

Company number: 02368495
Charity number: 801343
OSCR: SC039309

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

Report and financial statements

For the period ended 30 September 2024

Contents

For the period ended 30 September 2024

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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 Roskill	(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
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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

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 £2.1m, 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.

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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 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.

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

Trustees' Annual Report

For the period ended 30 September 2024

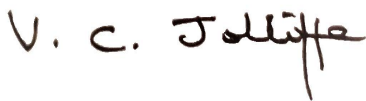
30 September 2024 was 7 (31 March 2023:9). The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

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

A handwritten signature in black ink, appearing to read 'V. C. Jolliffe', with a stylized flourish at the end.

Valerie Jolliffe
Treasurer

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.

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

		18 months to 30 September 2024			12 months to 31 March 2023		
	Note	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	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:	7						
Raising funds		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
			134,445		24,691
Current assets:					
Debtors: Amount due within one year	14	781,694		821,710	
Cash at bank and in hand		292,641		1,049,474	
		1,074,335		1,871,184	
Liabilities:					
Creditors: amounts falling due within one year	15	(977,083)		(1,836,883)	
Net current assets			97,252		34,301
Total net assets			231,697		58,992
The funds of the charity:	20a				
Restricted income funds			213,978		181,717
Unrestricted income funds:			17,719		(122,725)
Total charity funds			231,697		58,992

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/> 1,049,474

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.

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
	<u>3,210,027</u>	<u>2,229,103</u>	<u>5,439,130</u>	<u>2,140,656</u>	<u>1,669,537</u>	<u>3,810,193</u>

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	<u>2,190,463</u>	<u>–</u>	<u>2,190,463</u>	<u>732,332</u>	<u>–</u>	<u>732,332</u>

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
	10,035	–	10,035	5,154	–	5,154

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
	11,491	–	11,491	2,833	–	2,833

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					18 months to 30 September 2024 £	12 months to 31 March 2023 £
	Fundraising £	Service provision £	External Affairs £	Event costs £	Governance costs £	Support 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
	1,370,702	4,077,354	627,019	255,844	66,117	1,081,378	7,478,414	6,714,368
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	1,320,643	5,068,596	773,544	315,631	–	–	7,478,414	
Total expenditure 2023	1,123,333	4,717,109	734,341	139,585	–	–		6,714,368

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						
	Fundraising £	Service provision £	External Affairs £	Event costs £	Governance costs £	Support costs £	2023 Total £
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

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)
At the end of the period	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)
At the end of the period	–	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
	781,694	821,710

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
	977,083	1,836,883

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
	742,552	1,560,059

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)

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 accross the UK

Margaret Starkie– Work on External Affairs and research

NHS Norfolk and Waveney CCG– Traiing 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.