364 | 148,859 | 850,223 |
| External affairs | 627,505 | (74,010) | 553,495 |
| Governance | - | 56,042 | 56,042 |
| | <u>2,390,060</u> | <u>355,358</u> | <u>2,745,418</u> |

| | <i>Unrestricted funds 2021 £</i> | <i>Restricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|-------------------|--|--|---------------------------------------|
| Service provision | 837,122 | 272,547 | 1,109,669 |
| Fundraising costs | 686,588 | 209,449 | 896,037 |
| External affairs | 715,579 | (144,425) | 571,154 |
| Governance | - | 59,132 | 59,132 |
| | <u>2,239,289</u> | <u>396,703</u> | <u>2,635,992</u> |

A proportion of costs in External Affairs are considered to be support costs and are allocated accordingly. This is shown on page 35 as Communications support.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

6. Analysis of expenditure by activities (continued)

Analysis of direct costs

| | <i>Service Provision 2021 £</i> | <i>Fundraising costs 2021 £</i> | <i>External affairs 2021 £</i> | <i>Total funds 2021 £</i> |
|-------------------|---|---|--|---------------------------------------|
| Staff costs | 619,365 | 479,955 | 419,556 | 1,518,876 |
| Operational costs | 251,848 | 89,789 | 102,855 | 444,492 |
| Facilities costs | 90,557 | 59,846 | 49,907 | 200,310 |
| IT costs | 79,203 | 52,342 | 43,649 | 175,194 |
| Unrecoverable VAT | 20,218 | 19,432 | 11,538 | 51,188 |
| | <u>1,061,191</u> | <u>701,364</u> | <u>627,505</u> | <u>2,390,060</u> |

| | <i>Service Provision 2020 £</i> | <i>Fundraising costs 2020 £</i> | <i>External affairs 2020 £</i> | <i>Total funds 2020 £</i> |
|-------------------|---|---|--|---------------------------------------|
| Staff costs | 556,252 | 457,771 | 470,882 | 1,484,905 |
| Operational costs | 117,956 | 35,271 | 109,848 | 263,075 |
| Event costs | - | 64,789 | - | 64,789 |
| Facilities | 120,531 | 93,922 | 93,710 | 308,163 |
| IT costs | 22,227 | 18,416 | 22,862 | 63,505 |
| Unrecoverable VAT | 20,156 | 16,419 | 18,277 | 54,852 |
| | <u>837,122</u> | <u>686,588</u> | <u>715,579</u> | <u>2,239,289</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

6. Analysis of expenditure by activities (continued)

Analysis of support costs

| | <i>Service Provision 2021 £</i> | <i>Fundraising costs 2021 £</i> | <i>External affairs 2021 £</i> | <i>Governance 2021 £</i> | <i>Total funds 2021 £</i> |
|------------------------|---|---|--|----------------------------------|---------------------------------------|
| HR costs | 32,981 | 21,796 | 18,176 | - | 72,953 |
| Finance costs | 63,837 | 42,188 | 35,181 | - | 141,206 |
| Central costs | 38,497 | 25,441 | 21,219 | 56,042 | 141,199 |
| Communications support | 89,152 | 59,434 | (148,586) | - | - |
| | <u>224,467</u> | <u>148,859</u> | <u>(74,010)</u> | <u>56,042</u> | <u>355,358</u> |

| | <i>Service Provision 2020 £</i> | <i>Fundraising costs 2020 £</i> | <i>External affairs 2020 £</i> | <i>Governance 2020 £</i> | <i>Total funds 2020 £</i> |
|------------------------|---|---|--|----------------------------------|---------------------------------------|
| HR costs | 25,490 | 21,120 | 26,218 | - | 72,828 |
| Finance costs | 57,301 | 43,730 | 49,761 | - | 150,792 |
| Central costs | 43,301 | 33,046 | 37,604 | 59,132 | 173,083 |
| Communications support | 146,455 | 111,553 | (258,008) | - | - |
| | <u>272,547</u> | <u>209,449</u> | <u>(144,425)</u> | <u>59,132</u> | <u>396,703</u> |

7. Auditors' remuneration

| | 2021 £ | 2020 £ |
|--|---------------------|-------------------|
| Fees payable to the company's auditor for the audit of the company's annual accounts | 8,470 | 7,425 |
| Fees payable to the company's auditor in respect of: All other non-audit services | 1,210 | - |
| | <u>9,680</u> | <u>7,425</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

8. Staff costs

| | 2021 | <i>2020</i> |
|--|------------------|------------------|
| | £ | £ |
| Wages and salaries | 1,613,810 | <i>1,365,738</i> |
| Social security costs | 148,889 | <i>126,598</i> |
| Contribution to defined contribution pension schemes | 70,512 | <i>60,311</i> |
| | 1,833,211 | <i>1,552,647</i> |

The average number of persons employed by the company during the year was as follows:

| | 2021 | <i>2020</i> |
|-----------------------|-------------|-------------|
| | No. | No. |
| Charitable activities | 52 | <i>43</i> |
| Fundraising | 13 | <i>9</i> |
| | 65 | <i>52</i> |

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

| | 2021 | <i>2020</i> |
|-------------------------------|-------------|-------------|
| | No. | No. |
| In the band £60,001 - £70,000 | 2 | <i>3</i> |
| In the band £80,001 - £90,000 | 1 | <i>1</i> |

The key management personnel of the charity are the Trustees and the Executive Team.

The pay and benefits (including employer pension contributions) of the Executive Team during the year were £383,568 (2020: £390,061).

The value of services provided by Beat's volunteers has not been incorporated into these financial statements. However, Beat recognises that it could not have achieved everything set out in the Trustees' report had it not been for a dedicated team of volunteers and Ambassadors to help us fundraise, promote awareness, speak to the media and deliver services such as the Helpline, self-help networks and conferences.

Trustees are reimbursed for reasonable travel expenses, which for the year amounted to £nil (2020: £385) for no Trustees (2020: 1). No remuneration was paid to any Trustee during the year.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

9. Tangible fixed assets

| | Improvements to leasehold property £ | Computer equipment £ | Total £ |
|--------------------------|--|----------------------------|----------------|
| Cost or valuation | | | |
| At 1 April 2020 | 86,983 | 184,415 | 271,398 |
| Additions | 3,493 | - | 3,493 |
| At 31 March 2021 | <u>90,476</u> | <u>184,415</u> | <u>274,891</u> |
| Depreciation | | | |
| At 1 April 2020 | 28,180 | 176,256 | 204,436 |
| Charge for the year | 12,968 | 7,595 | 20,563 |
| At 31 March 2021 | <u>41,148</u> | <u>183,851</u> | <u>224,999</u> |
| Net book value | | | |
| At 31 March 2021 | <u>49,328</u> | <u>564</u> | <u>49,892</u> |
| <i>At 31 March 2020</i> | <u>58,803</u> | <u>8,159</u> | <u>66,962</u> |

10. Stocks

| | 2021 £ | 2020 £ |
|--------------------|-------------------|-------------------|
| Training materials | - | 10,715 |
| | <u> </u> | <u> </u> |

11. Debtors

| | 2021 £ | 2020 £ |
|--------------------------------|----------------|----------------|
| Trade debtors | 466,830 | 144,507 |
| Other debtors | 649 | 3,747 |
| Prepayments and accrued income | 435,179 | 560,065 |
| | <u>902,658</u> | <u>708,319</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

12. Current asset investments

| | 2021 | 2020 |
|---------------|-------------------|-------------------|
| | £ | £ |
| Cash deposits | - | 108,615 |
| | <u> </u> | <u> </u> |

13. Creditors: Amounts falling due within one year

| | 2021 | 2020 |
|------------------------------------|----------------|----------------|
| | £ | £ |
| Trade creditors | 91,089 | 40,887 |
| Other taxation and social security | 110,677 | 82,254 |
| Pension fund loan payable | 4,399 | 4,631 |
| Other creditors | 595 | 472 |
| Accruals and deferred income | 503,998 | 248,574 |
| | <u>710,758</u> | <u>376,818</u> |

| | 2021 | 2020 |
|--|----------------|----------------|
| | £ | £ |
| Deferred income at 1 April 2020 | 190,542 | 33,376 |
| Resources deferred during the year | 432,945 | 190,542 |
| Amounts released from previous periods | (190,542) | (33,376) |
| | <u>432,945</u> | <u>190,542</u> |

14. Creditors: Amounts falling due after more than one year

| | 2021 | 2020 |
|------------------------|-------------------|-------------------|
| | £ | £ |
| Pension scheme deficit | 13,407 | 16,378 |
| | <u> </u> | <u> </u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

15. Charity funds

Summary of funds - current year

| | Balance at 1 April 2020 | Income | Expenditure | Balance at 31 March 2021 |
|------------------|----------------------------|------------------|--------------------|--------------------------------|
| | £ | £ | £ | £ |
| General funds | 829,609 | 1,923,075 | (1,387,963) | 1,364,721 |
| Restricted funds | 486,412 | 1,492,013 | (1,357,455) | 620,970 |
| | <u>1,316,021</u> | <u>3,415,088</u> | <u>(2,745,418)</u> | <u>1,985,691</u> |

Summary of funds - prior year

| | Balance at 1 April 2019 | Income | Expenditure | Transfers in/out | Balance at 31 March 2020 |
|------------------|----------------------------|------------------|--------------------|------------------|--------------------------------|
| | £ | £ | £ | £ | £ |
| Designated funds | 250,000 | - | (250,000) | - | - |
| General funds | 853,137 | 1,488,550 | (1,655,158) | 143,080 | 829,609 |
| Restricted funds | 272,811 | 1,087,515 | (730,834) | (143,080) | 486,412 |
| | <u>1,375,948</u> | <u>2,576,065</u> | <u>(2,635,992)</u> | <u>-</u> | <u>1,316,021</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

Restricted funds - current year

| | Balance at 1 April 2020 | Income | Expenditure | Balance at 31 March 2021 |
|---------------------------------|----------------------------|------------------|--------------------|--------------------------------|
| | £ | £ | £ | £ |
| Binge Eating Disorder Project | 3,843 | - | (3,843) | - |
| BOTG - Buckinghamshire | 600 | - | (600) | - |
| BOTG - Rhondda Cynon Taff | 1,002 | - | (1,002) | - |
| BOTG - Surrey | 125 | - | (125) | - |
| BOTG - Wales | 112,116 | - | (112,116) | - |
| BOTG - West Midlands | 188 | 5,000 | (188) | 5,000 |
| BOTG - West Sussex | 625 | - | (625) | - |
| Training of Carers | 500 | - | (500) | - |
| CBT/London Funders | - | 22,021 | (22,021) | - |
| CHK Foundation | 62,500 | - | (62,500) | - |
| BBC Children in Need | 14,076 | 37,069 | (36,182) | 14,963 |
| City Bridge Trust | 44,713 | 115,863 | (114,376) | 46,200 |
| Department of Health | - | 90,000 | (90,000) | - |
| Echo Project | 10,304 | 14,595 | (22,372) | 2,527 |
| John Ellerman Foundation | 18,735 | 35,000 | (37,870) | 15,865 |
| Garfield Weston | - | 150,000 | - | 150,000 |
| Health Foundation Grant | - | 30,000 | (27,500) | 2,500 |
| Helpline Fund | 25,000 | 26,508 | (51,508) | - |
| Mels 40th Milestone Balls | 11,130 | 2,710 | - | 13,840 |
| National Lottery Community Fund | - | 357,771 | (118,618) | 239,153 |
| NHS Lothian | 2,023 | 24,834 | (11,959) | 14,898 |
| Norfolk Community Foundation | 7,228 | - | (7,228) | - |
| National Lottery - 2nd Fund | - | 451,009 | (451,009) | - |
| NHS Norfolk and Waveney CCG | - | 35,127 | - | 35,127 |
| Scottish Government | - | 42,963 | (42,963) | - |
| SCVO Wellbeing Scot Govt | - | 12,515 | (12,515) | - |
| Spot The Signs - Ethos | 1,857 | 8,088 | (1,014) | 8,931 |
| Vogelgezang Ext Affairs Grant | 169,847 | - | (97,881) | 71,966 |
| Welsh Assembly | - | 30,940 | (30,940) | - |
| | <u>486,412</u> | <u>1,492,013</u> | <u>(1,357,455)</u> | <u>620,970</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

