

Registered number: 02368495
Charity numbers: 801343 and SC039309



Eating Disorders Association t/a Beat
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2018

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

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EATING DISORDERS ASSOCIATION T/A BEAT
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REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2018

Trustees	Chris Outram, Chairman (resigned 11 December 2017) Mike Cooke, Chairman (appointed 25 September 2017) Valerie Jolliffe, Treasurer Anne-Marie Winton Nicola Brentnall (resigned 31 October 2017) Professor Hubert Lacey Paul Baverstock (appointed 6 July 2017, resigned 31 January 2018) Melanie Smith Richard Davis Neil Roskilly (appointed 6 June 2017) Jo Bennett (appointed 25 September 2017) David Smart (appointed 29 June 2018) Melanie Carter (appointed 29 June 2018)
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	Sue Harvey (resigned 18 February 2018) Claire Reynolds (appointed 19 February 2018)
Chief executive officer	Andrew Radford
Executive team	Sue Harvey, Director of Finance (resigned 14 November 2018) Claire Reynolds, Director of Finance (appointed 19 February 2018) Tom Quinn, Director of External Affairs Caroline Price, Director of Services Phillip Roethenbaugh, Director of Fundraising
Independent auditors	Larking Gowen LLP Chartered Accountants King Street House 15 Upper King Street Norwich NR3 1RB

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2018

Advisers (continued)

Bankers

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

UBS
5 Broadgate
London
EC2M 2AN

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CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2018

In this Trustees' Annual Report, we look back on the second year of our five year strategy, during which Beat has far exceeded our goals for the number of people we have helped, highlighted the shocking delays faced by people seeking help for an eating disorder, and started to develop new services and campaigns with our beneficiaries that will help meet their needs.

This is my first report as Chair, and I would like to pay tribute to my predecessor Chris Outram who stepped down in December after eight years as a Beat Trustee, the last six of which were served as Chair. Chris oversaw a dramatic change in Beat's approach and improvement in its impact which has been as a result of his vision, determination and commitment to Beat itself and to our shared cause.

I'm honoured to have been selected to follow Chris as Chair, and have been impressed by the energy and passion of everyone involved as they move us towards our goals.

Our strategy focusses us on a vision of a society where fewer people suffer eating disorders, where people with eating disorders experience compassion and understanding, and where they can quickly access treatment. Within that vision, we recognise that we will have the greatest impact if we concentrate on supporting people to start treatment as soon as possible after they fall ill. We must enhance this focus by ensuring families are empowered to understand and support their loved ones into, through and after treatment. We should then use our collective experiences to promote and support research into better treatments and, ultimately, an understanding of how we might prevent them from emerging in the first place.

I'm pleased to report that the past 12 months' endeavours have resulted in significant progress. Our helpline supported more than twice as many people as the year before, thanks in particular to opening new channels of communication: people can now contact the helpline via social media and 1-1 web chat, channels which proved particularly popular over Christmas. We published a new research report which showed that there is on average a delay of 3½ years before someone seeks and starts treatment. This report demonstrated the suffering and inequities faced by families at a very vulnerable time and was used to inform debates in both the Westminster and Holyrood parliaments. We ran the first of what we hope will become an annual Frontline conference for carers and health professionals, and used this to launch our coproduction programme, ensuring that our future services and campaigns are based on the needs of, and shaped by, our beneficiaries.

We have been able to achieve this growth in our work thanks to two major legacies received in 2014 and 2015. We have now invested most of this income in redeveloping our services and campaigns so they are providing the best support possible, and in expanding our fundraising work so that we can sustain this expanded support for our beneficiaries.

In the year ahead, we will continue this progress, aiming to double again the number of people who use the helpline. We will expand our volunteering opportunities, enabling volunteers to play a greater role in our helpline, campaigning and local awareness raising. We will launch new services which support families and this will include strategies that enable people to tackle the obstacles faced in their towns and local communities. And we will continue to press our governments to adopt targets and funding so that everyone who falls ill can start treatment within the shortest possible time frame.

It's an exciting time to join the essential movement for change that Beat is evolving into. I'd like to thank everyone who has supported Beat this year – our donors, volunteers, campaigners, ambassadors and partners – as well as my fellow Trustees and all our staff. Without your hard work, dedication and tenacity, we cannot have the impact our beneficiaries need. Working together we are making a difference, and that difference is growing day by day.



Mike Cooke, Chairman

EATING DISORDERS ASSOCIATION T/A BEAT
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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2018

The Trustees present their annual report together with the audited financial statements for the 1 April 2017 to 31 March 2018. 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 and eating disorders). 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 1.25million 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 at 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 face stigma and discrimination at school, university and in the workplace.

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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2018

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, 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 which 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. While this remains our official title, we have been operating under the name Beat since 2007.

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 2018

OUR FIVE-YEAR STRATEGY

Since April 2016, Beat has been working to a five-year strategy, which outlines 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.

Our goals for 2021 are 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've made during 2017-18 to achieve our goals and to improve the lives of people with eating disorders.

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 faced by people affected by 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 have long been at the very heart of the organisation. Communicating directly with those who need us, we equip them 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. On a daily basis, our Helplines and online support help to end the pain and suffering caused by eating disorders.

