



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

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

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

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BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2019**

Trustees

Mike Cooke, Chairman
Valerie Jolliffe, Treasurer
Anne-Marie Winton (resigned 11 December 2018)
Professor Hubert Lacey
Melanie Smith
Richard Davis
Neil Roskilly
Jo Bennett
David Smart (appointed 29 June 2018)
Melanie Carter (appointed 29 June 2018, resigned 19 May 2019)
Dr Sandeep Ranote (appointed 25 June 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
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

The Co-Operative Bank, 69 London Street, Norwich, NR2 1HT

UBS, 5 Broadgate, London, EC2M 2AN

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
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CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2019

This Trustees' Annual Report looks at how Beat has used the past year to continue to respond to the needs of those affected by eating disorders across the UK. This has been a challenging year for charities, which have been operating in an ever-uncertain context, meaning we have to be more creative, focused and innovative. Nevertheless, Beat has made fantastic progress, directly supporting more sufferers and their families than ever before and achieving encouraging progress in our policy and influencing work.

I am proud to report that we are going from strength to strength in the delivery of both our direct support services for sufferers and our training programmes for carers, teachers and healthcare professionals. During 2018-19, our Helpline, webchat service and online groups provided guidance and support on over 41,000 occasions. We have been responding to beneficiary feedback and coproducing new services, and last year saw the launch of both our new telephone peer coaching service for carers, and our digital volunteering programme, which will enable us to reach even more people in the years to come.

Beat has a growing presence at the national level through our policy and media work, but we still need to ensure we have a meaningful impact at the level of local communities. At the end of 2018 we therefore launched our Beat on the Ground strategy across the UK, and started delivery in London, Yorkshire and the Humber, the North East and Tunbridge Wells. We know that treatment at the earliest opportunity is essential to a full and sustained recovery. This relies on key professionals who know what signs to look for and how to respond, appropriately involved and skilled carers, and a community that treats those suffering with compassion and understanding. Beat on the Ground aims to bring our training, direct support and awareness-raising work to local communities through a multipronged approach, increasing the likelihood of eating disorders being identified and treated earlier.

Next year would have been the fourth of the five-year strategy we launched in April 2016. However, in light of our fast progress and learning over the past three years, we have refreshed our strategy and put in place one that will see us through to 2024. This strategy is based on the insights of our staff, beneficiaries and supporters and focuses on three key areas where we feel our attention is most needed: early intervention, family empowerment, and prevention and cure.

We aim to reach even more people in 2019-2020 while also delivering our Beat on the Ground strategy in more regions of the UK, including the North West and Scotland where we have recently secured funding. We will continue to call for government leadership on reducing the delays between someone falling ill and starting treatment, and further step up our campaigning work by calling for widespread adoption of best practice standards in the services that are delivered across the UK.

I would like to thank all of those who have given their time, money, expertise and lived experience to make our achievements over the past year possible – our donors, volunteers, campaigners, Ambassadors, volunteers, delivery partners, Members of Parliament, and of course our staff. Without your passion, commitment and courage we would not be able to make progress together in our mission of ending the pain and suffering caused by eating disorders.

Mike Cooke, Chairman

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2019

The Trustees present their annual report together with the audited financial statements for the year 1 April 2018 to 31 March 2019. 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 2015) as amended by Update Bulletin 1 (effective 1 January 2015).

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 Director's 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 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 and all ages. 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.

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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2019

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.

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

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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2019

OUR STRATEGY

In April 2016, Beat started working to a five-year strategy that set us a series of ambitious goals to deliver the best possible support to the greatest number of people and to achieve the maximum degree of change for them.

We aimed to:

- Increase tenfold the number of people directly helped by our services, supporting over 60,000 people a year.
- Ensure that eating disorders have greater priority, more funding and better treatments, as a result of our political campaigning and practical change programmes.
- Increase public and professional understanding and reducing the stigma faced by people affected by eating disorders by actively informing or influencing over 500,000 people.
- Fund this work by increasing our income to match our ambitions.
- Deliver our success through a highly motivated, well-trained and highly performing staff team operating in an efficient and effective organisation.

This report shows the progress we made during 2018-19 towards those goals.

As we have made faster progress than anticipated, we have also recast our goals and set ourselves a new five-year strategy for 2019-24, setting out how we will make the greatest possible progress towards early intervention, family empowerment, and prevention and cure.

ACHIEVEMENTS AND PERFORMANCE

This annual report will concentrate on the following five key areas:

- Directly supporting more people affected by eating disorders: sufferers, and their families and friends.
- Campaigning for political and practical change for individuals affected by eating disorders.
- Increasing public and professional understanding and reducing the stigma and misconceptions around eating disorders.
- Generating income in a responsible and sustainable manner.
- Being a high-performance organisation in pursuit of our vision.

Directly supporting more people affected by eating disorders

Beat's direct support services are at the heart of our work. On a daily basis, our Helplines and online support offer guidance and hope for recovery to those affected by eating disorders. By communicating directly with those who need us, we help individuals to understand their illness, encourage them to believe in recovery, and empower them to seek and get the treatment they need and deserve as soon as possible. We are constantly revising our approach and developing new services in response to what our beneficiaries tell us about their experiences.