A description of the significant restricted funds is as follows:

| | |
|---------------------------------|--|
| BOTG (Beat on the Ground) | Locality based work covering training, GP and awareness |
| CBT/London Funders | Helpline services in London |
| CHK Foundation | Work on developing, delivering and influencing Policy and Campaigns |
| BBC Children in Need | Funding to provide online advice and support to children and young people affected by family and friends with an eating disorder |
| City Bridge Trust | Locality work in London, covering training, GP and awareness |
| Department of Health | Helpline services in England |
| John Ellerman Foundation | Recruiting, training and supporting volunteers |
| Garfield Weston | Helpline services |
| Health Foundation Grant | Helpline services |
| Helpline Fund | Funding towards the cost of the staffing and associated costs of running the Beat Helpline |
| National Lottery Community Fund | Locality based work in Scotland and North East England |
| NHS Lothian | Email support services in Scotland |
| National Lottery - 2nd Fund | Helpline services and Covid-related services |
| NHS Norfolk and Waveny CCG | Training and support services across East of England |
| Scottish Government | Support services in Scotland |
| Vogelgezung Ext Affairs Grant | External Affairs department including Policy and Campaigns |
| Welsh Assembly | Support services in Wales |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

Restricted funds - prior year

| | <i>Balance at 1 April 2019</i> | <i>Income</i> | <i>Expenditure</i> | <i>Transfers in/out</i> | <i>Balance at 31 March 2020</i> |
|---------------------------------|------------------------------------|------------------|--------------------|-----------------------------|---|
| | £ | £ | £ | £ | £ |
| Ambassadors | 1,667 | - | (1,667) | - | - |
| ASOS | 24,589 | - | (24,589) | - | - |
| Anonymous | 24,663 | - | (24,663) | - | - |
| BBC Children in Need | 13,724 | 36,364 | (36,012) | - | 14,076 |
| Binge Eating Disorder | - | 30,000 | (26,157) | - | 3,843 |
| BOTG – Buckinghamshire | 100 | 500 | - | - | 600 |
| BOTG – Cardiff | - | 6,773 | (6,773) | - | - |
| BOTG – Devon | 2,500 | - | - | (2,500) | - |
| BOTG – Essex | 10,363 | - | (9,363) | (1,000) | - |
| BOTG – Kent | 1,500 | 3,929 | (5,429) | - | - |
| BOTG – Rhondda Cynon Taff | - | 1,002 | - | - | 1,002 |
| BOTG – Surrey | 125 | - | - | - | 125 |
| BOTG – Wales | - | 112,116 | - | - | 112,116 |
| BOTG – West Midlands | - | 188 | - | - | 188 |
| BOTG – West Sussex | 625 | - | - | - | 625 |
| Carers Training | - | 500 | - | - | 500 |
| CHK Foundation | - | 75,000 | (12,500) | - | 62,500 |
| City Bridge Trust | 46,476 | 61,537 | (63,300) | - | 44,713 |
| Echo Project | 10,834 | 51,415 | (51,944) | - | 10,305 |
| Helpline Restricted Grants | - | 78,980 | (53,980) | - | 25,000 |
| John Ellerman Foundation | 15,121 | 35,000 | (31,386) | - | 18,735 |
| Kate and Anthony Smith | 2,383 | - | (2,383) | - | - |
| Mayor of Tunbridge Wells | 2,782 | - | (2,782) | - | - |
| Maudsley Charity | 28,855 | - | (28,855) | - | - |
| Mel's Milestone Ball | - | 11,130 | - | - | 11,130 |
| National Lottery Community Fund | - | 339,900 | (227,036) | (112,864) | - |
| NHS Lothian | - | 12,924 | (10,901) | - | 2,023 |
| Norfolk Community Foundation | - | 9,065 | (1,837) | - | 7,228 |
| Schools Training | 85,686 | - | (58,970) | (26,716) | - |
| Spot The Signs | 818 | 25,430 | (24,391) | - | 1,857 |
| Vogelgezang | - | 195,762 | (25,916) | - | 169,846 |
| | <u>272,811</u> | <u>1,087,515</u> | <u>(730,834)</u> | <u>(143,080)</u> | <u>486,412</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

16. Analysis of net assets between funds

Analysis of net assets between funds - current year

| | Unrestricted funds 2021 £ | Restricted funds 2021 £ | Total funds 2021 £ |
|-------------------------------------|--|--|---------------------------------------|
| Tangible fixed assets | 49,892 | - | 49,892 |
| Current assets | 2,020,212 | 639,752 | 2,659,964 |
| Creditors due within one year | (710,758) | - | (710,758) |
| Creditors due in more than one year | (13,407) | - | (13,407) |
| Difference | 18,782 | (18,782) | - |
| Total | 1,364,721 | 620,970 | 1,985,691 |

Analysis of net assets between funds - prior year

| | Unrestricted funds 2020 £ | Restricted funds 2020 £ | Total funds 2020 £ |
|-------------------------------------|--|--|---------------------------------------|
| Tangible fixed assets | 66,962 | - | 66,962 |
| Current assets | 1,155,843 | 486,412 | 1,642,255 |
| Creditors due within one year | (376,818) | - | (376,818) |
| Creditors due in more than one year | (16,378) | - | (16,378) |
| Total | 829,609 | 486,412 | 1,316,021 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

17. Reconciliation of net movement in funds to net cash flow from operating activities

| | 2021 £ | 2020 £ |
|--|------------------|---------------|
| Net income/expenditure for the year (as per Statement of Financial Activities) | 669,670 | (59,927) |
| Adjustments for: | | |
| Depreciation charges | 20,563 | 50,012 |
| Dividends, interests and rents from investments | (84) | (1,232) |
| Decrease/(increase) in stocks | 10,715 | (5,370) |
| (Increase) in debtors | (194,339) | (94,254) |
| Increase in creditors | 334,172 | 204,937 |
| (Decrease) in pension provision | (3,203) | (4,527) |
| Net cash provided by operating activities | 837,494 | 89,639 |

18. Analysis of cash and cash equivalents

| | 2021 £ | 2020 £ |
|--|------------------|----------------|
| Cash in hand | 1,757,306 | 814,606 |
| Total cash and cash equivalents | 1,757,306 | 814,606 |

19. Analysis of changes in net debt

| | £ | ££ | At 31 March 2021 |
|--------------------------|----------------|------------------|---------------------|
| Cash at bank and in hand | 814,606 | 942,700 | 1,757,306 |
| Debt due within 1 year | (4,631) | 232 | (4,399) |
| Liquid investments | 108,615 | (108,615) | - |
| | 918,590 | 834,317 | 1,752,907 |

20. Pension commitments

The charity participates in a multi-employer pension scheme that provides benefits to some 1,300 non-

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

20. Pension commitments (continued)

associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004, which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the charity is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2017. This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

£11,243,000 per annum for the period 1 April 2019 to 30 September 2025.

Where the scheme is in deficit, and where the charity has agreed to a deficit funding arrangement, the charity recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The unwinding of the discount of the net present value is recognised as a finance cost.

The present value of the liability at 31 March 2021 is £17,438 (2020: £20,662)

The share of contributions paid to the scheme by the company in the year amounted to £4,284 (2020: £4,160)

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

21. Operating lease commitments

At 31 March 2021 the company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

| | 2021 | <i>2020</i> |
|--|----------------|----------------|
| | £ | £ |
| Not later than 1 year | 113,653 | <i>125,402</i> |
| Later than 1 year and not later than 5 years | 97,460 | <i>203,885</i> |
| | 211,113 | <i>329,287</i> |

The following lease payments have been recognised as an expense in the Statement of financial activities:

| | 2021 | <i>2020</i> |
|-------------------------|----------------|----------------|
| | £ | £ |
| Operating lease rentals | 123,642 | <i>179,210</i> |

22. Related party transactions

Donations from 3 (2020 - 4) of the Trustees during the year totalled £1,752 (2020: £1,047). The Health Foundation, of which David Smart is a Governor, made donations totalling £58,000 (2020: £7,750) in the year. There were no further related party transactions.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

England & Wales - Charity number 801343

Accounts



Trustees' Report and Financial Statements

For the year ended 31 March 2020

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
A company limited by Guarantee
Registered number: 02368495
Charity numbers: 801343 and SC039309

Beat
Eating disorders

CONTENTS

| | Page |
|--|---------|
| Reference and administrative details of the charity, its Trustees and advisers | 2 |
| Chairman's statement | 3 |
| Trustees' report | 4 - 20 |
| Independent auditors' report | 21 - 23 |
| Statement of financial activities | 24 |
| Balance sheet | 25 |
| Statement of cash flows | 26 |
| Notes to the financial statements | 27 - 44 |

REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2020

Trustees

Mike Cooke, Chairman
Valerie Jolliffe, Treasurer
Professor Hubert Lacey
Melanie Smith (resigned 29 November 2019)
Richard Davis
Neil Roskilly
Jo Bennett
David Smart
Melanie Carter (resigned 19 May 2019)
Dr Sandeep Ranote (appointed 25 June 2019)
Dr Paul Robinson (appointed 5 November 2019)

Company registered number
02368495

Charity registered numbers
801343 and SC039309

Registered office
1 Chalk Hill House, 19 Rosary Road, Norwich, Norfolk, NR1 1SZ

Company secretary
Claire Reynolds
Chief executive officer
Andrew Radford
Executive team
Claire Reynolds, Director of Finance & Resources
Tom Quinn, Director of External Affairs
Caroline Price, Director of Services
Phillip Roethenbaugh, Director of Fundraising

Independent auditors
Larking Gowen LLP, King Street House, 15 Upper King Street, Norwich, NR3 1RB
Bankers
Nat West, 21 Gentlemans Walk, Norwich, NR2 1NA
The Co-Operative Bank, 69 London Street, Norwich, NR2 1HT
UBS, 5 Broadgate, London, EC2M 2AN

Beat is supported by a multidisciplinary Clinical Advisory Group of senior clinicians:
Abigail Cardwell (Lead Occupational Therapist)
Dr Erica Cini (Consultant Child and Adolescent Psychiatrist and Clinical Lead)
Sam Clark-Stone (Lead Clinician and Registered Mental Health Nurse)
Dr Fiona Duffy (Consultant Clinical Psychologist and Clinical Lead)
Sarah Fuller (Specialist Eating Disorder Dietitian)
Dr Menna Jones (Consultant Clinical Psychologist and Clinical Lead)
Dr Rhys Jones (Consultant Psychiatrist)
Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead)
Dr Paul Robinson (Consultant Psychiatrist)
Professor Janet Treasure (Consultant Psychiatrist)

CHAIRMAN'S STATEMENT FOR THE YEAR ENDED 31 MARCH 2020

Report of the Chairman

The end of the year was marked by the developing national Covid-19 crisis. As well as the terrible and direct impact of the disease on individuals, families and communities, there was an indirect effect for many people on their mental wellbeing. The demand for our own services increased significantly, with a 72% increase on pre-Covid-19 levels, which illustrates the impact of the pandemic and the challenges that it has created. At the same time, many of our income streams were put at risk, with activities such as community fundraising being extremely difficult during the lockdown. We are hugely grateful to our funders who have shown generosity, flexibility and understanding, enabling us to redirect funds into our Helpline services where they can have most impact during the crisis. During this time, we secured government funding for the Helpline in England, Scotland and Wales in response to Covid-19, and again we are grateful for this vital support.

I want to also take the opportunity to thank our staff, who have responded to the crisis magnificently. They have shown huge flexibility and understanding and worked extremely hard to ensure we could respond to the increase in demand for our services.

Taking the year as a whole, Beat provided over 39,000 sessions of support across all our Helpline channels. Importantly in February 2020 we published an external evaluation of the Helpline, which underlined how valued the service is and how it enabled service users to effect changes in respect of actions they are able to take.