Our goals for the year were to:

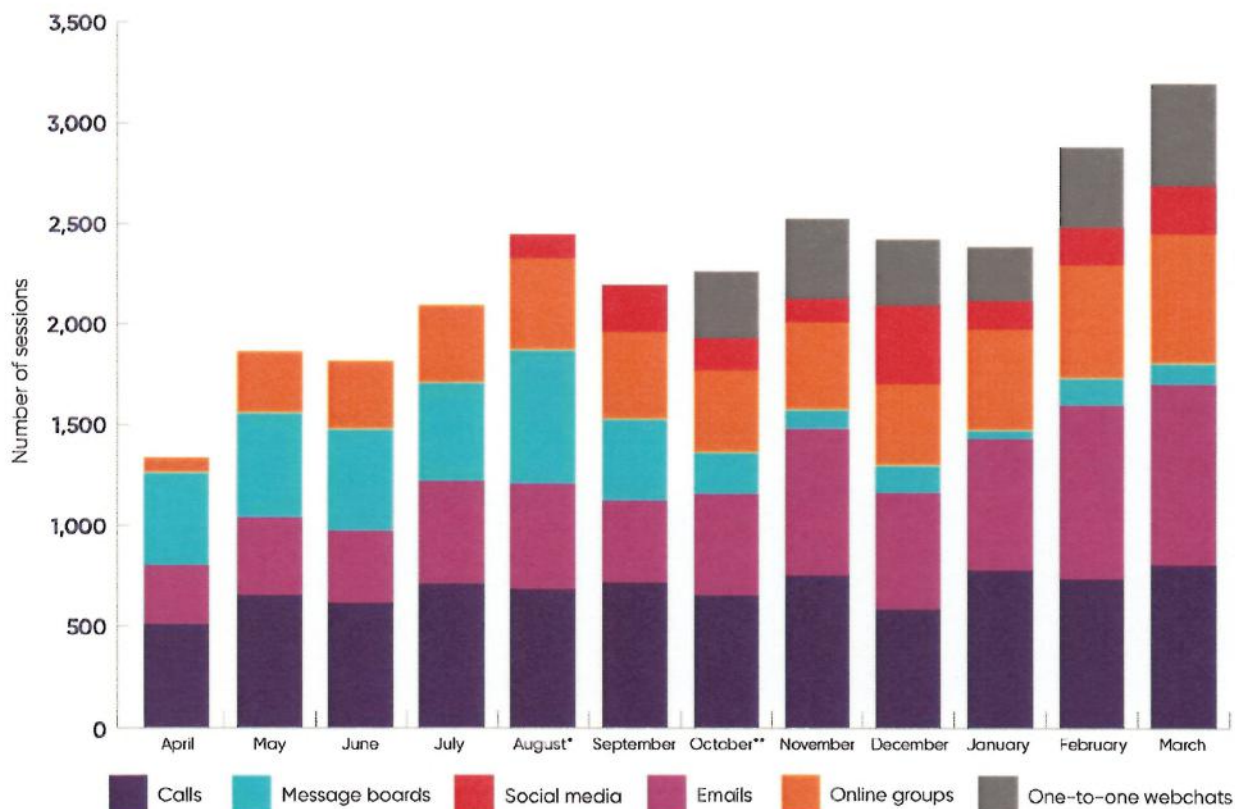
- Support 20,000 beneficiaries on 24,000 separate occasions through our Helpline.
- Enable people to contact the Helpline through social media and a one-to-one webchat service.
- Extend our opening hours and offer online peer support groups every day of the week.

In 2017-18 we helped 17,800 people on 27,500 separate occasions, more than double the support provided in 2016-17. The growth is owed, in part, to the transformation of our services in 2016-17, which has made us more accessible and available to those who need us. During April 2017 we supported just over 900 people, but by March 2018, this had grown to over 2,100 people – a 136% increase. The graph overleaf shows how and when our services were accessed in 2017-18.

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**TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2018**

How and when Beat's services were accessed in 2017-18



*In August, we opened our 'BeatEDSupport' Twitter and Instagram accounts, giving people the opportunity to message our Helpline team directly through these channels as well as direct messages on Facebook.

** October saw the introduction of our one-to-one webchat function.

Beat's Helpline opening hours were extended by one hour per day in 2017-18 opening for a total of 49 hours per week, up from 42 in 2016-17. The most commonly used channels continue to be the telephone helpline service, with over 8,000 calls answered this year and our email service, where Helpline Advisors responded to 6,700 emails from service users. In addition, this year, we introduced new ways for people to get in touch with the Helpline digitally. In August 2017, we opened the Helpline service through social media messaging on Twitter, Instagram and Facebook and via one-to-one webchat in October 2017. Already, Beat's Helpline Advisors have responded to 1,600 social media messages and 2,250 one-to-one webchats. Many people report that communicating in this way is easier or safer than picking up the phone. So, for example, 38% of people contacting us via webchat were talking about their experiences of binge eating disorder, compared to 20% of all service users.

"Thank you so much for your help – what a wonderful resource this is. Take care too and thank you." Adult service user via one-to-one webchat.

"It really has helped me tonight, just getting my problem out. I personally think you're all amazing at what you do, and the support now on here is brilliant. I was scared at first to contact you, but I needed to do this tonight and I'm so grateful for your support." Under-18s service user – via Instagram DM.