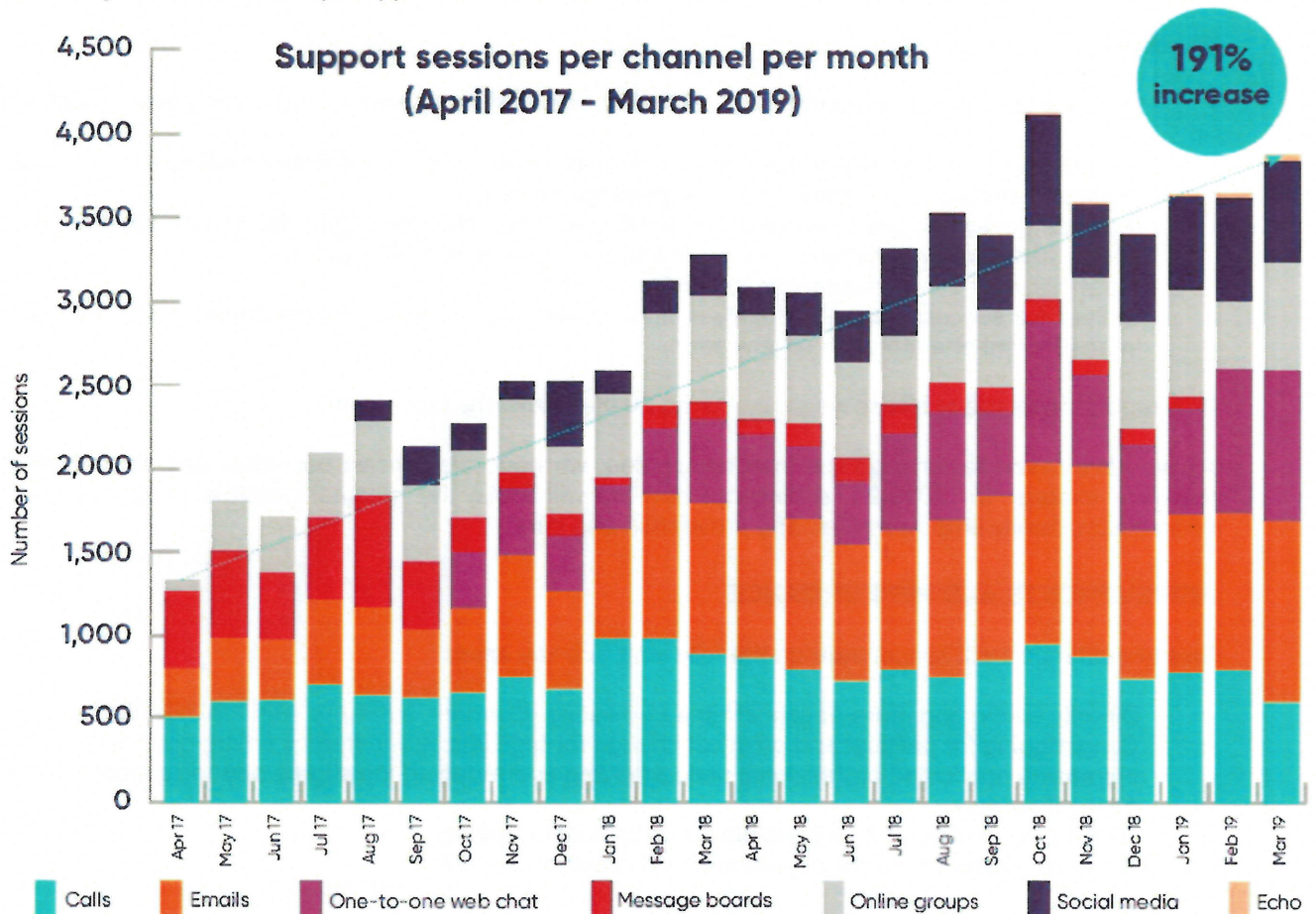
Our goals for the year were to:

- Help 29,000 people 44,800 times through our telephone and online support services.
- Develop and launch 'Echo', a telephone peer coaching programme, with at least 25 volunteer coaches supporting 25 carers in a pilot phase, before rolling this out nationally.
- Recruit a team of home-based Helpline volunteers to support beneficiaries via webchats and emails.

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TRUSTEES' REPORT (continued)
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We estimate 130,000 people fall ill with an eating disorder every year. In 2018-19, Beat's Helpline reached over a fifth of this number, supporting 28,732 individuals (calculated by combining the total number of unique users per month) in need of guidance and support 41,677 times through our telephone and online services. After speaking to our Helpline, 96% of respondents to our automated survey reported that they now knew where to go to find more help, support or treatment.



Since our Helpline relaunched in February 2017, we have seen demand for the service increase. We are constantly learning about the people we provide services for, innovating by opening new channels, and refining our opening hours to ensure we are available at the right time for anyone contacting us for support. We reached 3,332 unique users through our online groups, a 22% increase on 2017/18, demonstrating that some individuals prefer this channel to a phone call.

"I really appreciate your time tonight and your support and for listening to me and providing me with helpful resources and for giving me hope and strength to keep fighting". Helpline user via online chat.

For many people with an eating disorder, Christmas is a particularly difficult time of the year. In 2018 Beat's Helpline services therefore again remained open over the entire Christmas period and, in total, provided support to more than 400 people between Christmas Eve and New Year's Day via email, telephone, one-to-one webchat, social media messaging and online support groups, with the busiest time being Christmas Day.

"Thank you for working today, I really appreciate you being here." Helpline user via phone on Christmas Day.

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Caring for someone with an eating disorder can be difficult and lonely. But when carers are empowered to support their loved one through recovery, they can enhance treatment by helping to maintain positive behaviours and ultimately prevent relapse. Last year we launched our telephone peer coaching programme Echo. The programme pairs those currently caring for someone with an eating disorder with a carer whose loved one has recovered. In weekly 30-minute telephone conversations over six months, the pairings build trust, support and mutual learning. In 2018-19, we trained 24 Echo coaches who in turn delivered 150 peer coaching sessions. Two carers completed their six-month Echo journey and 21 were continuing to receive coaching at the end of the financial year. The service is currently commissioned by the NHS in Scotland, Norfolk and Sussex.

"As I get towards the end of supporting my carer it's becoming clear to me how well thought out the Echo scheme is and how effective our training was. I can really see the benefits of 6 months in terms of it being long enough to help build confidence, reflective habits and courage, but not too long so as to avoid dependency."
Echo Coach.

As part of our plans to increase the number of individuals we can reach through our services, we also launched our digital volunteering programme at the end of 2018. We recruited and trained 56 volunteers who contributed 646 hours of direct support during the year by facilitating 106 online groups and answering 846 webchats and 494 emails. We aim to have 100 digital volunteers actively contributing to our services over the course of the next year.

Campaigning for political and practical change for individuals affected by eating disorders

We are frequently told of the difficulty many face in finding help and treatment for eating disorders. Many individuals and their families are devastated by the news that there is no treatment available in their area or that they will be on a waiting list for weeks, months, or even years before they will receive the care they need and deserve. Our policy work aims to change this.

Our goals for the year were to call for:

- Funded access and waiting time targets for adults and children across the UK, to match the existing targets for children in England.
- Reduced waiting times and improved access for children and young people in England (where standards already exist).
- Changes to NHS budgeting in England so that investment in early intervention and better community treatments can be funded from the resulting savings in inpatient spending.
- Newly qualified GPs to exit training equipped with the knowledge needed for full understanding of how to support people with eating disorders.