During the year we have been continuing our record of innovation, including a volunteer-based extension to our Helpline service and developing new support services and training courses during the year, including a guided self-help programme for binge eating disorder sufferers and a training course to enable primary schools to identify the early signs of an eating disorder.

We have had a very busy year in our policy and campaigns work and secured Parliamentary debates in Westminster, the Welsh Assembly and the Scottish Parliament during Eating Disorders Awareness Week 2020.

We have seen more coverage of Beat's work than ever before in the press, helping to further raise public awareness of eating disorders and ensure that sufferers get treatment sooner.

The experience of 2019/20 has highlighted just how important our services are for families and individuals affected by eating disorders. This gives us added determination to continue our work to deliver our 2019-24 strategy and work on expanding our core support services capacity. At the time of writing we are working hard on opening up new and innovative channels of support, including motivational support for those on long waiting lists for treatment and new support for carers.



Mike Cooke, Chairman

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

The Trustees present their annual report together with the audited financial statements for the year 1 April 2019 to 31 March 2020. The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), as amended by Update Bulletin 1).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Directors Report) Regulations 2013 is not required.

The company trades under the name Beat.

Background

Eating disorders are serious mental illnesses that include anorexia, bulimia, binge eating disorder, ARFID (avoidant/restrictive food intake disorder) and OSFED (other specified feeding or eating disorder). Anorexia has a higher mortality rate than any other mental illness.

Eating disorders have an enormous impact on the person affected, as well as their friends and family, seriously disrupting their education, employment and relationships. They cause both physical and psychological problems, often with long-term impacts.

Around 4% of people in the UK will suffer from an eating disorder at some point in their lives, with at least 1.25 million people suffering at any one time, at an estimated annual cost to the NHS of £4.6bn a year.

While anorexia and bulimia are most commonly found in girls and young women, they affect people of all genders, races, ages, genders, sexualities and backgrounds. Binge eating disorder normally affects adults, with men and women affected more equally.

We know that the sooner someone seeks and gets help, the more likely they are to make a fast and full recovery. But rapid treatment is difficult. On average, people delay for three years between their eating disorder symptoms emerging and seeking help from the NHS. They then find themselves in a cycle of waiting, treatment, partial recovery and relapse lasting another six years on average, with many people never fully recovering.

We also know that sufferers who have the empowered support of their families and friends are more likely to get well sooner. But when someone is affected by an eating disorder, the people close to them rarely know why it's happening or what to do about it. They also suffer as they don't know how to support their loved one to seek treatment, or how to stop things getting worse while they wait for treatment to start.

Suffering is further compounded by the high levels of misunderstanding in society and misrepresentation in the media. Eating disorder sufferers can face stigma and discrimination at school, university and in the workplace.

Purpose

Beat exists to end the pain and suffering caused by eating disorders.

We do this by working directly with sufferers and their families, and by using that experience to highlight the challenges they face and to campaign for change. We work both nationally and locally

and focus on three priority areas: early intervention, family empowerment, and prevention and cure.

We produce information to alert people to the early signs of an eating disorder, what to do about them and how to support someone who falls ill. We help people to understand their illness, guide them to seek medical help, and support them to ensure they get the treatments to which they are entitled.

We produce research that highlights the challenges and inequities faced by people affected by eating disorders, and we campaign for increased NHS funding, reduced waiting times and better education for health and medical professionals.

Our history

Beat has been working for people with eating disorders for over 40 years. Anorexic Aid was formed in Manchester in 1974 while Anorexic Family Aid was created in Norwich in 1976. The two organisations merged in 1989 to become the Eating Disorders Association. We started to use the name Beat in 2007 and changed our registered name to Beat (formerly Eating Disorders Association) on 18 October 2018.

Our values

All staff, Trustees and volunteers at Beat share the vision of an end to the pain and suffering caused by eating disorders. We are inspired by the people we serve, by the difference we can make, and by our commitment to each other.

To make our vision a reality, we need to be bold. It takes a particular courage for our beneficiaries to ask us for help. And we need to be courageous in return, being proactive in seeking new opportunities, embracing new ways of working, and challenging things that are preventing our vision from becoming a reality.

Central to our success is our commitment to building and maintaining supportive and mutually empowering relationships with our colleagues, supporters and beneficiaries. In turn, these relationships provide us with unique experience and learning, which we use to speak with both compassion and authority about the realities of eating disorders.

We also believe that people performing at their best are happier in their work and that happy people perform at their best, so we aim to create and protect a trusting and collaborative environment where people can experiment, learn and flourish.

We all have the responsibility of ensuring our behaviours and relationships reflect these values on a day-to-day basis and of holding ourselves and each other accountable when they do not through Beat's management principles.

When we get this right, we will achieve brilliant results together, making Beat a truly inspiring and enjoyable place to work.

Our strategy

Our five-year strategy for 2019-24 sets out how we will make the greatest possible progress on our priorities of early intervention, family empowerment, and prevention and cure.

Specifically, our goals during this period are for:

- Everyone who falls ill to begin and successfully complete treatment within the shortest possible timeframe, reducing the delay between someone falling ill and seeking treatment from over three years at present to less than 12 months.
- All families and carers of eating disorder sufferers to be fully informed and involved as their loved one seeks, receives and exits treatment, increasing the likelihood of successful and

sustained recovery.

- An increase in the funding and priority given to eating disorders research so that there is a realistic chance of effective cures and prevention strategies being discovered.

To achieve the goals of our 2019-24 strategy, all our activities will be geared towards:

- Supporting beneficiaries: providing online and telephone support to everyone who needs us, offering guidance to overturn decisions that deny early intervention or family empowerment, running communication campaigns and publishing materials to increase understanding of eating disorders, and developing the skills of carers through education, networking and peer support.
- Empowering professionals: developing and providing services to the NHS, offering high-quality training, developing information materials that guide professionals and institutions, lobbying for the comprehensive and effective inclusion of eating disorders in the training of medical professionals, and supporting academics performing high quality clinical research.
- Changing policy and practice: lobbying for better government policy and more generous funding, defining best practice and holding to account those responsible for delivering it, promoting the adoption of innovative treatment approaches, and communicating the real life experiences of eating disorder sufferers to decision makers and influencers.

Achievements and performance

This annual report demonstrates progress over the past financial year against our 2019-24 strategy and will therefore concentrate on the following key areas of our work:

- Supporting beneficiaries
- Empowering professionals
- Changing policy and practice
- Income generation
- Publicity, marketing and mobilisation

Supporting beneficiaries

Beat has been running a Helpline service since 1989 and our direct support services remain at the core of our work to end the pain and suffering caused by eating disorders. We now offer both telephone and digital support services and operate 365 days per year. Our direct support channels include telephone calls, one-to-one webchat, online support groups and social media direct messaging. We support both sufferers and carers to better understand eating disorders and empower them to seek the treatment needed to make a fast recovery. Over the past year we have continued to develop our existing support channels, as well as developing and piloting new services.

Our goals for 2019/20 were to:

- Support and empower 40,000 people through our Helpline services.
- Expand the Echo peer support programme so it is available in more areas and for partners and siblings as well as parents of those affected.
- Raise the funds to collaborate with overseas partners and recruit 200 volunteers to transform the Helpline into a 24-hour service, supporting 100,000 per year.

Our Helpline supported 28,101 people on 39,025 occasions during the financial year 2019-20. Although we fell short of our ambitious target for beneficiaries reached, in large part due to some staffing

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

difficulties during the earlier part of the year, we did see a huge surge in demand for our services towards the end of the financial year, with a record number of support sessions requested and fulfilled by the Helpline team. Over the course of the year, we answered 8,351 calls, 5,748 emails, 10,177 webchats and 3,466 socials media messages, as well as delivering 10,067 sessions of support through our online groups.

In 2018, we commissioned the Fiveways agency to carry out an independent external evaluation of the Helpline’s impact and the difference it makes. Their final report in February 2020 showed that:

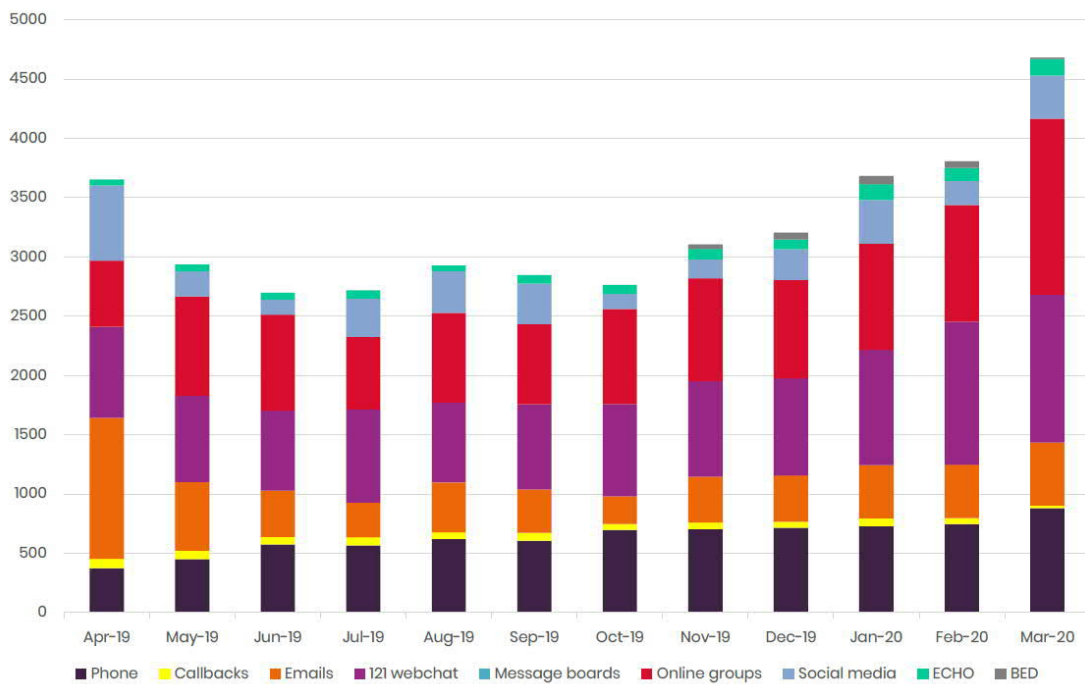
- 85% of those who used the Helpline agreed their concerns were taken seriously (97% of those only using the phone service).
- 83% of users who discussed next steps with an Advisor were clear on what action to take next.
- 88% of those who took action had found at least one of those actions helpful.
- 76% of users felt less isolated as a result of getting in touch with the Helpline.

A small number of recommendations were made for further improvements based on feedback from beneficiaries, including for longer opening times and shorter waiting times when trying to get through to our team.

“I honestly do not know where I would be if it wasn’t for the support of the lovely Helpline team. I always come off the phone to the Helpline feeling a sense of relief that I’ve spoken about how I feel and a feeling of empowerment... that I do deserve to get help and I do deserve to get better. I have struggled for far too long with this eating disorder and it’s taken the majority of my life away. I’m hopeful of change.”

(Helpline evaluation participant)

Number of sessions per ‘channel’ per month
(April 2019 to March 2020)



Given that 27 % of all our service users are carers, we have sought to expand our offer to this group. During the year, our Developing Dolphins and Coping with Christmas training courses, both designed to empower carers to support their loved one, were attended by 92 and 83 carers respectively. Following the launch of our telephone peer coaching programme Echo in 2018, we have continued to recruit volunteer coaches who have experience of supporting a loved one to recover from an eating disorder. We provide these individuals with training so that they can guide and support those who are currently caring for someone with an eating disorder through weekly calls over a six-month period. In 2019/20, Echo coaches delivered over 900 sessions of telephone support to over 50 carers. 95% of coaches stayed with the programme and have gone on to support a second carer, and during the year we started to recruit and train sibling and partner carers, as well as parents who were the service's original focus. The service is currently delivered through grants and contracts in Scotland, North West England, Norfolk, Sussex, North East Essex and Tunbridge Wells and funded to be evaluated by Edinburgh University.