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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2018

As well as our Helpline service, Beat also offers online peer support programmes, where people affected by eating disorders can share experiences, talk through coping mechanisms and share successes. From May 2017, online peer support groups have been available daily, with themed groups facilitated by our Helpline Advisors and open groups where the conversation is directed by those in the chat room available to a range of audiences. In 2017-18, 2,700 people accessed our support groups 5,000 times and 1,800 used our message boards to gain support from their peers.

"I think I've just found a way to help me feel less alone and that positivity is such an empowering thing." Swan (anorexia) support group participant.

"I love this group! You help me to feel so much less alone and isolated in terms of my eating disorder. I'm so grateful for the huge benefit of that empathy and mutual support that I find here." Nightingale (binge eating) support group participant.

"Positive support and mutual care. Just knowing other mums are out there feeling the same, doing the same, trying the same. We are all trying our best; it's so good we can listen and support each other." Blue Jay (for mums) group attendee.

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

To make a lasting improvement to the lives of people with eating disorders, we use our experience of service delivery to campaign for increased funding and better treatment for people who have these serious mental illnesses. While our activities directly supporting individuals are effective in the short term, successful campaigning activities will have a significant impact on those affected by eating disorders in the future, removing the obstacles people face when seeking treatment.

Our goals for the year were to:

- Conduct new research into the impacts on sufferers, families and the health service when the opportunity to seek early treatment is missed.
- Make the maximum possible progress on our campaigns for effective, funded waiting time targets for eating disorder sufferers of all ages across the UK.
- Have 25,000 active online campaigners taking 50,000 actions during the year, with 100 taking offline actions such as meeting MPs or directly lobbying CCGs.

The foundation for our campaigning work this year, and a key success to our increased profile politically, has been our report 'Delaying for years, denied for months', a project generously funded by a consortium of concerned business people. The report highlighted the importance of intervening early and detailed the consequences if this did not happen:

- People with eating disorders face, on average, a three-and-a-half-year delay between falling ill and starting treatment.
- When eating disorders are treated early, the cost to the NHS is significantly reduced. The report shows that tens of thousands of pounds per sufferer could be saved if people are treated sooner.
- Adults wait almost twice as long for treatment as children and young people.
- Eating disorders have a significant impact on the whole family: 44% of mothers and 31% of fathers described themselves as 'extremely badly' affected by the wait for their child to access treatment, and on average they spend £32,000 in supporting their loved one back to full health.

The report was launched in Westminster in November 2017 at an event kindly sponsored by Luciana Berger MP. Jeremy Hunt, Secretary of State for Health gave his response, with 17 MPs in attendance, including Justine Greening, then Secretary of State for Education.

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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2018

During Eating Disorders Awareness Week we helped bring about debates in both Westminster and Holyrood, and Beat has been frequently highlighted in ministerial replies to Parliamentary Questions and MP letters. In Wales, our campaign asking for the introduction of waiting times was cited in the Government's announcement to review eating disorder services.

The NICE Quality Standard for Eating Disorders was amended to increase the focus on early intervention and quality of care following the comments made by Beat and volunteers during the consultation period, and a Beat volunteer will help shape the future of eating disorder spending, sitting on NHS England's steering group for the evaluation of a pilot project that will look at how money is spent across inpatient and community-based services for eating disorders.

During the year, 17,573 people took 39,232 campaigning actions online, and 78 campaigners took their actions offline, meeting with their MPs to highlight the inadequacies in care for eating disorder sufferers or informing our responses to policy consultations. Online campaigns included petitions calling for minimum waiting times in Scotland and Wales and for over-18s in England, and an opportunity to lobby candidates on the importance of eating disorders during the General Election campaign in summer 2017. We also presented our petition with a total of 9,134 signatures asking ministers to ensure all GPs are equipped with the knowledge to refer eating disorder sufferers to treatment without delay to the Department of Health.

"When I heard Margaret Greenwood MP had mentioned our meeting in the Westminster debate it was quite overwhelming. I wasn't even sure she would reply to my first email! It's baby steps, but mental health and eating disorders are finally beginning to get the recognition they deserve." Beat Ambassador Chloe, who met with her MP to talk about the challenges to access treatment those with eating disorders face.

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

Crucial to every one of our objectives is an increased understanding of eating disorders throughout society, notably because when individuals affected by eating disorders face stigma and misunderstanding, it negatively affects their inclination to seek help and engage with their treatment.

Our goals for the year were to:

- Expand our Ambassador Programme to include over-25s and those with experience of caring for a loved one through their recovery.
- Host our first conference for carers and health professionals and the fifth Eating Disorder International Conference.
- Change our visual identity, including a new logo, to be more impactful and better represent our values. In 2017-18 we expanded our 'Young Ambassador' programme to include those over the age of 25 and carers who have supported a loved one through recovery. Over 50 new Ambassadors joined the team, taking the total number to 175. They took part in 417 engagements, talking in workplaces, schools and at training for professionals, raising funds for Beat, meeting with politicians and much more.

"As always I'm delighted to represent Beat and the past few days of Eating Disorders Awareness Week have been a positive blur of activity! Through volunteering for Beat, I'm always recovering and always growing stronger, day by day, appreciating the skin I'm in." Ballari, Beat Ambassador, Eating Disorders Awareness Week 2018.