In pursuit of these policy asks we submitted 63 written Prime Minister Questions, resulting in four oral questions asked in Parliament, and built strong relationships with parliamentarians which led to four debates (two in Westminster Hall, one in the House of Lords and one in Scottish parliament). We held two Lobby Days in Westminster with 39 Beat supporters meeting with their MP or their representative. We also contributed to a round table in the House of Lords with Health Education England and the General Medical Council.

Following our actions, we've seen progress in a number of areas:

- The new NHS Long Term Plan promises adult waiting time targets of four weeks will be trialled across England.
- In England, four out of five children and young people now receive treatment within four weeks, or one week in an urgent case. The Government has promised more money for children and young people's eating disorder services.
- We are hopeful that a Welsh service review for which we facilitated carer input, due for publication in 2019, will announce similar standards to those in England.

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- We have supported patients and carers taking part in pilots of a new joined-up funding model allowing funding to be better spent on early intervention. NHS England has said these pilots are a success and the model will be expanded across the country.
- We have supported Health Education England's review of education, training and workforce planning in order to address gaps in eating disorder provision. We are lobbying the GMC for better medical student training.

Exemplary services exist in some parts of the UK, but this is not enough. We will continue to demand change until any person bravely asking for help is treated with care and compassion and finds effective help quickly, close to their home. Our voice is growing stronger with our high-quality research, and we thank the campaigners who have stood with us, boldly sharing their stories to help make the treatment landscape a better one.

"I pay tribute to the campaigners who do so much to raise awareness, particularly the charity Beat, which does absolutely excellent work." Jackie Doyle-Price, The Parliamentary Under-Secretary of State for Health and Social Care.

"I commend the fantastic work being done to raise awareness of eating disorders and to support sufferers, and crucially their carers and families, by the charity Beat, some of whose representatives are in the Gallery. They work relentlessly to battle against the stigma of this dreadful disease, and to push for better access to services and treatments." Paula Sherriff MP.

Increasing public and professional understanding and reducing the stigma faced by people affected by eating disorders

In 2017, we found that it takes 91 weeks for people to realise they have an eating disorder, and then another 58 weeks before they take the brave step to seek treatment from a GP. We've also found that the general public are not informed about eating disorders – 34% of them cannot name a single sign or symptom of an eating disorder. Nevertheless, the sooner someone finds treatment for an eating disorder, the more likely they are to make a full and fast recovery.

Our goals for 2018-19 were therefore to:

- Increase understanding among the public and in key professions to support the recovery of people with eating disorders.
- Launch Beat on the Ground, our strategy to have a greater presence at the local level and bring Beat's work into local communities.
- Train a cohort of volunteer university team leaders and have an active team of 120 diverse Ambassadors.

Beat has developed a number of training courses to target key professionals, and in 2018-19, 79 sessions were attended by 1,129 people to help them increase their knowledge of these serious mental illnesses and apply it to their day-to-day lives. Our training for schools professionals is particularly important, as children are nine times more likely to talk to a teacher than a parent about their eating disorder, and school staff are well-placed to spot the early signs among students.

"Beat's Spotting the Signs training is genuinely one of the best training courses I've ever been on... The course has given me the confidence to spot tell-tale signs and open up conversations. Since attending, I've supported a young girl in Year Nine into treatment, and have passed information on to other colleagues, to make sure that they are either comfortable approaching pupils, or know where to come to ask questions... I'm so pleased to be able to offer an open space where people feel comfortable to open up and having the confidence to make sure students and staff don't go through this on their own." Inclusion Teaching Assistant, attendee at Spotting the Signs

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We also run training and conferences to further the understanding and confidence of those supporting someone with an eating disorder, both as a professional and as a family member. 95 carers attended our Developing Dolphins and Coping with Christmas training, designed to develop practical skills and techniques in carers. 122 GPs also attended our Beyond the Symptoms training to further their understanding. Our Support for the Frontline Conference also returned after a successful first year. 109 delegates attended, with around 70% of these currently supporting a loved one in recovery.

"An invaluable experience. Meeting like-minded people in similar situations and learning there is hope when at times I felt there was none. Incredibly positive and humbling experience. Would recommend anyone who has a loved one with an eating disorder to attend." Frontline 2018 participant.

Towards the end of 2018 we launched Beat on the Ground, our new approach to tackling eating disorders at the local level across the UK, using a multipronged approach. The strategy is composed of four key themes: training teachers, supporting GPs, supporting carers and raising awareness. During the last year we secured funding for the strategy, enabling us to deliver our training in 28% of UK secondary schools over the next three years. We sent information and guidance to over 2,000 GP surgeries and supported Beat Ambassadors and Campus Reps in London, Yorkshire and the Humber and the North East, as well as several smaller areas across England.

Eating Disorders Awareness Week is another important part of our year for raising public awareness. In February 2019 we used the week to challenge eating disorder stereotypes, amplifying the voices of those who aren't commonly heard. We commissioned a YouGov survey that found that stereotypes stop people from finding help. Given that research tells us eating disorders are actually more prevalent among some minority groups, it's even more important that these stereotypes change. During the week, 30,000 new people visited the Beat website, we gained almost 1,000 new social media followers, and were mentioned over 200 times in the press. We focused on reaching new audiences, and were featured for the first time in media outlets including Attitude, Pink News, and The Eastern Eye.

All of our awareness-raising is supported by our Ambassadors, passionate individuals from across the UK who have personal experience of an eating disorder and want to bring hope and understanding to others. By the end of the year, we had 157 active Ambassadors, of whom 57 were recruited during the year. Ambassadors were involved in a range of activities across the UK, sharing their experience to create change, including speaking at conferences, participating in NHS consultations, joining Beat's training sessions and online support groups and speaking to the media. In addition, we recruited 36 University Campus Reps and launched five new university societies as part of our efforts to reach more students.