"I just wanted to say a quick thank you for arranging for me to have the coaching sessions with [my coach]. They have been invaluable to me and I look forward to the phone call every week. Having this type of support has made a huge difference to my self-belief that I can help my daughter overcome her relapse and help her with her journey to recovery, and given me hope when sometimes it's hard to remain hopeful. I have reflected on things that [my coach] has said during the calls, and used them like little nuggets or jewels to keep me going. I'm so grateful for the service and for the time commitment [my coach] makes every week to speak to me."

(Carer receiving Echo coaching)

Our digital volunteering programme has also continued to grow. During the year we received 263 applications from volunteers, from which we shortlisted and interviewed 114 candidates and went on to train. By the end of the year we had 82 volunteers actively volunteering every week. Over the course of the year they delivered over 6,000 one-to-one webchats and answered over 1,000 emails. Volunteers receive comprehensive training in eating disorders, safeguarding and use of online systems, as well as regular line management and clinical supervision.

"Having a supervisor on hand to answer all our questions is brilliant. I feel very looked after in terms of having a debrief after every session, and in terms of regularly asking for our feedback, and listening/helping with our concerns."

(Digital Volunteer)

In recognition of the lack of services available to people with binge eating disorder, we began piloting a new service providing guided self-help for those unable to access NHS treatment for their binge eating. Thirteen people completed the programme, with all of those completing the end of programme review saying it was helpful or very helpful in enabling them to manage their binge eating. 75% improved their self-assessed psychosocial impairment scores to a level compatible with no longer having an eating disorder, and 75% reduced their self-assessed depression scores from moderate or mild to no longer meeting the cut off for depression.

In February we began piloting a night-time webchat service through our collaboration with the National Eating Disorder Information Centre (NEDIC) in Canada. The pilot provided an additional 114 webchats outside of our usual opening hours and moved us a step closer to becoming a 24-hour service. We also secured funding and began planning for a London Helpline satellite to be staffed largely by volunteer Helpline Advisors during the evenings. At the time of writing, both the NEDIC pilot and London satellite are on hold due to Covid-19, but both developments should enable us to reach significantly more people in the year ahead.

Empowering professionals

To reach our goals of early intervention, family empowerment and prevention and cure, we must also empower the health, education and other professionals who come into contact with those affected by eating disorders. We have continued to develop our training offer for professionals, supporting them to spot the early signs and provide the best possible care and support for people with eating disorders. We also provide support services to academics performing high-quality research including recruitment of participants, shaping and steering projects and disseminating results.

Our goals for the year were to:

- Expand our suite of courses and workshops so that more professionals have more skills and greater understanding of eating disorders.
- Ensure that over 50% of UK secondary schools have at least one education professional working in or with them who is able to spot the early signs of eating disorders.
- Ensure that eating disorders are fully and effectively covered within undergraduate and foundation year medical training programmes.

Given that eating disorders often start to develop during childhood and adolescence, our training to schools-based professionals is particularly crucial. In 2019-20 we reached 623 secondary school staff and school nurses through 42 Spotting the Signs training courses. Through the roll out of our Beat on the Ground strategy, we now have funding to deliver this training to 53% of UK secondary schools, enabling staff to spot the early signs of an eating disorder and support people into treatment as early as possible. We also developed a new course for primary school staff and piloted this course with 37 professionals. Our Bridging the Gap training for universities also reached 67 members of university support staff.

Improving the understanding of primary care and other health and medical professionals is also necessary. Our Beyond the Symptoms training is designed to help these people to identify when a patient has an eating disorder and confidently intervene early. During 2019-20, 82 healthcare professionals attended our training. We were also commissioned by Health Education England to develop a teaching package for the education of medical students and foundation trainees, which will be provided free of charge for all medical schools and teaching hospitals with encouragement for them to deliver it to all students and trainees.

In early 2020, we launched the Eating Disorders Genetics Initiative (EDGI), in partnership with King's College London and the National Institute for Health Research (NIHR) BioResource. We will be publicising the project and supporting the recruitment of over 10,000 DNA donors who have experienced an eating disorder at some point in their life. The research aims to achieve greater understanding of the genetic and environmental risk factors associated with eating disorders. This should support the development of more tailored treatments for eating disorders, and may in time help prevent them from developing in the first place.

In March 2020, we were set to deliver our biennial Eating Disorders International Conference in Glasgow. The conference is aimed at academics, researchers, clinicians, psychiatrists, commissioners and students and provides an opportunity to engage with the cutting edge of research and explore how it can be used to improve policy and practice. Over 300 participants were expected to attend, and we had speakers booked from Australia, France and Germany. Unfortunately, due to the restrictions brought about by Covid-19, we were forced to postpone the conference, and this has now been rescheduled for January 2021.

Changing policy and practice

Our campaigning and policy work aims to increase awareness of eating disorders among policy makers in order to achieve better and more generous government policy along with improved healthcare practice.

Our goals for 2019/20 were:

- Progress towards all-age waiting time targets across the UK as part of wider government action to reduce the delays between someone falling ill and seeking treatment
- To develop and promote an evidence-based position to ensure that government anti-obesity strategies do not trigger or exacerbate eating disorders
- Promotion across the UK of best practice and innovative approaches that help more people to be treated faster.

In pursuit of our campaign goals we have continued to be active in Parliament and started providing the Secretariat for the newly launched All-Party Parliamentary Group on Eating Disorders in Westminster as well as the Cross Party Group on Eating Disorders in Wales. We were invited to give oral evidence to the Public Administration and Constitutional Affairs Committee's (PACAC) inquiry into the progress made on the Parliamentary and Health Service Ombudsman's (PHSO) recommendations from 2017. The Committee's report included several positive recommendations, including the need for increased medical training and improved adult treatment.

We successfully secured Parliamentary debates in Westminster, the Welsh Assembly and the Scottish Parliament during Eating Disorders Awareness Week 2020. Across the three debates Beat was mentioned nearly 50 times, with the Helpline and our Echo programme specifically mentioned by the Ministers in Westminster and Holyrood respectively.

"I pay tribute to all those who are working hard to raise awareness of eating disorders, in particular the charity Beat, which Hon. Members will know is supported by the Government and does so much to support young people through its helplines and support groups. I have met with Beat and I am incredibly impressed by the charity... We are absolute supporters of Beat."

(Nadine Dorries MP, Minister of State for Mental Health)

We published our Lives at Risk report following research into access, waiting times and staffing levels at adult community eating disorder services in England, highlighting the variability between services and the risk that sufferers may not receive the care needed to make a full and sustained recovery. We also made significant progress in developing and publishing non-clinical best practice standards for eating disorder treatment and care. This included a report on best practice in the engagement and empowerment of families and carers affected by eating disorders, and a review of the advantages of intensive outpatient treatment as an alternative to inpatient care. We will be using these reports to influence more providers to adopt best practice in both regards. We also reviewed the evidence for best practice regarding transitions between services and the provision of self-referral, and will be publishing standards on both issues next year.

Progress has also been made in a number of other areas:

- The NHS Mental Health Implementation Plan was published and, following lobbying work done by Beat, included increased funding for eating disorder services in England linked to waiting times, including more money for the Children and Young People's access and waiting time targets.
- The Plan also confirmed that inpatient eating disorder budgets will be held at a local level. This has been a policy ask for Beat, as the previous arrangement was undermining services' ability to prioritise early intervention.

- The Welsh Government published the independent Eating Disorder Service Review, which included 22 recommendations to improve eating disorder treatment in Wales, including for four-week waiting time targets. These recommendations have been accepted by the Welsh Government and we will be working with the Cross Party Group on Eating Disorders to ensure they are implemented.
- The Scottish Government has confirmed that it will be commissioning an Eating Disorder Service Review, with publication of a report and recommendations anticipated for Spring 2021. Beat has been involved in setting the terms of reference of the review.
- NHS England published Commissioning guidance for adults with eating disorders . Beat was a member of the Expert Reference Group that developed this document.
- NHS England published new guidance outlining the benefits of intensive day treatment for children and young people.

Income generation

Without the generosity of individuals, families, companies and trusts who supported Beat over the past year, we would not be able to run our services to support those affected by eating disorders, or campaign on their behalf. For this we thank every last one of them.

In 2019-20, Beat raised £2,400,611 from voluntary sources, increasing fundraising income from the previous year by over £621,000, which equates to growth of 35%. We exceeded our ambitious fundraising target for the year by over £212,000.

Community fundraising continued to be the bedrock of our fundraising activity. A high proportion of our supporters are people battling with or recently recovered from an eating disorder, together with their families. Taking part in a challenging activity or organising a special event is, for many of them, a way of marking a milestone in their journey to full recovery. Over 750 people took part in community fundraising achieving a total of £538,000.

We saw a sharp increase in support from grant making trusts and foundations. £812,000 was raised, through 28 trusts, compared to £524,000 the year before. By far the largest gift was our first major investment from The National Lottery for many years, a total grant of £1.1m over a three-year period. This enabled us to extend our 'Beat on the Ground' programme further, to cover Scotland and the North West of England. This programme brings services and education closer to people in their community, for example by helping teachers and others to spot the early signs of an eating disorders.

This year we saw a major shift in our effectiveness in securing significant commitments from philanthropists. We introduced 'Insight Evenings' through which potential donors could meet key staff, hear presentations on relevant topics and take part in lively discussions. We were delighted to receive new generous multi-year commitments from the Vogelgezang Foundation and the Stone Family Foundation.

In the autumn, we learned that we'd been successful in our application to be featured in a BBC TV appeal. This aired at the end of June 2020, was presented by Christopher Eccleston and was a terrific way to reach new audiences with our message and recruit new donors.

Beat continues to be very grateful indeed to an individual Beat supporter, who wishes to remain anonymous, for a donation of £250,000 to support our Helpline and campaigning work.

Providing our services under contract to the NHS in 2019-20 generated income of £135,783. This included being commissioned by Havering CCG to develop and pilot an early intervention course for primary schools as well as by seven CCGs across Essex to deliver schools training, training for health professionals, carer workshops and the Echo programme. The Scottish Government also funded NHS Lothian and Beat to deliver Echo and the SharED email peer support for sufferers over the next two

years.

We are committed to working ethically and responsibly with all our supporters. This is detailed within our supporter promise available on our website. This promise describes how we will always prioritise the health and wellbeing of supporters, never placing them under undue pressure and ensuring we work honestly, respectfully and sensitively with all supporters including fundraisers. We ensure personal data and details are collected and managed appropriately and we would never sell information to other parties.

Publicity, marketing and mobilisation

Much of our work is geared towards raising public awareness of eating disorders, the services Beat provides for sufferers and their families, and the importance of seeking NHS treatment as early as possible. This year we have had considerable success in our press office work and have seen more coverage of eating disorders than ever before. Beat was mentioned in 2,808 online and print articles and 1,258 broadcasts. Our broadcast highlights included a dedicated episode of the BBC's Victoria Derbyshire show, which featured our spokespeople and case studies and reached an audience of over a quarter of a million people. We also had a very successful Christmas campaign launched in conjunction with the NHS and saw Beat featured on every local BBC radio station over the course of one weekend. We also appeared on BBC Breakfast twice, as well as Good Morning Britain and Channel 4 News.

Eating Disorders Awareness Week is a particularly crucial part of our year for awareness-raising. In March 2020 we used the week to highlight the issues faced by the millions of parents, friends and carers currently supporting a loved one with their eating disorder. We partnered with Great British Bake Off 2019 finalist Steph Blackwell and her mother to produce a video to raise awareness of the vital role that carers can play in their loved ones' recovery, and promoted this widely through social media. We also had support from Instagram star Megan Crabbe (BodyPosiPanda) who helped champion Beat online and in press interviews. During the week, over 40,000 people visited the Beat website, we gained more than 1,500 new social media followers, and were mentioned over 100 times in the press. Some of our most high-profile coverage has included brave and honest contributions from our media volunteers. This included two appearances on BBC Breakfast, features in the Guardian and the Telegraph, and interviews in an upcoming BBC documentary with Freddie Flintoff - all of which gained plenty of positive attention from our online communities and on social media.