This year, 130 carers and healthcare professionals working at the frontline of eating disorder services attended Beat's inaugural 'Eating Disorders: Support for the Frontline' conference. They heard from expert clinicians and Beat Carer Ambassadors to encourage and empower family support. Here, we launched Beat's co-production project, with 550 people to date contributing their views to ensure that all of our work is shaped and driven by the opinions and needs of experts by experience, many of whom continue to help turn some of their ideas into reality.

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TRUSTEES' REPORT (continued)
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"This was such a positive conference for me. Meeting others who have loved ones with the illness who have similar stories to tell made me feel less alone, and I came away feeling stronger about recovery for my daughter." Support for the Frontline conference participant.

Beat hosted our fifth Eating Disorders International Conference in March 2018 with more than 500 eating disorder experts from over 25 countries in attendance. They heard from their peers about the latest developments in eating disorder treatment and research with topics ranging from DNA to organising services and the modern management of eating disorders.

"It's definitely one of the best and most inspiring conferences I've been at and I didn't want it to end! Not very often you can say that about a conference." Eating Disorders International Conference delegate.

Much of our impact to increase public and professional understanding takes place at a local level. This year, we launched a new strategy to support local communities to introduce changes that will ensure all suffering from an eating disorder can access good quality treatment quickly, and that their support networks are enabled and empowered to support recovery.

One element of this strategy has been the introduction of new training for educators, who are in a unique position to encourage early intervention for eating disorders. Since September 2017, 212 individuals have been trained as 'Eating Disorder First Responders' in secondary schools, colleges and universities. They have the knowledge to spot early signs and symptoms of an eating disorder, information about support available in their local area and empathetic understanding of what students might be going through. It is our goal that every secondary school in the country will have a 'First Responder' who will be able to support pupils and their families to seek and get treatment quickly.

"An essential training if you are supporting a young person within a school with an eating disorder. Raising awareness around eating disorder support is so important within schools." Training course attendee.

Following the launch of our new five-year strategy, it became clear that Beat's visual identity did not fit with our ambition, direction, or values, and in October 2018 we launched a new look and feel for Beat. We were very grateful for the support of Norwich-based creative agency Solid Block, who turned our vision of a brand that represented the organisation's core values of being bold and empowering into a reality. We would also like to thank agencies Basis Research and Conformit, who both supported us with user testing.

"Really love the swish new @beatED website and brand – looking good. Be great to direct people here and use the support services myself!" Via Twitter.

"We have been talking about your new branding within our marketing department and we absolutely love it! Well done to all at Beat, as I'm sure a lot of thought and hard work has gone into it." Beat corporate partner.

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.

Our goals for the year were to:

- Increase our income so we can help more people, including establishing structured programmes to support our major donors and corporate partners.
- Increase the number of our core services we provide under contract to the NHS.

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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2018

In 2017-18, Beat raised £1,131,873 from voluntary sources, with over £450,000 raised through community fundraising. This is an increase of almost 50% from 2016-17 and the most income we have ever brought in through this route. Our volunteer community fundraisers travelled to 21 different countries during their activities to support Beat, with 12 mountain peaks conquered and a total of 253 Beat running vests crossing finishing lines.

Our annual fundraising campaign 'Sock It to Eating Disorders' recorded its most successful year, raising over £38,000, a 40% increase on the previous year. Expert advice from ASOS ensured the new Sock It brand reflected the campaign's strong and defiant personality. Inspiring fundraisers from universities, treatment centres and workplaces, among others, engaged with the theme for Eating Disorder Awareness Week, sharing their personal stories while taking part in a variety of creative events. One fundraiser toured London in her boldest socks, taking 125 photos in iconic locations, Olympic Gold medallists got involved as Team GB ladies' hockey proudly donned their socks in training, and one brave fundraiser went bald for Beat, raising more than £1,700, and wrote:

"I nourish my body now instead of destroying it. I have come a very long way mentally and physically and I feel it's essential to raise money to thank Beat who saved my life. I need to prove to myself and others that self-love doesn't need to come from the physical. It needs to come with love and acceptance."

July saw the end of a successful and energetic partnership with Inner Wheel of Great Britain & Ireland, who raised a staggering £63,000 for Beat over the year by organising their own Step & Smile sponsored walks, bake sales and coffee mornings. Members heard from Beat Ambassadors and encouraged awareness of eating disorders by distributing literature in local schools and doctors' surgeries. Our happy relationship promises to continue long into the future as members continue to support us.

Inner Wheel's fundraising walks inspired a new fundraising event, Walk & Talk, in summer 2017. The event focused on combatting stigma and misunderstanding through relaxed, gentle sponsored walks organised independently by supporters. Three Beat walks in Norwich, London and Lancashire proved popular, raising £10,000 between them and attracting many new contacts.

We have expanded our fundraising team with the addition of a Philanthropy Manager, with a focus on major gifts. There is also new staff resource within the team to support the running of events which will be a key part of the donor cultivation strategy.

Our support from corporate partnerships has continued to grow from strength to strength. Sixteen companies supported Beat financially or in-kind during the year. We have established a Partnership Programme with staged levels of investment in our work. We have narrowed our focus to a smaller number of industries: private healthcare and fashion, with the highest number of prospects and existing relationships. Our two major public conferences, Eating Disorder International Conference and Support for the Frontline, provided a useful platform for our partners to reach their stakeholders. In total, twelve companies exhibited at one or both of these events. Our largest corporate donation was from ASOS, we are delighted that they have chosen to renew this partnership for the sixth year. Their support of Beat has moved beyond the financial to helping us reach new audiences, generating high quality video content, and we have recruited Beat Ambassadors from among the ASOS staff.