Generating income in a responsible and sustainable manner

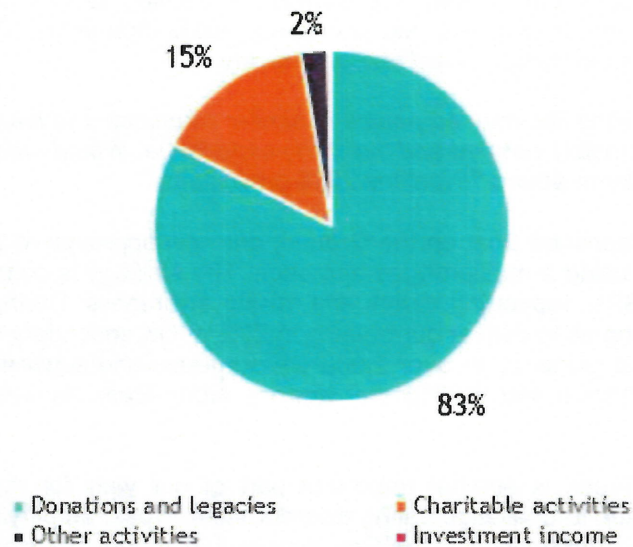
Without the kind generosity of each individual, company and trust who has supported Beat over the past year, we would not be able to run our services to directly support individuals affected by eating disorders, or campaign on their behalf. For this we thank each and every one of our supporters.

In 2018-19, Beat raised £1,775,953 from voluntary sources, increasing fundraising income from the previous year by almost £370,000, which was a 26% improvement.

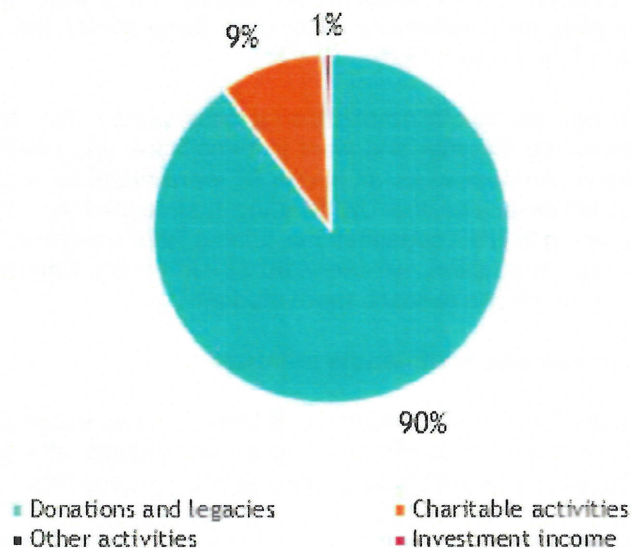
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TRUSTEES' REPORT (continued)
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2017/18 Total Income - £1,700,756



2018/19 Total Income - £1,978,648



With over £565,000 raised through community fundraising, we have seen an increase of almost 21% from 2017-18 and the most income we have ever raised through this income stream. Our increased success was in part the result of a change in approach to identify and focus additional attention on the higher value events and relationships, giving fundraisers the encouragement and support needed to really excel. We held our first 'Big Jump' national skydiving event, which attracted 44 participants and raised a total of £34,279. We also experimented with raising funds through social media and had considerable success with supporters asking their friends to donate to Beat via their Facebook page.

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Our success in trusts fundraising was markedly improved on the previous year. We saw a 60% increase in our income from this source and a total of 25 trusts invested in our work. Among these, we were delighted that several major trusts renewed their relationship with us. Children in Need funded our Youthline and support services, City Bridge Trust gave a major multi-year grant towards our Beat on the Ground programme in London, and Garfield Weston Foundation got behind our early intervention activities. In terms of new funders, we launched significant teacher and volunteer training programmes following multi-year grants from St James's Place Charitable Foundation and John Ellerman Foundation.

Support from corporate partners continued to grow and diversify, with investment from healthcare providers and the fashion industry being at the forefront. We now have eight corporate partnerships. ASOS remains our highest value partnership, and for the first time they have promoted Beat and Eating Disorders Awareness Week through their social media channels, as well as creating a short film about the partnership. We delivered training sessions for their model booking team and HR staff and managers.

We were delighted to be chosen by financial services company BGC Partners (via their sister company Sunrise Brokers) to take part in their annual charity day, which commemorates the lives lost in the 9/11 terrorist attack in New York. Celebrities joined the BGC staff on the trading floor with profits going to a select number of charities. Beat was represented by former boxing champion Frank Bruno, and three Olympic gold medal winners: cyclist Victoria Pendleton and hockey players Hannah MacLeod and Susannah Townsend.

We continue to be very grateful indeed to an individual Beat supporter, who wishes to remain anonymous, for a donation of £250,000 to help run and evaluate our Helpline, employ a clinical advisor, and to deliver Beat on the Ground across the Yorkshire and Humber region.

Income of £247,521 was generated by providing our services under contract to the NHS in 2017-18. Highlights were piloting our 'Echo' peer to peer telephone coaching service in Sussex, which we hope to expand in 2018-19, and a formal partnership with North West Boroughs Trust where Beat is firmly embedded within the whole care pathway for eating disorders. We hope that this forward-thinking inclusive approach will be adopted across the country.

Beat 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.

Being a high-performance organisation in pursuit of our vision

We recognise that in order to achieve our vision we must constantly adapt as an organisation and ensure that we have the structures in place that will enable us to achieve the best possible results for our beneficiaries.

A key feature of this year was the development of our new strategy for 2019-2024. The strategy is based on three key themes – early intervention, family empowerment, and prevention and cure. This followed a period of consultation with staff, trustees and beneficiaries, who together agreed what Beat can and should achieve as an organisation.

We recognise the importance of coproduction as a key means of ensuring that our services are as effective as possible and speak to our beneficiaries' true needs. We have therefore better embedded coproduction in all aspects of our work, generating new ideas through regular surveys of sufferers and their carers, consulting volunteers through our online Beat Innovators Group, and involving a range of experts by experience both on the working groups to develop new projects and in the delivery of the resulting services and campaigns.

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We continue to run our head office from Norwich and our Helpline and service hub from Warrington. We also have a smaller satellite office in London and moved into new premises during the year with a longer lease and space to hold our regular training sessions. Home-based colleagues coordinate our activities across Scotland and Wales.

We believe that staff development is extremely important and regularly collect feedback on ways to make the organisation an even better place to work. We launched our first Leadership Academy during the year, open to staff at all levels of the organisation.

The Board of Trustees committed during the year to achieve full compliance with the new Charity Code of Governance. An audit of compliance was carried out and an action plan adopted and implemented to address a small number of areas for improvement. We expect to achieve full compliance over the coming year and will repeat the audit and action planning annually.