We also continue to be enormously grateful to our network of Beat Ambassadors. These are individuals from across the UK who have recovered from an eating disorder and volunteer on behalf of Beat to raise awareness in their communities. By the end of the year, we had 127 active Ambassadors, of whom nine were recruited during the year. We also developed a new approach to working with Ambassadors, empowering them to be more proactive in seeking out opportunities to raise awareness. A group of Ambassadors helped to co-produce the content and training, and we began piloting the programme in in early 2020. In our annual survey of Ambassadors one volunteer told us:

"Beat has been the greatest thing I've ever done. It gets better and better every year. It has given me so much and kept me well. Beat has given me a voice that I have also developed the confidence to use properly."

(Beat Ambassador)

Covid-19

The end of the 2019-20 financial year was marked by the developing Covid-19 crisis. Responding to the crisis and its impact on our beneficiaries has occupied a great deal of the organisation's energy since then, with positive early outcomes in our fundraising and service development activities. Demand for Beat's services has steadily risen since February 2020, reaching a 72% increase in overall demand for support sessions by June 2020. Demand has increased across all helpline channels but is particularly high for social media direct messaging and online groups. We took a number of specific immediate actions to meet the increase in demand for our services, as well as to protect the organisation against an anticipated significant drop in income. This included:

- Closing all three offices and moving to homeworking for all staff.
- Reallocating staff from teams that were under-utilised in the current situation and training them to undertake activities to support the running of the helpline.
- Recasting plans and budgets to take into account activities such as face-to-face training which will not be possible for the foreseeable future.
- Cutting working hours and pay in all teams except the helpline to 80% for a short period.
- Furloughing some staff for a short period while their duties were not possible.
- Launching an emergency fundraising appeal and having early conversations with donors about removing the restrictions from their grants so we could spend funds where it would be most impactful in the circumstances.
- Training new cohorts of volunteers to support the helpline's digital channels.
- Developing and continuing to update Coronavirus pages and FAQs on our website.
- Setting up a new moderated online group, The Sanctuary, focused on supporting sufferers with concerns relating to their eating disorder and Covid-19.

Our quick response in articulating our beneficiaries' needs to our funders and supporters led to very positive early results in our fundraising activities. This included securing government funding for the helpline for the first time in England, Scotland, and Wales. As a result, the organisation is in a stable financial position as we move further into the new financial year.

We will continue to adapt and expand our services in response to our beneficiaries' changing needs over the coming months. With the new funding secured we will increase the number of support sessions available through all channels of the helpline, hopefully including extending our opening hours. We have recently relaunched our message board service to reduce some of the pressure on our online groups. We are also working on providing more intensive ongoing support for people unable to access NHS care, as well as developing a number of new training and peer support groups to be delivered via video conferencing software.

Looking forwards we recognise that the effect and impact of Covid-19 will affect our beneficiaries and the organisation for some years.

We are continuing to adapt services to meet need and demand using various online methods to increase the numbers we can support. We are also looking at the best way to deliver training and conferences online.

The economic impact of Covid-19 will inevitably mean challenges in raising income. We are planning for this by improving our marketing and website and investing in volunteering to ensure we can continue to deliver services.

Looking forward

Over the next year we will face several new challenges as we adapt our work in response to the changing and unpredictable Covid-19 situation. Nevertheless, in 2020-21 we aim to:

- Expand the Helpline service as new additional funding is obtained to provide over 5,000 support sessions per month by extending opening hours and expanding the home-based digital volunteer team.
- Expand our suite of courses and workshops for carers and train 300 carers during the year.
- Develop an education package to enable universities and teaching hospitals to provide high quality teaching on eating disorders for all medical students and foundation trainees, followed by a campaign to ensure it is applied in practice.
- Define best practice standards across several 'non-clinical' indicators and start a campaign to promote them for adoption by the institutions which should implement them.
- Persuade relevant Government departments and arms-length bodies to acknowledge the potential for harm caused by insufficiently considered anti-obesity campaigns, leading to a reduction in (and targeting elimination of) communications which risk the health and wellbeing of eating disorder sufferers.
- Launch a campaign to increase the funding for and quality of research into eating disorders.
- Roll out the new Ambassador programme, empowering volunteers to be proactive in promotion of Beat's early intervention messaging in their communities.

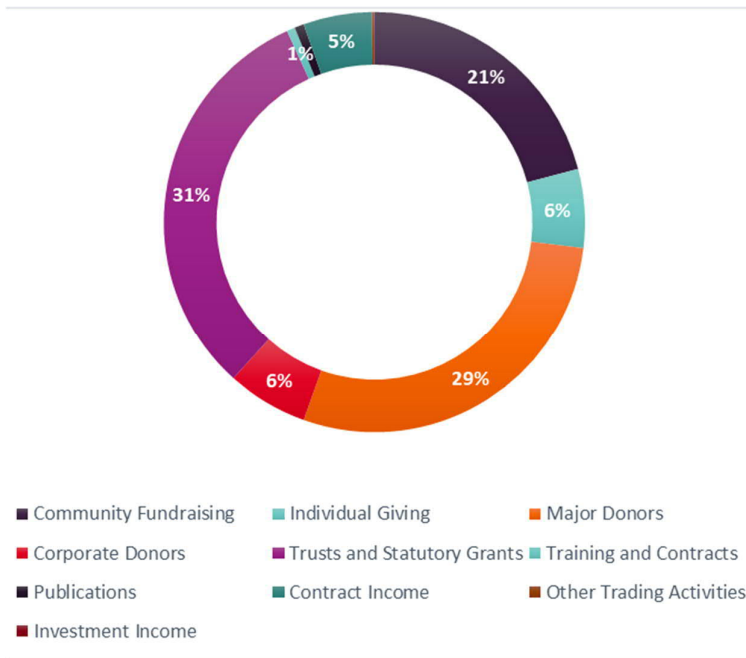
Financial review

This year has been our final year of planned deficit as a result of spending legacy income received previously.

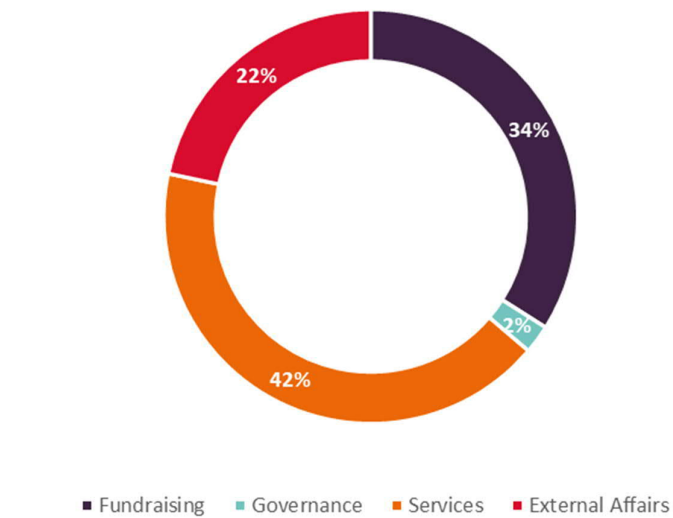
Total income for the year 2019-20 was £2.58 million compared to £1.98 million for the previous year. Expenditure of £2.64 million was incurred in this financial year compared to £2.53 million in the year ended 31 March 2019.

This has left the charity with total funds of £1.32 million at 31 March 2020, compared to £1.38 million at 31 March 2019.

Income 2019/20



Expenditure 2019/20



Balance Sheet

There have not been any investments in fixed assets during the year. We find more and more resources are procured on a revenue basis: software for example. The net book value of fixed assets at 31 March 2020 was £66,962.

Stock relating to training materials has been recognised at a cost of £10,715. These materials will be used in future training courses.

Debtors are consistent with the year-end position last year. All debts have subsequently been received or are considered fully recoverable.

Creditors have more than doubled since the previous year end position. There was a higher VAT liability due to contract invoicing at the end of March 2020 along with much higher deferred income where funders had advanced monies for future use.

Short term investments have reduced to £54,577 at 31 March 2020 with cash at bank and in hand increasing to £868,644. This reflects higher deferred income and a desire to ensure funds are accessible given uncertainty due to Covid-19 and very low interest rates.

Fundraising regulation

Beat's approach to fundraising is to maintain a balanced portfolio of income streams, in order to achieve a sustainable funding model.

We currently employ eight fundraisers, led by the Director of Fundraising, all of whom are members of the Institute of Fundraising. Beat does not use the services of professional fundraising agencies to conduct any part of our fundraising programme.

We promote a 'Supporters Promise' that sets out the standards donors can expect, including a pledge to not put undue pressure on supporters to make a gift. Beat has a formal complaints procedure. There were five fundraising complaints in 2019-20 (eight in 2018-19), these were all resolved internally. Beat follows The Code of Fundraising Practice, as promoted by the Fundraising Regulator.

A Vulnerable Supporters Statement has been fully implemented in 2019/20. Beat is registered with the Fundraising Regulator and complies with the Fundraising Code.

Environmental impact

We are committed to monitoring and reducing our environmental impact at Beat. We have a staff working group dedicated to looking for further measures and projects such as recycling, reduction in energy and water usage and reduction in travel impact.

Risk management

The Trustees are responsible for ensuring effective risk management, and that internal controls are in place to appropriately manage the risk exposure of Beat. In June 2020, the Trustees completed their annual review of the Beat's risk management strategy. During this review, the Board considered:

- The major risks to which Beat is exposed.
- The potential impact and probability associated with each risk.
- Existing internal controls and accountability for them.
- Mitigating actions needed to reduce each risk to a level that the Trustees consider to be acceptable.

This position is reported on and recorded in a risk register, is monitored quarterly by the Executive Team and at every meeting of the Finance and Risk Committee, as well as being subject to a formal review by the Board of Trustees every year. The major financial risks are subject to ongoing monitoring and monthly scrutiny.

The key risks identified by the Trustees are as follows:

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

- Failure to raise necessary funds to deliver necessary services and meet our financial liabilities.
- Cyberattack causing loss or theft of data of a commercially sensitive or personal nature.
- Failure to comply with data protection or similar legislation.
- Inability to recruit or retain the right staff and volunteers.

None of the above risks were encountered by Beat during the year but we continue to improve and increase actions and controls to reduce and mitigate these risks. As well as amending our risk planning to deal with ongoing ramifications of the pandemic.

Reserves and Funds

The Trustees review reserves every year and set a reserves policy that reflects the risks faced by the organisation.

Currently it is the charity's policy to have a General Fund of free reserves (i.e. excluding restricted funds and tangible fixed assets) in order to:

- Allow continued operation in the event of a loss of a major source of funding while a new source of income is secured or while costs are cut in a considered manner.
- Provide a buffer in the event of making an operational loss in a given financial year.
- Bridge cash flow challenges resulting from slow payment or bad debt.
- Manage fluctuations in income, such as permitting very large donations or legacies received in one financial year to be spent in a reasonable manner in subsequent financial years, resulting in expenditure exceeding income in those subsequent years.
- Permit investment in key opportunities at short notice.

This policy is reviewed annually alongside the production of the annual accounts in order to:

- Ensure that the reserve held is equal to or greater than the minimum level identified.
- Check that the assumptions underlying the policy are still valid and the minimum amount is still sufficient for its purpose.
- Agree any action that may be required to ensure an adequate reserve is maintained.

From time to time Beat also holds designated funds in reserve in order to plan for future spending on specific infrastructure or investment projects that will increase our effectiveness and/or sustainability.

The charity assesses its reserves requirement using a number of methods to ensure that the reserves figure required has been robustly tested.

Using a risk-based approach, the charity calculated that at 1 April 2020 it requires reserves of £769,000 and will endeavour (subject to timing fluctuations) to have reserves within a 10% banding range of this figure.

Income fluctuates significantly throughout the year at Beat. Reserves therefore will be monitored to ensure they are line with projections and that total funds remain above reserves required, or if they do fall below that we have reliable forecasts to show them returning to the required level.