The year was a challenging one for trust fundraising. Nonetheless, the year ended very well when we were invited to apply to St. James's Place Charitable Foundation. We were awarded a generous two-year grant worth £160,000, which will enable us to commit to a far-reaching education programme for teachers across Yorkshire, Humber and the North East.

We are also particularly grateful to a 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 our locality strategy in full across Yorkshire and Humber.

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Income of £248,806 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 will 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.

The third sector has continued to come under scrutiny for the way in which it raises funds, something Beat has taken very seriously. We will never contact people without their previous permission, and do not sell our supporters' details to third parties. We take care of our donors' data and build trusting relationships by which they can be sure that their money will be appropriately invested in our activities and we will store and process their data sensitively, above the line set by any regulation.

Being a high-performance organisation in pursuit of our vision

Beat's vision is a society where fewer people suffer eating disorders, where people with eating disorders experience compassion and understanding and where they can quickly access better treatments. To achieve this bold vision, we must be strong as an organisation, collaborate powerfully with each other, and have appropriate structures in place to allow people to flourish, grow and achieve the best possible results.

With ambitious goals to achieve before 2021 in our new strategy, we have invested significantly in new approaches to achieve those goals, and towards a sustainable future for Beat, laying the foundations so that we can help far greater numbers of people into the future.

We want Beat to be a great organisation to work for, with happy and motivated staff working together for this important cause. We hold Investors in People accreditation and continue to work towards the Gold standard. Our values are at the heart of our strategy, decision-making, and management, and have shaped our learning and development programme over the year.

We relocated our main office in Norwich, moving from the premises we'd occupied for over 10 years into a new home, with more space but lower rent. Beat also has a satellite office in London, with a focus on policy, training and corporate and major donor fundraising, a Helpline and service hub in Warrington, and small offices in Edinburgh and Cardiff.

LOOKING FORWARD

2018-19 will be the third year of our five-year strategy, where we will further increase the number of people supported and push for changes to ensure every person affected by an eating disorder is able to find the treatment they need and deserve. Priorities for our third year will be to expand our family empowerment programme and to deliver our locality strategy more widely.

In 2018-19, we will:

- Help 29,000 people 44,800 times through our telephone and online support services.
- Raise the funds necessary to recruit 200 volunteers and so increase the number of people supported to 37,000 via 57,000 interventions.
- Make the maximum progress on our policy asks to improve access to and funding for treatment for people with an eating disorder.
- Review and collate the evidence for the optimal involvement of families in the treatment of their loved ones, and use this to develop a call for changes to NHS practice.
- Develop tools and services that help families cope with the challenges of supporting a loved one with an eating disorder.
- Repeat our two-day Frontline conference for carers and health professionals, and develop new workshops and events to support families members across the UK.

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FOR THE YEAR ENDED 31 MARCH 2018

- Reinforce our co-production mechanisms, ensuring that all our services and campaigns are optimally informed and driven by the experiences of people who have been affected by eating disorders.

FINANCIAL REVIEW

Beat received legacy income of £3.63 million over the two financial years to March 2015, and is investing these funds in our services, campaigns and fundraising so that we can meet the future needs of the increasing number of people with eating disorders. As a result, our expenditure will exceed our income until 2018-19.

Total income for the year 2017-18 was £1.70 million compared to £1.41 million for the previous year.

Expenditure increased from £1.96 million to £2.35 million. Of this expenditure, £0.48 million was funded from the remaining historical legacy funds to support key services and build capacity for sustainable growth.

This has left the charity with total funds of £1.93 million at 31 March 2018, compared to £2.58 million at 31 March 2017.

Balance Sheet

During the year Beat has invested funds in leasehold improvement and software to enhance our services. The net book value of fixed assets at 31 March 2018 was £132,461.

Funds previously held in investments requiring more than three months' notice were, at the year end, held in shorter term deposits meaning that fixed asset investments at 31 March 2017 of £999,999 are incorporated within Cash at bank and in hand at 31 March 2018.

Debtors have increased significantly to £488,906 at 31 March 2018 from £163,444 at 31 March 2017. This reflects several donations that were confirmed before 31 March 2018 but received after.

Fundraising regulation

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

We currently employ eight fundraisers, led by the Director of Fundraising, all of whom are members of the Institute of Fundraising. Beat does not use the services of professional fundraising agencies to conduct any part of our fundraising programme.

We promote a 'Donor 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 five complaints in 2017-18 (2016-17: no complaints). Beat follows The Code of Fundraising Practice, as promoted by the Fundraising Regulator.

We will introduce a Vulnerable Persons Policy (Fundraising) in 2018-19, to further clarify how we adjust our approach for certain groups.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2018

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 2018, 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 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.
- Cyber attack 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 was 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 and designated funds and tangible fixed assets) in order to:

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

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

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

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2018

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. Restricted funds are also held in reserve when this is a requirement of a donor's instructions.

Currently it is the charity's policy to have free reserves (i.e. excluding restricted and designated funds) equivalent to 10% more or less than the following:

- Half of the annual budget for the following year for voluntary income, plus
- One quarter of the annual budget for the following year of staff costs.