LOOKING FORWARD

We have made faster progress than anticipated against our last five-year strategy, and have therefore recast our goals for the years ahead. Our new strategy sets out how we will make the greatest possible progress towards early intervention, family empowerment, and prevention and cure.

Specifically, our goals 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 this, we will use the next five years to:

- Support beneficiaries: provide 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.
- Empower professionals: develop and provide 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 professional, and support academics performing high quality clinical research.
- Change policy and practice: lobby 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 decisionmakers and influencers.

Next year will be an interesting time to start work on this new strategy as it promises to be a year of opportunity, with rising public awareness of mental health issues and additional government action and potential funding for eating disorders anticipated in England and Wales. Therefore, in 2019-20 we aim to:

- Support and empower over 40,000 people through our Helpline services, developing new services and expanding the Echo peer coaching programme for carers so it is available in more areas and for partners of those affected.

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- Raise the funds needed so we can progress towards making the Helpline a 24-hour service supporting up to 100,000 people a year, including by collaborating with our overseas partners in different time zones, and by recruiting 200 home- and office-based volunteers.
- Campaign for UK-wide government action to reduce the delays between someone falling ill and starting treatment, and step up our campaign for eating disorders to be fully and effectively covered within undergraduate and foundation year medical training programmes.
- Launch a campaign calling for widespread adoption of best practice in non-clinical aspects of care, including family empowerment, intensive community treatment, and provision of self-referral options, encouraging and supporting all eating disorder services to meet the highest possible standards.
- Have Beat on the Ground at least part-funded in all regions and nations and covering 50% of secondary schools.

FINANCIAL REVIEW

Beat received legacy income of £3.63 million over the two financial years to March 2015, and has been investing these funds in our services, campaigns and fundraising so that we can meet the future needs of a higher number of people with eating disorders. As a result, we have budgeted for our expenditure to exceed our income until 2020.

Total income for the year 2018-19 was £1.98 million compared to £1.70 million for the previous year.

Expenditure of £2.54 million was incurred in this financial year compared to £2.35 million in the year ended 31 March 2018.

This has left the charity with total funds of £1.3 million at 31 March 2019, compared to £1.9 million at 31 March 2018.

Balance Sheet

There has been some investment during the financial year in leasehold improvements. There have not been any other significant investments in fixed assets during the year. The net book value of fixed assets at 31 March 2019 was £116,974.

Stock relating to training materials has been recognised at a cost of £5,345. These materials will be used in the following financial year.

Debtors have increased – a number of invoices and pledged amounts were raised at the end of the financial year. All have been received or are considered fully recoverable.

Creditors are lower due to a reduction in deferred income. Funding patterns have altered since the last financial year, with some funders paying more in arrears than previously where they paid in advance. This is minor and has not caused issues with liquidity.

Short term investments of £300,798 at 31 March 2019 had previously been shown as part of Cash at bank and in hand.

Fundraising regulation

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

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

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2019

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, which includes a pledge to not put undue pressure on supporters to make a gift. Beat has a formal complaints procedure for donors. There were seven complaints in 2018-19 (five complaints in 2017-18). Beat follows The Code of Fundraising Practice, as promoted by the Fundraising Regulator.

A Vulnerable Persons Policy (Fundraising) has been written and will be fully implemented in 2019/20.

Beat is registered with the Fundraising Regulator and complies with the Fundraising Code.

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 2019, 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 considers to be acceptable.

This position is recorded in a risk register, which will continue to be formally reviewed by the Trustees every year and is regularly monitored by the Executive Team and at every meeting of the Finance and Risk Committee. The major financial risks are each subject to ongoing monitoring and management. Income and expenditure are subject to detailed review and challenge on at least a monthly basis.

The key risks identified by the Trustees are as follows:

- Failure to meet fundraising targets leading to inability to support eating disorder sufferers.
- 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 other above risks were encountered by Beat during the year but we continue to improve and increase actions and controls to reduce 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.

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

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2019

- 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.

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 has assessed 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 has calculated that it currently requires free reserves of £725,000 and will endeavour to hold reserves within a 10% banding range of this figure.

As at 31st March 2019 current funds are as follows:

	2019 £'000	2018 £'000
Restricted Funds (must be applied in line with donors' instructions)	273	459
Designated Funds	250	215
General Funds (Free Reserves)	853	1,259
Total Funds	1,376	1,933

The designated fund relates to a major donation pledged during the year and which has been designated by the trustees for our Helpline, Beat on the Ground in Yorkshire and Humber, evaluation of our work, and the salary and activity costs of our Clinical Advice Coordinator.

Our planning shows that income tends to be received in the later part of the financial year and this is evidenced in these accounts and in previous periods. Our reserves levels are higher than required by the policy at the year end to represent this and to ensure levels remain at an appropriate level at all points throughout the financial year ahead.

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. At 31 March 2019 there were 66 (2018: 67) voting members, who guarantee the liabilities of the company in the event of a winding up, to a maximum of £1 each.

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

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2019

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 may be appointed by the Board or by the company members at General Meetings.

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 full compliance with the Charity Code of Governance. Compliance is audited annually and an action plan adopted to address any areas requiring attention.

The Board recognises the importance of having a diverse membership and its aim is to increase trustee diversity. In seeking to ensure the Board has the appropriate skills and experience, its current priorities are to have increased clinical perspectives and geographical diversity while achieving greater BAME representation.

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)
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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2019

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 determined 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 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.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2019

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.

This report was approved by the Trustees, on 10 September 2019 and signed on their behalf by:



Mike Cooke, Chairman

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 2019 set out on pages 22 to 43. 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 2019 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.

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

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

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 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.

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

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

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 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.