If free reserves fall or are predicted to fall below one month's full operating costs or two months' staff costs Trustees will take immediate action.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

As at 31 March 2020 current funds are as follows:

| | 2020 | 2019 |
|--|-------|-------|
| | £'000 | £'000 |
| Restricted Funds (must be applied in line with donors' instructions) | 486 | 273 |
| Designated Funds | - | 250 |
| General Funds | 830 | 853 |
| Total Funds | 1,316 | 1,376 |

Structure, governance and management

Governing document

The charity is a company limited by guarantee, incorporated on 5 April 1989 and registered as a charity on 7 April 1989. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. Following a general meeting on 24th March 2020 the previous approach to membership was removed with the Trustees of the charity becoming its only members, who guarantee the liabilities of the company in the event of a winding up, to a maximum of £1 each.

Recruitment and appointment of Trustees

The directors of the company are also the charity Trustees for the purposes of charity law. Under the charity's Articles of Association they are known as members of the Board of Trustees. The Trustees who served during the year and up to the date of this report are listed on page 1.

Trustees are appointed by the Board.

A recruitment panel, delegated from the main Board, interviews and recommends Trustees for appointment.

Under the requirements of the Articles of Association, the Trustees are elected to serve for a term of three years. Trustees may serve a maximum of two terms, not including any time (up to a maximum of six years) spent as Chairman, Vice Chairman or Treasurer. There must be at least six Trustees.

The Board of Trustees meets quarterly and is responsible for the strategic direction and oversight of the charity. The Board has two sub committees that meet regularly throughout the year:

- Finance and Risk: This committee currently meets five times a year to oversee finance and to support the Executive in the development of budgets, financial and management reporting, and risk management.
- Human Resources: This committee meets four times per year and works with the Chief Executive and his team to ensure Beat can attract, develop and retain great staff and volunteers.

Day to day management of Beat is delegated to the Chief Executive and the Executive Team.

All Board members give their time voluntarily but may claim reasonable travel expenses, which are shown in Note 9 to the accounts.

The Board regularly evaluates its performance and membership, considering the direction of the organisation and the skills needed among its number to take Beat forward with confidence.

The Board is committed to and has achieved full compliance with the Charity Code of Governance. Compliance is audited annually to ensure any necessary further actions are taken.

Public benefit

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Commission on determining the activities undertaken by the charity.

Staff and Executive Pay

Staff salaries are banded in a series of salary points, with the median for each band being a market average benchmarked against similar jobs elsewhere in the voluntary sector. Employees can progress to the next salary point in their band by meeting criteria linked to performance. The exception is the Chief Executive, whose salary is determined by the Board.

Every twelve months the Trustees determine whether there should be an overall increase in salaries to reflect changes in the cost of living. The level of any increase is decided in the context of:

- The charity's financial situation.
- The charity's performance.
- The current rate of inflation.
- Cost of living adjustments made in recent years.

Trustees' responsibilities statement

The Trustees (who are also directors of Beat (formerly Eating Disorders Association) for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently,
- observe the methods and principles in the Charities SORP,
- make judgments and accounting estimates that are reasonable and prudent,
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that sufficiently show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charitable company's auditors are unaware, and

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

This report was approved by the Trustees, on 22 September 2020 and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'Mike Cooke', is written over a faint, light blue rectangular stamp. The signature is cursive and somewhat stylized.

Mike Cooke, Chairman

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Opinion

We have audited the financial statements of Beat (formerly Eating Disorders Association) (the 'charitable company') for the year ended 31 March 2020 set out on pages 24 to 44. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2020 and of its incoming resources and application of resources, including its income and expenditure for the year then ended,
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially

misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken during the audit:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained during the audit, we have not identified material misstatements in the Trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a Strategic report.

Responsibilities of Trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

A handwritten signature in black ink, appearing to read 'J Fox', followed by a long, sweeping horizontal line.

Joanne Fox BA FCA (Senior statutory auditor)

for and on behalf of

Larking Gowen LLP
Chartered Accountants
Statutory Auditors

King Street House

15 Upper King Street
Norwich

NR3 1RB

Date: 30.10.2020

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES INCORPORATING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2020

| | Unrestricted funds 2020 £ | Restricted funds 2020 £ | Total funds 2020 £ | Total funds 2019 £ | |
|---|------------------------------------|----------------------------------|-----------------------------|-----------------------------|-------------------------|
| Note | | | | | |
| Income from: | | | | | |
| Donations and legacies | 2 | 1,344,796 | 1,055,815 | 2,400,611 | 1,779,140 |
| Charitable activities | 4 | 138,915 | 31,700 | 170,615 | 183,091 |
| Other trading activities | 5 | 3,607 | - | 3,607 | 4,051 |
| Investments | 6 | 1,232 | - | 1,232 | 12,366 |
| Total income | | <u>1,488,550</u> | <u>1,087,515</u> | <u>2,576,065</u> | <u>1,978,648</u> |
| Expenditure on: | | | | | |
| Raising funds | | 896,037 | - | 896,037 | 595,517 |
| Charitable activities | | 1,009,121 | 730,834 | 1,739,955 | 1,939,837 |
| Total expenditure | 7 | <u>1,905,158</u> | <u>730,834</u> | <u>2,635,992</u> | <u>2,535,354</u> |
| Net income/(expenditure) before transfers | | <u>(416,608)</u> | <u>356,681</u> | <u>(59,927)</u> | <u>(556,706)</u> |
| Transfer between funds | | 143,080 | (143,080) | - | - |
| Net movement in funds | | (273,528) | 213,601 | (59,927) | (556,706) |
| Reconciliation of funds: | | | | | |
| Total funds brought forward | | 1,103,137 | 272,811 | 1,375,948 | 1,932,654 |
| | | <u>829,609</u> | <u>486,412</u> | <u>1,316,021</u> | <u>1,375,948</u> |
| Total funds carried forward | | <u><u>829,609</u></u> | <u><u>486,412</u></u> | <u><u>1,316,021</u></u> | <u><u>1,375,948</u></u> |

The notes on pages 27 to 44 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

BALANCE SHEET
AS AT 31 MARCH 2020

| | Note | £ | 2020 £ | £ | 2019 £ |
|---|------|------------------|-------------------------|------------------|-------------------------|
| Fixed assets | | | | | |
| Tangible assets | 10 | | 66,962 | | 116,974 |
| Current assets | | | | | |
| Stocks | 11 | 10,715 | | 5,345 | |
| Debtors | 12 | 708,319 | | 614,065 | |
| Investments | 13 | 108,615 | | 300,798 | |
| Cash at bank and in hand | | 814,606 | | 531,552 | |
| | | <u>1,642,255</u> | | <u>1,451,760</u> | |
| Creditors: amounts falling due within one year | 14 | (376,818) | | (171,881) | |
| Net current assets | | | <u>1,265,437</u> | | <u>1,279,879</u> |
| Total assets less current liabilities | | | <u>1,332,399</u> | | <u>1,396,853</u> |
| Creditors: amounts falling due after more than one year | 15 | | (16,378) | | (20,905) |
| Net assets | | | <u><u>1,316,021</u></u> | | <u><u>1,375,948</u></u> |
| Charity Funds | | | | | |
| Restricted funds | 16 | | 486,412 | | 272,811 |
| Unrestricted funds | 16 | | 829,609 | | 1,103,137 |
| Total funds | | | <u><u>1,316,021</u></u> | | <u><u>1,375,948</u></u> |

The company's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees on 22 September 2020 and signed on their behalf, by:



Mike Cooke, Chairman



Valerie Jolliffe, Treasurer

The notes on pages 27 to 44 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2020

| | Note | 2020 £ | 2019 £ |
|--|------|-----------|-------------|
| Cash flows from operating activities | | | |
| Net cash used in operating activities | 18 | 89,639 | (697,542) |
| Cash flows from investing activities: | | | |
| Dividends, interest and rents from investments | | 1,232 | 12,366 |
| Purchase of tangible fixed assets | | - | (37,148) |
| Proceeds from sale of investments | | 192,183 | - |
| Purchase of investments - new cash deposits in excess of 90 days | | - | (300,798) |
| Net cash (used in)/provided by investing activities | | 193,415 | (325,580) |
| Change in cash and cash equivalents in the year | | 283,045 | (1,023,122) |
| Cash and cash equivalents brought forward | | 531,552 | 1,554,674 |
| Cash and cash equivalents carried forward | | 814,606 | 531,552 |

The notes on pages 27 to 44 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by

Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Beat meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Company status

The charity is a company limited by guarantee, incorporated in England and Wales. The members of the company are the Trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.3 Fund accounting

General funds are unrestricted funds that are available for use at the discretion of the Trustees in furtherance of the general objectives of the company, and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds that are to be used in accordance with specific restrictions imposed by donors, or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.4 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the

item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably.

In accordance with the Charities SORP (FRS 102), volunteers time is not recognised in the accounts, please refer to the Trustees' report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Incoming resources from grants, including income from Government, is recognised when the charity has entitlement to the funds, and it is probable the amount will be received.

The value of services provided by volunteers has not been included in these accounts.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs that contribute to more than one activity and support costs that are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

1.6 Tangible fixed assets and depreciation

All assets costing more than £1,000 are capitalised. No such assets have been purchased during this year.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments.

Impairment losses are recognised in the Statement of financial activities incorporating income and expenditure account.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold improvements - over the period of the lease
Office furniture and equipment - 20% per annum on cost
Computer equipment - 33.3% per annum on cost

1.7 Investments

Current asset investments are a form of financial instrument. They are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless fair value cannot be measured reliably, in which case it is measured at cost less impairment.

1.8 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured

reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

1.9 Operating leases

Rentals under operating leases are charged to the Statement of financial activities incorporating income and expenditure account on a straight line basis over the lease term.

1.10 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks.

1.11 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

1.12 Cash at Bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.13 Liabilities

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

1.14 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.15 Going concern

The Trustees have considered the financial uncertainty of COVID-19, and the measures that have been put in place to respond to the crisis. The quick response in articulating Beat's needs to funders and supporters led to very positive early results in fundraising activities. This included securing government funding for the helpline for the first time in England, Scotland, and Wales. As a result, with the level of unrestricted funds and liquid assets available, the Trustees consider the organisation is in a stable financial position. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The Trustees consider that the budgeted cashflow is sufficient with the level of unrestricted reserves for Beat to be able to meet its liabilities as they fall due. For this reason, the Trustees consider it appropriate for the financial statements to continue being prepared on a going concern basis

2. Income from donations and legacies

| | Unrestricted funds | Restricted funds | Total funds | Total funds |
|--------------------------------------|-----------------------|---------------------|------------------|------------------|
| | 2020 £ | 2020 £ | 2020 £ | 2019 £ |
| Community Fundraising | 538,345 | - | 538,345 | 606,317 |
| Individual Giving | 155,463 | - | 155,463 | 177,780 |
| Major Donors grants and donations | 440,791 | 293,952 | 734,743 | 318,050 |
| Corporate Donor grants and donations | 160,070 | - | 160,070 | 152,627 |
| Trusts and Statutory Grants | 50,127 | 761,863 | 811,990 | 524,366 |
| | <u>1,344,796</u> | <u>1,055,815</u> | <u>2,400,611</u> | <u>1,779,140</u> |
| Total donations and legacies | | | | |
| | <u>1,224,102</u> | <u>555,038</u> | <u>1,779,140</u> | |

Legacy income of £5,972 is included in individual giving (2019: £43,125)