For 2018-19, this requires a free reserve of between £1.1m and £1.3m. The table below shows we are currently meeting our reserves target. We are currently generating a deficit (in line with strategic plans) so expect reserve levels to fall further but still meet the reserves policy set by the Board.

Current funds are as follows:

	2018	2017
	£'000	£'000
Restricted Funds (must be applied in line with donors' instructions)	459	665
Designated Funds	215	960
General Funds (Free Reserves)	1,259	954
Total Funds	1,933	2,579

The designated fund relates to residual funding that will enable us to complete Beat's transformation project, ensuring optimum focus on supporting sufferers to seek and get treatment as early as possible. This will be enhanced by the development of a focused programme of engagement, education and support for families so that they are better able to support and improve the care and recovery of their loved ones.

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 2018 there were 67 (2017: 64) voting members, who guarantee the liabilities of the company in the event of a winding up, to a maximum of £1 each.

Recruitment and appointment of Trustees

The directors of the company are also the charity Trustees for the purposes of charity law. Under the charity's Articles of Association they are known as members of the Board of Trustees. The Trustees who served during the year and up to the date of this report are listed on page 1.

Trustees are elected by the company members at General Meetings. Trustees may be co opted to the Board during the year, but their co option must be confirmed by election at the next General Meeting. Five co opted trustees are currently pending election.

A recruitment panel, delegated from the main Board, interviews and recommends Trustees for approval by the Board and to stand for election by the members at a General Meeting.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2018

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.

Public benefit

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

Staff and Executive Pay

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

Every twelve months the Trustees 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.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2018

Trustees' responsibilities statement

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

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

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

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

Disclosure of information to auditors

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

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

This report was approved by the Trustees, on 11 September 2018 and signed on their behalf by:



Mike Cooke, Chairman

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF EATING DISORDERS ASSOCIATION T/A
BEAT**

Opinion

We have audited the financial statements of Eating Disorders Association t/a Beat (the 'charitable company') for the year ended 31 March 2018 set out on pages 21 to 42. 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 2018 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.

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.

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.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF EATING DISORDERS ASSOCIATION T/A
BEAT**

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.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF EATING DISORDERS ASSOCIATION T/A
BEAT**

Responsibilities of trustees

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

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

Auditors' responsibilities for the audit of the financial statements

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

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.



Joanne Fox 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: 16 October 2018

Larking Gowen LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES INCORPORATING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2018**

	Note	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Income from:					
Donations and legacies	2	701,462	704,807	1,406,269	1,206,088
Charitable activities	4	247,521	-	247,521	180,779
Other trading activities	5	41,720	-	41,720	6,855
Investments	6	5,246	-	5,246	15,409
Total income		995,949	704,807	1,700,756	1,409,131
Expenditure on:					
Raising funds		505,460	-	505,460	412,086
Charitable activities		930,940	910,144	1,841,084	1,546,489
Total expenditure	7	1,436,400	910,144	2,346,544	1,958,575
Net expenditure before other recognised gains and losses		(440,451)	(205,337)	(645,788)	(549,444)
Net movement in funds		(440,451)	(205,337)	(645,788)	(549,444)
Reconciliation of funds:					
Total funds brought forward		1,913,890	664,552	2,578,442	3,127,886
Total funds carried forward		1,473,439	459,215	1,932,654	2,578,442

The notes on pages 24 to 42 form part of these financial statements.

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

BALANCE SHEET
AS AT 31 MARCH 2018

	Note	£	2018 £	£	2017 £
Fixed assets					
Tangible assets	10		132,461		50,310
Investments	11		-		999,999
			132,461		1,050,309
Current assets					
Stocks	12	-		550	
Debtors	13	508,951		220,820	
Cash at bank and in hand		1,554,674		1,512,414	
		2,063,625		1,733,784	
Creditors: amounts falling due within one year	14	(235,841)		(173,959)	
Net current assets			1,827,784		1,559,825
Total assets less current liabilities			1,960,245		2,610,134
Creditors: amounts falling due after more than one year	15		(27,591)		(31,692)
Net assets			1,932,654		2,578,442
Charity Funds					
Restricted funds	16		459,215		664,552
Unrestricted funds	16		1,473,439		1,913,890
Total funds			1,932,654		2,578,442

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 11 September 2018 and signed on their behalf, by:

Mike Cooke, Chairman

Valerie Jolliffe, Treasurer

The notes on pages 24 to 42 form part of these financial statements.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2018

	Note	2018 £	2017 £
Cash flows from operating activities			
Net cash used in operating activities	18	<u>(833,169)</u>	<u>(656,760)</u>
Cash flows from investing activities:			
Dividends, interest and rents from investments		5,246	15,409
Purchase of tangible fixed assets		(129,816)	(43,088)
Proceeds from sale of investments		999,999	-
Purchase of investments - new cash deposits in excess of 90 days		-	(999,999)
Net cash provided by/(used in) investing activities		<u>875,429</u>	<u>(1,027,678)</u>
Cash flows from financing activities:			
Repayments of borrowings		-	(2,683)
Net cash used in financing activities		<u>-</u>	<u>(2,683)</u>
Change in cash and cash equivalents in the year		42,260	(1,687,121)
Cash and cash equivalents brought forward		<u>1,512,414</u>	<u>3,199,535</u>
Cash and cash equivalents carried forward		<u><u>1,554,674</u></u>	<u><u>1,512,414</u></u>

The notes on pages 24 to 42 form part of these financial statements.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

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.