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: 3/10/2019

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 2019**

	Note	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
Income from:					
Donations and legacies	2	1,224,102	555,038	1,779,140	1,406,269
Charitable activities	4	162,348	20,743	183,091	247,521
Other trading activities	5	4,051	-	4,051	41,720
Investments	6	12,366	-	12,366	5,246
Total income		1,402,867	575,781	1,978,648	1,700,756
Expenditure on:					
Raising funds		595,517	-	595,517	505,460
Charitable activities		1,177,652	762,185	1,939,837	1,841,084
Total expenditure	7	1,773,169	762,185	2,535,354	2,346,544
Net expenditure before other recognised gains and losses		(370,302)	(186,404)	(556,706)	(645,788)
Net movement in funds		(370,302)	(186,404)	(556,706)	(645,788)
Reconciliation of funds:					
Total funds brought forward		1,473,439	459,215	1,932,654	2,578,442
Total funds carried forward		1,103,137	272,811	1,375,948	1,932,654

The notes on pages 25 to 43 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
(A company limited by guarantee)
REGISTERED NUMBER: 02368495

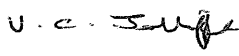
BALANCE SHEET
AS AT 31 MARCH 2019

	Note	£	2019 £	£	2018 £
Fixed assets					
Tangible assets	10		116,974		132,461
Current assets					
Stocks	11	5,345		-	
Debtors	12	614,065		508,951	
Investments	13	300,798		-	
Cash at bank and in hand		531,552		1,554,674	
		<u>1,451,760</u>		<u>2,063,625</u>	
Creditors: amounts falling due within one year	14	<u>(171,881)</u>		<u>(235,841)</u>	
Net current assets			<u>1,279,879</u>		<u>1,827,784</u>
Total assets less current liabilities			<u>1,396,853</u>		<u>1,960,245</u>
Creditors: amounts falling due after more than one year	15		<u>(20,905)</u>		<u>(27,591)</u>
Net assets			<u>1,375,948</u>		<u>1,932,654</u>
Charity Funds					
Restricted funds	16		272,811		459,215
Unrestricted funds	16		1,103,137		1,473,439
Total funds			<u>1,375,948</u>		<u>1,932,654</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 10 September 2019 and signed on their behalf, by:


Mike Cooke, Chairman


Valerie Jolliffe, Treasurer

The notes on pages 25 to 43 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 2019

	Note	2019 £	2018 £
Cash flows from operating activities			
Net cash used in operating activities	18	<u>(697,542)</u>	<u>(833,169)</u>
Cash flows from investing activities:			
Dividends, interest and rents from investments		12,366	5,246
Purchase of tangible fixed assets		(37,148)	(129,816)
Proceeds from sale of investments		-	999,999
Purchase of investments - new cash deposits in excess of 90 days		<u>(300,798)</u>	<u>-</u>
Net cash (used in)/provided by investing activities		<u>(325,580)</u>	<u>875,429</u>
Change in cash and cash equivalents in the year		(1,023,122)	42,260
Cash and cash equivalents brought forward		<u>1,554,674</u>	<u>1,512,414</u>
Cash and cash equivalents carried forward		<u><u>531,552</u></u>	<u><u>1,554,674</u></u>

The notes on pages 25 to 43 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 2019

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 2015) - (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 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 2019

1. Accounting policies (continued)

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), the volunteers time is not recognised and 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.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

1. Accounting policies (continued)

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 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.

1.6 Tangible fixed assets and depreciation

All assets costing more than £1,000 are capitalised.

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 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 and 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.

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

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

1. Accounting policies (continued)

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.

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.

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

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

2. Income from donations and legacies

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	<i>Total funds 2018 £</i>
Donations	999,488	114,205	1,113,693	975,092
Legacies	43,125	-	43,125	-
Grants	55,100	434,066	489,166	317,254
Gift aid	126,389	6,767	133,156	113,923
	<hr/>	<hr/>	<hr/>	<hr/>
Total donations and legacies	1,224,102	555,038	1,779,140	1,406,269
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>Total 2018</i>	<i>701,462</i>	<i>704,807</i>	<i>1,406,269</i>	

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

3. Grants

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	<i>Total funds 2018 £</i>
Miss Agnes H Hunter's Trust (Ambassadors)	-	10,000	10,000	-
Anonymous	10,000	-	10,000	10,000
BBC Children in Need	-	35,646	35,646	-
Charles Lewis Trust	5,000	-	5,000	-
Childwick Trust	-	-	-	15,000
City Bridge Trust	-	77,200	77,200	-
Evan Cornish Foundation	-	-	-	10,000
Former EMS Limited (Helpline)	-	11,300	11,300	-
Fowler Smith & Jones Trust (BOTG - Essex)	-	2,000	2,000	-
Garfield Weston Foundation (Helpline)	-	50,000	50,000	-
GMC Trust	10,000	-	10,000	-
Grants (less than £5,000)	10,100	-	10,100	12,710
Helpline	-	-	-	24,000
Hobson Charity	-	5,912	5,912	-
Jill Franklin Trust (Helpline)	-	1,000	1,000	-
John Ellerman Foundation	-	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	10,000	-
Maudsley Charity	-	45,105	45,105	-
NHS Bolton CCG	-	-	-	40,913
NHS Wigan CCG	-	-	-	40,253
NHS Lothian	-	3,187	3,187	-
Norfolk Community Foundation	-	500	500	5,000
Schuh Trust (Helpline)	-	5,000	5,000	-
Sir Halley Stewart (Spot The Signs)	-	25,901	25,901	-
Sovereign Healthcare Community Programme	-	-	-	4,000
St Jame's Place Charitable Foundation	-	74,687	74,687	85,313
The Steel Charitable Trust (Helpline)	-	15,000	15,000	-
Swansea University	-	3,515	3,515	500
Technology Enabled Care Programme	-	21,613	21,613	49,565
Whitehead Monkton Charitable Foundation	-	1,500	1,500	-
Total	55,100	434,066	489,166	317,254

In 2018, of the total income from grants, £42,710 was to unrestricted funds and £274,544 was to restricted funds.

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**NOTES TO THE FINANCIAL STATEMENTS
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4. Income from charitable activities

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
Income from training and conferences	25,683	-	25,683	113,819
Publications	6,487	-	6,487	5,936
Contract income	130,178	20,743	150,921	127,766
	<u>162,348</u>	<u>20,743</u>	<u>183,091</u>	<u>247,521</u>
<i>Total 2018</i>	<u>247,521</u>	<u>-</u>	<u>247,521</u>	

5. Income from other trading activities

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
Affinity income	4,051	-	4,051	2,620
Sponsorship	-	-	-	39,100
	<u>4,051</u>	<u>-</u>	<u>4,051</u>	<u>41,720</u>
Net income from income from other trading activities	<u>4,051</u>	<u>-</u>	<u>4,051</u>	<u>41,720</u>

In 2018, of the total income from other trading activities, £41,720 was to unrestricted funds and £NIL was to restricted funds.