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

3 Trusts and Statutory Grants

| | Unrestricted funds 2020 £ | Restricted funds 2020 £ | Total funds 2020 £ | Total funds 2019 £ |
|--|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| Miss Agnes H Hunter's Trust | | | | |
| (Ambassadors) | 10,000 | - | 10,000 | 10,000 |
| Anonymous | - | - | - | 10,000 |
| BBC Children in Need | - | 36,364 | 36,364 | 35,646 |
| Cardiff Third Sector Council* | - | 6,773 | 6,773 | |
| Charles Lewis Trust | - | - | - | 5,000 |
| City Bridge Trust | - | 85,000 | 85,000 | 77,200 |
| Former EMS Limited (Helpline) | - | 20,000 | 20,000 | 11,300 |
| Fowler Smith & Jones Trust (BOTG - Essex) | - | - | - | 2,000 |
| Garfield Weston Foundation (Helpline) | - | - | - | 50,000 |
| GMC Trust | - | - | - | 10,000 |
| Grants (less than £5,000) | 1,477 | 19,642 | 21,119 | 10,100 |
| Health Foundation | 7,750 | - | 7,750 | - |
| Hobson Charity | - | - | - | 5,912 |
| Jill Franklin Trust (Helpline) | - | - | - | 1,000 |
| John Ellerman Foundation | - | 35,000 | 35,000 | 35,000 |
| Jordan Charitable Foundation | 10,000 | - | 10,000 | 10,000 |
| Leathersellers' Company Charitable Fund | 10,000 | - | 10,000 | 10,000 |
| Limbourne Trust (Schools) | - | - | - | 10,000 |
| Maudsley Charity | - | - | - | 45,105 |
| MilHills Trust | 7,000 | - | 7,000 | - |
| Moondance Foundation | - | 112,116 | 112,116 | - |
| National Lottery Community Fund | - | 346,132 | 346,132 | - |
| NHS Wigan CCG | - | - | - | - |
| NHS Lothian | - | 26,407 | 26,407 | 3,187 |
| Norfolk Community Foundation | - | 9,065 | 9,065 | 500 |
| Oak Foundation | 3,900 | 30,000 | 33,900 | - |
| Schuh Trust (Helpline) | - | - | - | 5,000 |
| Sir Halley Stewart (Spot The Signs) | - | 25,364 | 25,364 | 25,901 |
| St Jame's Place Charitable Foundation | - | - | - | 74,687 |
| The Steel Charitable Trust (Helpline) | - | 10,000 | 10,000 | 15,000 |
| Swansea University | - | - | - | 3,515 |
| Technology Enabled Care Programme | - | - | - | 21,613 |
| Whitehead Monkton Charitable Foundation | - | - | - | 1,500 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

| | | | | |
|-------|--------|---------|---------|---------|
| | 50,127 | 761,863 | 811,990 | 489,166 |
| Total | 50,127 | 761,863 | 811,990 | 489,166 |

In 2019, of the total income from all grants, £55,100 was to unrestricted funds and £434,066 was to restricted funds.

*Supported by Cardiff Third Sector Council through the Supporting Parents or Siblings of Children with Mental Health Issues Grant 2019 in partnership with the Disability Futures Programme Board.

4. Income from charitable activities

| | Unrestricted funds | Restricted funds | Total funds | Total funds |
|--------------------------------------|-----------------------|---------------------|----------------|----------------|
| | 2020 £ | 2020 £ | 2020 £ | 2019 £ |
| Income from training and conferences | 16,300 | - | 16,300 | 25,683 |
| Publications | 18,532 | - | 18,532 | 6,487 |
| Contract income | 104,083 | 31,700 | 135,783 | 150,921 |
| | 138,915 | 31,700 | 170,615 | 183,091 |
| | 138,915 | 31,700 | 170,615 | 183,091 |
| Total 2019 | 162,348 | 20,743 | 183,091 | |

5. Income from other trading activities

| | Unrestricted funds | Restricted funds | Total funds | Total funds |
|--|-----------------------|---------------------|----------------|----------------|
| | 2020 £ | 2020 £ | 2020 £ | 2019 £ |
| Affinity income | 3,507 | - | 3,507 | 4,051 |
| Misc income | 100 | - | 100 | - |
| | 3,607 | - | 3,607 | 4,051 |
| | 3,607 | - | 3,607 | 4,051 |
| Net income from income from other trading activities | 3,607 | - | 3,607 | 4,051 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

In 2018, of the total income from other trading activities, £4,051 was to unrestricted funds and £NIL was to restricted funds.

6. Investment income

| | Unrestricted funds | Restricted funds | Total funds | Total funds |
|-------------------|-----------------------|---------------------|-------------------|-------------------|
| | 2020 £ | 2020 £ | 2020 £ | 2019 £ |
| Interest received | 1,232 | - | 1,232 | 12,366 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| Total 2018 | 12,366 | - | 12,366 | |
| | <u> </u> | <u> </u> | <u> </u> | |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

7. Total resources expended -
CURRENT YEAR

| | Fundraising costs | Governance | Service provision | External affairs | 2020 | 2019 |
|---------------------------------|-------------------|---------------|-------------------|------------------|------------------|------------------|
| | £ | £ | £ | £ | £ | £ |
| Direct costs | | | | | | |
| Staff costs | 457,771 | - | 556,252 | 470,882 | 1,484,905 | 1,424,461 |
| Operational costs | 35,271 | - | 117,956 | 109,848 | 263,075 | 307,899 |
| Event costs | 64,789 | - | - | - | 64,789 | 81,196 |
| Facilities costs | 93,922 | - | 120,531 | 93,710 | 308,163 | 204,859 |
| IT costs | 18,416 | - | 22,227 | 22,862 | 63,505 | 62,312 |
| Unrecoverable VAT | 16,419 | - | 20,156 | 18,277 | 54,852 | 66,456 |
| Total direct costs | 686,588 | - | 837,122 | 715,579 | 2,239,289 | 2,147,183 |
| Support costs | | | | | | |
| Communications Support | 111,553 | - | 146,455 | (258,008) | - | - |
| HR costs | 21,120 | - | 25,490 | 26,218 | 72,828 | 53,036 |
| Finance costs | 43,730 | - | 57,301 | 49,761 | 150,792 | 123,174 |
| Central costs | 33,046 | 59,132 | 43,301 | 37,604 | 173,083 | 211,961 |
| Total support costs | 209,449 | 59,132 | 272,547 | (144,425) | 396,703 | 388,171 |
| Total resources expended | 896,037 | 59,132 | 1,109,669 | 571,154 | 2,635,992 | 2,535,354 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

Total resources expended PREVIOUS YEAR

| Analysis of costs between activities for the year ended 31 March 2019 was as follows. | Fundraising costs £ | Governance £ | Service provision £ | External affairs £ | 2019 £ |
|---|---------------------------|-----------------|---------------------------|--------------------------|------------------|
| Direct costs | | | | | |
| Staff costs | 362,747 | - | 527,455 | 534,259 | 1,424,461 |
| Operational costs | 95,500 | - | 147,063 | 65,336 | 307,899 |
| Event costs | - | - | - | 81,196 | 81,196 |
| Facilities costs | 43,129 | - | 75,474 | 86,256 | 204,859 |
| IT costs | 9,642 | - | 33,386 | 19,284 | 62,312 |
| Unrecoverable VAT | 14,170 | - | 31,257 | 21,029 | 66,456 |
| Total direct costs | 525,188 | - | 814,635 | 807,360 | 2,147,183 |
| Support costs | | | | | |
| Unrecoverable VAT | 2,042 | - | 3,574 | 4,085 | 9,701 |
| HR costs | 11,165 | - | 19,540 | 22,331 | 53,036 |
| Finance costs | 25,931 | - | 45,381 | 51,882 | 123,174 |
| Central costs | 31,191 | 54,099 | 54,586 | 62,384 | 202,260 |
| Total support costs | 70,329 | 54,099 | 123,081 | 140,662 | 388,171 |
| Total resources expended | 595,517 | 54,099 | 937,716 | 948,022 | 2,535,354 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

8. Net income/(expenditure)

This is stated after charging:

| | 2020 £ | 2019 £ |
|--|-----------|-----------|
| Depreciation of tangible fixed assets: | | |
| - owned by the charity | 50,012 | 52,635 |
| Auditors' remuneration - audit | 7,425 | 9,200 |
| Operating lease rentals | 179,210 | 153,973 |
| | 179,210 | 153,973 |

9. Staff costs

| | 2020 £ | 2019 £ |
|-----------------------|-----------|-----------|
| Wages and salaries | 1,365,738 | 1,314,818 |
| Social security costs | 126,598 | 120,922 |
| Pension costs | 60,311 | 56,027 |
| | 1,552,647 | 1,491,767 |

The key management personnel of the charity are the Trustees and the Executive Team.

The pay and benefits (including employer pension contributions) of the Executive Team during the year were £390,061 (2019: £377,154).

The value of services provided by Beat's volunteers has not been incorporated into these financial statements. However, Beat recognises that it could not have achieved everything set out in the Trustees' report had it not been for a dedicated team of volunteers and Ambassadors to help us fundraise, promote awareness, speak to the media and deliver services such as the Helpline, self-help networks and conferences.

Trustees are reimbursed for reasonable travel expenses, which for the year amounted to £385 (2019: £259) for 1 Trustee (2019: 1). No remuneration was paid to any Trustee during the year.

Employees earning in excess of £60,000 per annum were as follows.

| | 2020 No. | 2019 No. |
|-----------------------------|-------------|-------------|
| Between £60,001 and £70,000 | 3 | 3 |
| Between £80,001 and £90,000 | 1 | 1 |
| | 4 | 4 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

The average monthly number of employees, including the directors, during the year was as follows:

| | | 2019 No. |
|-----------------------|----|-------------|
| Charitable activities | 43 | 42 |
| Fundraising | 9 | 10 |
| | 52 | 52 |
| Total | 52 | 52 |

One redundancy payment and one settlement payment were made during the year totalling £3,609 (2019:£nil).

10. Tangible fixed assets

| | Improvements to leasehold property | | Computer equipment | Total |
|---------------------|--|---|-----------------------|---------|
| | £ | £ | £ | £ |
| Cost | | | | |
| At 1 April 2019 | 86,983 | - | 184,415 | 271,398 |
| Additions | - | - | - | - |
| Disposals | - | - | - | - |
| | 86,983 | - | 184,415 | 271,398 |
| At 31 March 2020 | | | | |
| Depreciation | | | | |
| At 1 April 2019 | 15,170 | - | 139,254 | 154,424 |
| Charge for the year | 13,010 | - | 37,002 | 50,012 |
| | 28,180 | - | 176,256 | 204,436 |
| At 31 March 2020 | | | | |
| Net book value | | | | |
| At 31 March 2020 | 58,803 | - | 8,159 | 66,962 |
| At 31 March 2019 | 71,813 | - | 45,161 | 116,974 |

11. Stocks

| | 2020 £ | 2019 £ |
|------------------|-----------|-----------|
| Books for resale | 10,715 | 5,345 |
| | 10,715 | 5,345 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

12. Debtors

| | 2020 | 2019 |
|--------------------------------|---------|---------|
| | £ | £ |
| Trade debtors | 144,507 | 46,454 |
| Other debtors | 3,747 | 11,623 |
| Prepayments and accrued income | 560,065 | 555,988 |
| | 708,319 | 614,065 |
| | 708,319 | 614,065 |

13. Current asset investments

| | 2020 | 2019 |
|---------------|---------|---------|
| | £ | £ |
| Cash deposits | 108,615 | 300,798 |
| | 108,615 | 300,798 |
| | 108,615 | 300,798 |

14. Creditors: Amounts falling due within one year

| | 2020 | 2019 |
|------------------------------------|---------|---------|
| | £ | £ |
| Trade creditors | 40,887 | 44,161 |
| Other taxation and social security | 82,254 | 42,745 |
| Pension scheme deficit | 4,631 | 4,160 |
| Other creditors | 472 | - |
| Accruals and deferred income | 248,574 | 80,185 |
| | 376,818 | 171,881 |
| | 376,818 | 171,881 |

| | | £ |
|--------------------------------------|--|----------|
| Deferred income | | |
| Deferred income at 1 April 2019 | | 33,376 |
| Resources deferred during the year | | 190,542 |
| Amounts released from previous years | | (33,376) |
| | | 190,542 |
| | | 190,542 |

15. Creditors: Amounts falling due after more than one year

| | 2020 | 2019 |
|------------------------|--------|--------|
| | £ | £ |
| Pension scheme deficit | 16,378 | 20,905 |
| | 16,378 | 20,905 |
| | 16,378 | 20,905 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