Eating Disorders Association t/a 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 company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

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.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

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.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

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.

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

Charitable activities and Governance costs are costs incurred on the charity's operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

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

Fixed 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.

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

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.

2. Income from donations and legacies

	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	<i>Total funds 2017 £</i>
Donations	599,991	375,101	975,092	786,229
Legacies	-	-	-	1,445
Grants	42,710	274,544	317,254	314,332
Gift aid	58,761	55,162	113,923	104,082
	<hr/>	<hr/>	<hr/>	<hr/>
Total donations and legacies	701,462	704,807	1,406,269	1,206,088
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Total 2017	930,010	276,078	1,206,088	
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	

EATING DISORDERS ASSOCIATION T/A BEAT
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

3. Grants

	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Jordan Family Trust	10,000	-	10,000	5,000
Grants (less than £5,000)	12,710	-	12,710	10,050
Anonymous	10,000	-	10,000	10,000
The Lethersellers' Company Charitable Fund	10,000	-	10,000	-
Swansea University	-	500	500	250
Helpline	-	24,000	24,000	21,525
Evan Cornish Foundation	-	10,000	10,000	-
NHS Wigan CCG	-	40,253	40,253	-
Norfolk Community Foundation	-	5,000	5,000	-
Technology Enabled Care Programme	-	49,565	49,565	-
St James Place	-	85,313	85,313	-
Sovereign	-	4,000	4,000	-
NHS Bolton CCG	-	40,913	40,913	-
The Childwick Trust	-	15,000	15,000	-
BBC Children in Need	-	-	-	31,752
Burdett Trust (NHS Lothian)	-	-	-	56,483
Ellern Mede	-	-	-	10,000
Garfield Weston Foundation	-	-	-	100,000
ASOS	-	-	-	64,272
Freeman Trust	-	-	-	5,000
Total	42,710	274,544	317,254	314,332

In 2017, of the total income from grants, £119,050 was to unrestricted funds and £195,282 was to restricted funds.

4. Income from charitable activities

	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Income from training and conferences	113,819	-	113,819	17,732
Publications	5,936	-	5,936	27,498
Professional membership	-	-	-	2,397
Contract income	127,766	-	127,766	133,152
	247,521	-	247,521	180,779
<i>Total 2017</i>	<i>180,779</i>	<i>-</i>	<i>180,779</i>	

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NOTES TO THE FINANCIAL STATEMENTS
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5. Income from other trading activities

	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Affinity income	2,620	-	2,620	2,671
Merchandise sales	-	-	-	17
Sponsorship	39,100	-	39,100	4,167
	<u>41,720</u>	<u>-</u>	<u>41,720</u>	<u>6,855</u>
Net income from income from other trading activities	<u>41,720</u>	<u>-</u>	<u>41,720</u>	<u>6,855</u>

In 2017, of the total income from other trading activities, £6,855 was to unrestricted funds and £NIL was to restricted funds.

6. Investment income

	Unrestricted funds 2018 £	Restricted funds 2018 £	Total funds 2018 £	Total funds 2017 £
Interest received	5,246	-	5,246	15,409
	<u>5,246</u>	<u>-</u>	<u>5,246</u>	<u>15,409</u>
<i>Total 2017</i>	<u>15,409</u>	<u>-</u>	<u>15,409</u>	

In 2017, of the total investment income, £15,409 was to unrestricted funds and £NIL was to restricted funds.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2018

7. Total resources expended	Fundraising costs £	Governance £	Service provision £	External affairs £	2018 £	2017 £
Direct costs						
Staff costs	279,977	-	447,588	477,584	1,205,149	911,274
Operational costs	48,713	-	59,904	40,526	149,143	316,593
Event costs	29,101	-	-	195,437	224,538	141,166
Facilities costs	49,760	-	99,485	85,786	235,031	97,785
IT costs	10,549	-	51,286	39,944	101,779	74,327
Unrecoverable VAT	19,047	-	33,015	41,281	93,343	37,657
Total direct costs	437,147	-	691,278	880,558	2,008,983	1,578,802
Support costs						
Unrecoverable VAT	2,279	-	3,293	3,799	9,371	46,654
HR costs	18,489	-	26,707	30,816	76,012	66,407
Finance costs	33,749	-	48,749	56,248	138,746	123,881
Central costs	13,796	56,716	19,927	22,993	113,432	142,831
Total support costs	68,313	56,716	98,676	113,856	337,561	379,773
Total resources expended	505,460	56,716	789,954	994,414	2,346,544	1,958,575

Following a reclassification of cost centres in the current year the basis on which total resources expended has been updated.

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Total resources expended (continued)

Analysis of costs between activities for the year ended 31 March 2017 was as follows.