6. Investment income

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
Interest received	12,366	-	12,366	5,246
	<u>12,366</u>	<u>-</u>	<u>12,366</u>	<u>5,246</u>
<i>Total 2018</i>	<u>5,246</u>	<u>-</u>	<u>5,246</u>	

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

7. Total resources expended	Fundraising costs £	Governance £	Service provision £	External affairs £	2019 £	2018 £
Direct costs						
Staff costs	362,747	-	527,455	534,259	1,424,461	1,205,149
Operational costs	95,500	-	147,063	65,336	307,899	149,143
Event costs	-	-	-	81,196	81,196	224,538
Facilities costs	43,129	-	75,474	86,256	204,859	235,031
IT costs	9,642	-	33,386	19,284	62,312	101,779
Unrecoverable VAT	14,170	-	31,257	21,029	66,456	93,343
Total direct costs	525,188	-	814,635	807,360	2,147,183	2,008,983
Support costs						
Unrecoverable VAT	2,042	-	3,574	4,085	9,701	9,371
HR costs	11,165	-	19,540	22,331	53,036	76,012
Finance costs	25,931	-	45,381	51,862	123,174	138,746
Central costs	31,191	54,099	54,586	62,384	202,260	113,432
Total support costs	70,329	54,099	123,081	140,662	388,171	337,561
Total resources expended	595,517	54,099	937,716	948,022	2,535,354	2,346,544

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

Total resources expended (continued)

Analysis of costs between activities for the year ended 31 March 2018 was as follows.

	£	£	£	£	£	£
	Fundraising costs	Governance	Service provision	External affairs	2018	2018
	£	£	£	£	£	£
Direct costs						
Staff costs	279,977	-	447,588	477,584	1,205,149	
Operational costs	48,713	-	59,904	40,526	149,143	
Event costs	29,101	-	-	195,437	224,538	
Facilities costs	49,760	-	99,485	85,786	235,031	
IT costs	10,549	-	51,286	39,944	101,779	
Unrecoverable VAT	19,047	-	33,015	41,281	93,343	
Total direct costs	437,147	-	691,278	880,558	2,008,983	
Support costs						
Unrecoverable VAT	2,279	-	3,293	3,799	9,371	
HR costs	18,489	-	26,707	30,816	76,012	
Finance costs	33,749	-	48,749	56,248	138,746	
Central costs	13,796	56,716	19,927	22,993	113,432	
Total support costs	68,313	56,716	98,676	113,856	337,561	
Total resources expended	505,460	56,716	789,954	994,414	2,346,544	

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
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**NOTES TO THE FINANCIAL STATEMENTS
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8. Net income/(expenditure)

This is stated after charging:

	2019	2018
	£	£
Depreciation of tangible fixed assets:		
- owned by the charity	52,635	47,665
Auditors' remuneration - audit	9,200	8,935
Operating lease rentals	153,973	116,481
	153,973	116,481

9. Staff costs

	2019	2018
	£	£
Wages and salaries	1,314,818	1,112,677
Social security costs	120,922	99,063
Pension costs	56,027	51,688
	1,491,767	1,263,428
Total	1,491,767	1,263,428

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 £377,154 (2018: £339,195).

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 1,064 volunteers and Young Ambassadors to help us fundraise, promote awareness, speak to the media and deliver services such as the Help Line, self-help networks and conferences.

Trustees are reimbursed for reasonable travel expenses, which for the year amounted to £259 (2018: £65) for 1 Trustee (2018: 1). No remuneration was paid to any Trustee during the year.

Employees earning in excess of £60,000 per annum were as follows.

	2019	2018
	No.	No.
Between £60,001 and £70,000	3	2
Between £80,001 and £90,000	1	1
	4	3
Total	4	3

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The average monthly number of employees, including the directors, during the year was as follows:

	2019	<i>2018</i>
	No.	<i>No.</i>
Charitable activities	42	41
Fundraising	10	8
Total	52	<i>49</i>

10. Tangible fixed assets

	Improvements to leasehold property £	Office furniture & equipment £	Computer equipment £	Total £
Cost				
At 1 April 2018	61,668	1,557	179,764	242,989
Additions	32,497	-	4,651	37,148
Disposals	(7,182)	(1,557)	-	(8,739)
At 31 March 2019	86,983	-	184,415	271,398
Depreciation				
At 1 April 2018	10,339	1,557	98,632	110,528
Charge for the year	12,013	-	40,622	52,635
On disposals	(7,182)	(1,557)	-	(8,739)
At 31 March 2019	15,170	-	139,254	154,424
Net book value				
At 31 March 2019	71,813	-	45,161	116,974
<i>At 31 March 2018</i>	<i>51,329</i>	<i>-</i>	<i>81,132</i>	<i>132,461</i>

11. Stocks

	2019	<i>2018</i>
	£	<i>£</i>
Books for resale	5,345	-

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**NOTES TO THE FINANCIAL STATEMENTS
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12. Debtors

	2019	2018
	£	£
Trade debtors	46,454	19,084
Other debtors	11,623	961
Prepayments and accrued income	555,988	488,906
	614,065	508,951
	614,065	508,951

13. Current asset investments

	2019	2018
	£	£
Cash deposits	300,798	-
	300,798	-
	300,798	-

14. Creditors: Amounts falling due within one year

	2019	2018
	£	£
Trade creditors	44,161	43,533
Other taxation and social security	42,745	40,380
Pension scheme deficit	4,160	4,081
Other creditors	-	1,687
Accruals and deferred income	80,815	146,160
	171,881	235,841
	171,881	235,841

Deferred income

		£
Deferred income at 1 April 2018		62,377
Resources deferred during the year		33,376
Amounts released from previous years		(62,377)
		33,376
Deferred income at 31 March 2019		33,376

15. Creditors: Amounts falling due after more than one year

	2019	2018
	£	£
Pension scheme deficit	20,905	27,591
	20,905	27,591
	20,905	27,591

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

16. Statement of funds

Statement of funds - current year

	Balance at 1 April 2018 £	Income £	Expenditure £	Balance at 31 March 2019 £
Designated funds				
Designated Funds	215,162	250,000	(215,162)	250,000
General funds				
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
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)	-
	459,215	575,781	(762,185)	272,811