16. Statement of funds -current year

| | Balance at 1 April 2019 2020 | Income | Expenditure | Transfers in/out | Balance at 31 March |
|----------------------------|------------------------------------|-----------|-------------|---------------------|------------------------|
| | £ | £ | £ | £ | £ |
| Designated Funds | 250,000 | - | 250,000 | - | - |
| General Funds | 853,137 | 1,488,550 | 1,655,159 | 143,080 | 829,608 |
| Total Unrestricted funds | 1,103,137 | 1,488,550 | 1,905,159 | 143,080 | 829,608 |
| Restricted funds | | | | | |
| Ambassadors | 1,667 | - | 1,667- | - | - |
| ASOS | 24,589 | - | 24,589 | - | - |
| Anonymous | 24,663 | - | 24,663 | - | - |
| BBC Children in Need | 13,724 | 36,364 | 36,012 | - | 14,076 |
| Binge Eating Disorder | - | 30,000 | 26,157 | - | 3,843 |
| BOTG - Buckinghamshire | 100 | 500 | - | - | 600 |
| BOTG - Cardiff | - | 6,773 | 6,773 | - | - |
| BOTG - Devon | 2,500 | - | - | (2,500) | - |
| BOTG - Essex | 10,363 | - | 9,363 | (1,000) | - |
| BOTG - Kent | 1,500 | 3,929 | 5,429 | - | - |
| BOTG-Rhondda Cynon Taff | - | 1,002 | - | - | 1,002 |
| BOTG - Surrey | 125 | - | - | - | 125 |
| BOTG Wales | - | 112,116 | - | - | 112,116 |
| BOTG West Midlands | - | 188 | - | - | 188 |
| BOTG - West Sussex | 625 | - | - | - | 625 |
| Carers Training | - | 500 | - | - | 500 |
| CHK Foundation | - | 75,000 | 12,500 | - | 62,500 |
| City Bridge Trust | 46,476 | 61,537 | 63,300 | - | 44,713 |
| Echo Project | 10,834 | 51,415 | 51,944 | - | 10,305 |
| Helpline Restricted Grants | - | 78,980 | 53,980 | - | 25,000 |
| John Ellerman Foundation | 15,121 | 35,000 | 31,386 | - | 18,735 |
| Kate and Anthony Smith | 2,383 | - | 2,383 | - | - |
| Mayor of Tunbridge Wells | 2,782 | - | 2,782 | - | - |
| Maudsley Charity | 28,855 | - | 28,855 | - | - |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

| | | | | | |
|---------------------------------|--------|-------------------------|-------------------------|-------------------------|-------------------------|
| Mel's Milestone Ball | | - 11,130 | - | - | 11,130 |
| National Lottery Community Fund | | -339,900 | 227,036 | (112,864) | - |
| NHS Lothian | | - 12,924 | 10,901 | - | 2,023 |
| Norfolk Community Foundation | | - 9,065 | 1,837 | - | 7,228 |
| Schools Training | 85,686 | - | 58,970 | (26,716) | - |
| Spot The Signs | 818 | 25,430 | 24,391 | - | 1,857 |
| Vogelgezang | | - 195,762 | 25,916 | - | 169,847 |
| | | <u>272,811</u> | <u>1,087,515</u> | <u>730,834</u> | <u>(143,080)</u> |
| | | <u>1,375,948</u> | <u>2,576,065</u> | <u>2,635,992</u> | <u>-</u> |
| Total of funds | | <u><u>1,375,948</u></u> | <u><u>2,576,065</u></u> | <u><u>2,635,992</u></u> | <u><u>-</u></u> |
| | | <u><u>486,412</u></u> | | | <u><u>1,316,021</u></u> |

Four transfers occurred during the year where at the start of the Covid-19 pandemic funders instructed Beat to de-restrict previously restricted funds to ensure core services were maintained.

16. Statement of funds (continued)

A description of the significant restricted funds is as follows.

| | |
|---------------------------------|--|
| ASOS | Helpline and online services: Funding towards the cost of the staffing and associated costs of running the online service |
| BBC Children in Need | Funding to provide online advice and support to children and young people affected by family and friends with an eating disorder |
| Binge Eating Disorder | Pilot in guided self-help support for binge eating disorder sufferers |
| Carers Training | Delivery of training and support for carers |
| CHK Foundation | Work on developing, delivering and influencing Policy and Campaigns. |
| Helpline Fund | Funding towards the cost of the staffing and associated costs of running the Beat Helpline |
| Kate and Anthony Smith | Promotion and communication |
| Mayor of Tunbridge Wells areas | Restricted geographically to Tunbridge Wells and the surrounding areas |
| Mel's Milestone Balls | Schools Training |
| National Lottery Community Fund | Locality-based work in Scotland and North East England |
| Norfolk Community Foundation | Young Ambassador programme in West Norfolk |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

| | |
|------------------------------|--|
| Spot the Signs - Ethos | Early intervention school resources |
| Warrington Volunteer Funding | Helpline and volunteers in Warrington |
| Ambassadors | Training and support for volunteers |
| NHS Lothian | Email support services in Scotland |
| Echo Project | Peer to peer coaching support |
| Anonymous fund | Supporting Beat's work in Yorkshire and the North East |
| Schools Training | Training of secondary school professionals |
| BOTG (Beat on the Ground) | Locality based work covering training, GP and awareness |
| City Bridge Trust | Locality work in London, covering training, GP and awareness |
| Maudsley Charity | Locality based work in London, covering training, GP and general awareness |
| John Ellerman Foundation | Recruiting, training and supporting volunteers |

Designated funds have been allocated by the Trustees for a) the expansion of Beat's presence across the whole of the UK, investment in bigger and better methods of fundraising, and the development of a stronger campaigning presence, and b) to complete Beat's transformation project to ensure optimum focus on early intervention and to enhance this with a focused programme of engagement, education and support for families.

16. Statement of funds (continued) PRIOR YEAR

| | Balance at 1 April 2018 £ | Income £ | Expenditure £ | Balance at 31 March 2019 £ |
|----------------------------|---------------------------------|-------------|------------------|-------------------------------------|
| Designated Funds | 215,162 | 250,000 | (215,162) | 250,000 |
| General Funds | 1,258,277 | 1,152,867 | (1,558,007) | 853,137 |
| Total Unrestricted funds | 1,473,439 | 1,402,867 | (1,773,169) | 1,103,137 |
| Restricted funds | | | | |
| Ambassadors | 100 | 10,000 | (8,433) | 1,667 |
| ASOS | - | 64,271 | (39,682) | 24,589 |
| Anonymous | 250,000 | - | (225,337) | 24,663 |
| BBC Children in Need | - | 35,646 | (21,922) | 13,724 |
| BOTG - Buckinghamshire | - | 100 | - | 100 |
| BOTG - Devon | - | 2,500 | - | 2,500 |
| BOTG - Essex | - | 10,363 | - | 10,363 |
| BOTG - Kent | - | 1,500 | - | 1,500 |
| BOTG - Surrey | - | 125 | - | 125 |
| BOTG - West Sussex | - | 625 | - | 625 |
| City Bridge Trust | - | 77,200 | (30,724) | 46,476 |
| Echo Project | 23,188 | 39,220 | (51,574) | 10,834 |
| Evan Cornish Foundation | 7,907 | - | (7,907) | - |
| Helpline Restricted Grants | - | 87,172 | (87,172) | - |
| Hobson Charity | - | 5,912 | (5,912) | - |
| Inner Wheel Fundraising | - | 1,109 | (1,109) | - |
| John Ellerman Foundation | - | 35,000 | (19,879) | 15,121 |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

| | | | | |
|---------------------------------|------------------|------------------|--------------------|------------------|
| Kate and Anthony Smith | 5,648 | 24,806 | (28,071) | 2,383 |
| Mayor of Tunbridge Wells | 16,964 | (2,750) | (11,432) | 2,782 |
| Maudsley Charity | - | 45,105 | (16,250) | 28,855 |
| NHS Bolton CCG | 27,673 | - | (27,673) | - |
| NHS Wigan CCG | 27,123 | - | (27,123) | - |
| Norfolk Community Foundation | 5,000 | 500 | (5,500) | - |
| Obesity Project | 458 | - | (458) | - |
| Schools Training | 89,313 | 84,686 | (88,313) | 85,686 |
| Spot The Signs | - | 27,563 | (26,745) | 818 |
| Swansea University | - | 3,515 | (3,515) | - |
| Technology Enabled Care Program | 5,761 | 21,613 | (27,374) | - |
| Warrington Volunteer Funding | 80 | - | (80) | - |
| | <u>459,215</u> | <u>575,781</u> | <u>(762,185)</u> | <u>272,811</u> |
| Total of funds | <u>1,932,654</u> | <u>1,978,648</u> | <u>(2,535,354)</u> | <u>1,375,948</u> |

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

| | Unrestricted funds | Restricted funds | Total funds |
|-------------------------------------|-----------------------|---------------------|------------------|
| | 2020 | 2020 | 2020 |
| | £ | £ | £ |
| Tangible fixed assets | 66,962 | - | 66,962 |
| Current assets | 1,155,843 | 486,412 | 1,642,255 |
| Creditors due within one year | (376,818) | - | (376,818) |
| Creditors due in more than one year | (16,378) | - | (16,378) |
| | <u>829,609</u> | <u>486,412</u> | <u>1,316,021</u> |

Analysis of net assets between funds - prior year

| | Unrestricted funds | Restricted funds | Total funds |
|-------------------------------------|-----------------------|---------------------|------------------|
| | 2019 | 2019 | 2019 |
| | £ | £ | £ |
| Tangible fixed assets | 116,974 | - | 116,974 |
| Current assets | 1,178,949 | 272,811 | 1,451,760 |
| Creditors due within one year | (171,881) | - | (171,881) |
| Creditors due in more than one year | (20,905) | - | (20,905) |
| | <u>1,103,137</u> | <u>272,811</u> | <u>1,375,948</u> |

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

| | 2020 | 2019 |
|--|----------|-----------|
| | £ | £ |
| 18. Reconciliation of net movement in funds to net cash flow from operating activities | | |
| Net expenditure for the year (as per Statement of Financial Activities) | (59,927) | (556,706) |
| Adjustment for: | | |
| Depreciation charges | 50,012 | 52,635 |
| Dividends, interest and rents from investments | (1,232) | (12,366) |
| (Increase)/decrease in stocks | (5,370) | (5,345) |
| Increase in debtors | (94,254) | (105,114) |
| (Decrease)/increase in creditors | 204,937 | (64,039) |
| (Decrease) in pension provision | (4,527) | (6,607) |
| Net cash used in operating activities | 89,639 | (697,542) |

| | 2020 | 2019 |
|---|---------|---------|
| | £ | £ |
| 19. Analysis of cash and cash equivalents | | |
| Cash in hand | 814,606 | 531,552 |
| Total | 815,056 | 531,552 |

20. Pension commitments

The charity participates in a multi-employer pension scheme that provides benefits to some 1,300 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004, which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the charity is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2017. This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

£11,243,000 per annum for the period 1 April 2019 to 30 September 2025.

Where the scheme is in deficit, and where the charity has agreed to a deficit funding

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)

arrangement, the charity recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The unwinding of the discount of the net present value is recognised as a finance cost.

The present value of the liability at 31 March 2020 is £20,662 (2019: £25,065)

The share of contributions paid to the scheme by the company in the year amounted to £4,160 (2019: £4,081)

21. Operating lease commitments

At 31 March 2020 the total of the Charity's future minimum lease payments under non-cancellable operating leases was:

| | 2020 £ | 2019 £ |
|-----------------------|----------------|----------------|
| Amounts payable: | | |
| Within 1 year | 135,402 | 174,702 |
| Between 1 and 5 years | 413,181 | 381,420 |
| Total | <u>548,583</u> | <u>556,122</u> |

22. Related party transactions

Donations from four (2019 - 4) of the Trustees during the year totalled £1,047 (2019 - £1,502). Donations from other key management personnel totalling £0 (2019 - £71) were received during the year. The Health Foundation, of which David Smart is a Governor, made a donation of £7,750 in the year. There were no further related party transactions.