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

16. Statement of funds (continued)

Total of funds	<u>1,932,654</u>	<u>1,978,648</u>	<u>(2,535,354)</u>	<u>1,375,948</u>
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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 towards the cost of the staffing and associated costs of running the Beat Youthline
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
Evan Cornish Foundation	Recruiting and training Young Ambassadors in Cheshire / Lancashire.
Helpline Fund	Funding towards the cost of the staffing and associated costs of running the Beat Helpline
Kate and Anthony Smith	Promotion and communication
Association of Inner Wheel in Great Britain and Ireland	Funding towards the cost of Beat UK Young Ambassador programme and Helpline services
Mayor of Tunbridge Wells	Restricted geographically to Tunbridge Wells and the surrounding areas
Scottish Government Technology Enabled Care Programme	Project providing peer support to young people with an eating disorder, and their families. Providing an innovative forum and training resource with the goal of promoting early intervention for children and young people and supporting people to manage their own mental health.
Swansea University	Swansea University research project on the interface between primary and secondary healthcare in eating disorders.
Norfolk Community Foundation	Young Ambassador programme in Great Yarmouth
Spot the Signs - Ethos	Early intervention school resources
Warrington Volunteer Funding	Helpline and volunteers in Warrington
Ambassadors	Young ambassadors or awareness event in Scotland
NHS Bolton	Training of secondary school professionals in Bolton
NHS Wigan	Training of secondary school professionals in Wigan
Echo Project	Peer to peer coaching support
Anonymous fund	Supporting Beat's work in Yorkshire and the North East
Obesity Project	Production of an information leaflet

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**NOTES TO THE FINANCIAL STATEMENTS
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16. Statement of funds (continued)

Schools Training	Training of secondary school professionals
BOTG (Beat on the Ground)	Locality based work covering training, GP and general awareness
City Bridge Trust	Locality based work in London, covering training, GP and general awareness
Hobson Charity	School training programme
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.

Statement of funds - prior year

	<i>Balance at 1 April 2017</i>	<i>Income</i>	<i>Expenditure</i>	<i>Balance at 31 March 2018</i>
	£	£	£	£
Designated Funds	953,890	-	(738,728)	215,162
General Funds	960,000	995,949	(697,672)	1,258,277

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**NOTES TO THE FINANCIAL STATEMENTS
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16. Statement of funds (continued)

Restricted funds

Ambassadors	1,355	-	(1,255)	100
ASOS	34,357	64,272	(98,629)	-
AVON Support Groups	5,637	-	(5,637)	-
BBC Children in Need	4,564	-	(4,564)	-
BBC Children in Need Sibling Support	413	-	(413)	-
Burdett Bursary NHS Lothian	4,185	-	(4,185)	-
Clive Barter Bursary	2,697	-	(2,697)	-
Dove Training	18,877	-	(18,877)	-
Kate and Anthony Smith	16,439	-	(10,791)	5,648
Stratford Ball	15,001	-	(15,001)	-
Legacy	478,626	-	(478,626)	-
Helpline	6,275	30,936	(37,211)	-
Polly's Promise	73,919	-	(73,919)	-
Inner Wheel Fundraising	2,189	59,004	(61,193)	-
Mayor of Tunbridge Wells	1,843	24,729	(9,608)	16,964
Technology Enabled Care Program	(1,825)	49,565	(41,979)	5,761
NHS Bolton CCG	-	40,913	(13,240)	27,673
NHS Wigan CCG	-	40,253	(13,130)	27,123
Evan Cornish Foundation	-	10,000	(2,093)	7,907
Norfolk Community Foundation	-	5,000	-	5,000
Spot the Signs - Ethos	-	134	(134)	-
Swansea University	-	500	(500)	-
Echo Project	-	23,188	-	23,188
Childwick Trust	-	15,000	(15,000)	-
Anonymous	-	250,000	-	250,000
Obesity Project	-	-	458	458
Warrington Volunteer Funding	-	2,000	(1,920)	80
St Jame's Place Charitable Foundation	-	85,313	-	85,313
Sovereign Healthcare Community Programme	-	4,000	-	4,000
	<u>664,552</u>	<u>704,807</u>	<u>(910,144)</u>	<u>459,215</u>

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**NOTES TO THE FINANCIAL STATEMENTS
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17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2019 £	Restricted funds 2019 £	Total funds 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>

Analysis of net assets between funds - prior year

	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £
Tangible fixed assets	132,461	-	132,461
Current assets	1,604,410	459,215	2,063,625
Creditors due within one year	(235,841)	-	(235,841)
Creditors due in more than one year	(27,591)	-	(27,591)
	<u>1,473,439</u>	<u>459,215</u>	<u>1,932,654</u>

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

	2019 £	2018 £
Net expenditure for the year (as per Statement of Financial Activities)	(556,706)	(645,788)
Adjustment for:		
Depreciation charges	52,635	47,665
Dividends, interest and rents from investments	(12,366)	(5,246)
(Increase)/decrease in stocks	(5,345)	550
Increase in debtors	(105,114)	(288,131)
(Decrease)/increase in creditors	(64,039)	61,882
(Decrease) in pension provision	(6,607)	(4,101)
Net cash used in operating activities	<u>(697,542)</u>	<u>(833,169)</u>

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**NOTES TO THE FINANCIAL STATEMENTS
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19. Analysis of cash and cash equivalents

	2019	2018
	£	£
Cash in hand	531,552	1,554,674
Total	<u>531,552</u>	<u>1,554,674</u>

20. Pension commitments

The charity participates in a multi-employer pension scheme which 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 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 2019 is £25,065 (2018: £31,672)

The share of contributions paid to the scheme by the company in the year amounted to £4,081 (2018: £3,963)

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NOTES TO THE FINANCIAL STATEMENTS
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21. Operating lease commitments

At 31 March 2019 the total of the Charity's future minimum lease payments under non-cancellable operating leases was:

	2019 £	2018 £
Amounts payable:		
Within 1 year	174,702	107,963
Between 1 and 5 years	381,420	176,672
Total	<u>556,122</u>	<u>284,635</u>

22. Related party transactions

Donations from 4 (2018 - 6) of the trustees during the year totalled £1,502 (2018 - £8,875). Donations from other key management personnel totalling £71 (2018 - £nil) were received during the year. There were no further related party transactions.