	£	£	£	£	£	£
	Fundraising costs	Governance	Service provision	Campaigns and research	Education, and understanding & awareness	2017
Direct costs						
Staff costs	217,575	-	351,968	109,127	232,604	911,274
Operational costs	66,753	-	168,148	9,475	72,217	316,593
Event costs	28,313	-	21,882	167	90,804	141,166
Facilities costs	19,673	-	43,396	11,572	23,144	97,785
IT costs	14,954	-	32,985	8,796	17,592	74,327
Unrecoverable VAT	14	-	32,763	3,026	1,854	37,657
Total direct costs	347,282	-	651,142	142,163	438,215	1,578,802
Support costs						
Unrecoverable VAT	9,386	-	20,705	5,521	11,042	46,654
HR costs	13,360	-	29,470	7,859	15,718	66,407
Finance costs	24,923	-	54,976	14,661	29,321	123,881
Central costs	17,135	57,769	37,736	10,064	20,127	142,831
Total support costs	64,804	57,769	142,887	38,105	76,208	379,773
Total resources expended	412,086	57,769	794,029	180,268	514,423	1,958,575

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

8. Net income/(expenditure)

This is stated after charging:

	2018	2017
	£	£
Depreciation of tangible fixed assets:		
- owned by the charity	47,665	12,021
Loss on disposal of fixed assets	-	289
Auditors' remuneration - audit	7,200	7,000
Auditor's remuneration - previous auditors tax advice	-	3,300
Operating lease rentals	116,481	70,763
	116,481	70,763

9. Staff costs

	2018	2017
	£	£
Wages and salaries	1,112,677	954,367
Social security costs	99,063	82,772
Pension costs	51,688	33,301
	1,263,428	1,070,440

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 £339,195 (2017: £292,809).

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 £65 (2017: £77) for 1 Trustee (2017: 1). No remuneration was paid to any Trustee during the year.

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

	2018	2017
	No.	No.
Between £60,001 and £70,000	2	-
Between £80,001 and £90,000	1	1
	3	1

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

	2018	<i>2017</i>
	No.	<i>No.</i>
Charitable activities	41	<i>34</i>
Fundraising	8	<i>7</i>
Total	49	<i>41</i>

During the period redundancy and termination payments totalling £Nil (2017: £18,325) were paid to Nil employees (2017: 11) following a restructuring and relocation of some of the charity's activities. These payments consisted of statutory redundancy and an agreed enhancement for each employee.

10. Tangible fixed assets

	Improvements to leasehold property £	Office furniture & equipment £	Computer equipment £	Total £
Cost				
At 1 April 2017	39,480	17,641	102,936	160,057
Additions	40,051	-	89,765	129,816
Disposals	(17,863)	(16,084)	(12,937)	(46,884)
At 31 March 2018	61,668	1,557	179,764	242,989
Depreciation				
At 1 April 2017	18,124	17,544	74,079	109,747
Charge for the year	10,078	96	37,491	47,665
On disposals	(17,863)	(16,083)	(12,938)	(46,884)
At 31 March 2018	10,339	1,557	98,632	110,528
Net book value				
At 31 March 2018	51,329	-	81,132	132,461
<i>At 31 March 2017</i>	21,356	97	28,857	50,310

EATING DISORDERS ASSOCIATION T/A BEAT
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

11. Fixed asset investments

	Long term cash deposits £
At 1 April 2017	999,999
Disposals	(999,999)
	-
At 31 March 2018	-

Investments comprise:

	UK £	Overseas £	2017 £
Long term cash deposits	-	-	999,999
	-	-	999,999

Long term cash deposits are considered to be those with a notice period in excess of 90 days.

12. Stocks

	2018 £	2017 £
Books for resale	-	550
	-	550

13. Debtors

	2018 £	2017 £
Trade debtors	19,084	53,604
Other debtors	961	3,772
Prepayments and accrued income	488,906	163,444
	508,951	220,820

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14. Creditors: Amounts falling due within one year

	2018	2017
	£	£
Trade creditors	43,533	50,085
Other taxation and social security	40,380	14,664
Pension scheme deficit	4,081	3,963
Other creditors	1,687	188
Accruals and deferred income	146,160	105,059
	235,841	173,959

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

	2018	2017
	£	£
Pension scheme deficit	27,591	31,692
	27,591	31,692

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

16. Statement of funds

Statement of funds - current year

	Balance at 1 April 2017 £	Income £	Expenditure £	Balance at 31 March 2018 £
Designated funds				
Designated Funds	953,890	-	(738,728)	215,162
General funds				
General Funds	960,000	995,949	(697,672)	1,258,277
Total Unrestricted funds	1,913,890	995,949	(1,436,400)	1,473,439
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	-	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 James Place	-	85,313	-	85,313
Sovereign	-	4,000	-	4,000
	664,552	704,807	(910,144)	459,215

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

16. Statement of funds (continued)

Total of funds	<u>2,578,442</u>	<u>1,700,756</u>	<u>(2,346,544)</u>	<u>1,932,654</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
Avon Support Groups	To train volunteers to facilitate Beat Support Groups
Burdett Trust	Providing support to young people around transitions and developing an online training package for professionals around transitions
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
Clive Barter Bursary	Funding for young people to attend our International Conference
Dove Training	Grant to provide training in positive body images
Evan Cornish	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
Stratford Ball	Restricted for Early Intervention activities in memory of Dr Melanie Spooner
Legacy	Helpline, support groups, developing earned income and growth
Polly's Promise	Funding towards an Early Intervention research project with surplus funds directed to general charitable purposes
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 Programme	Project providing peer support to young people with an eating disorder, and their families. Providing an innovative forum and training resource Care 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.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

16. Statement of funds (continued)

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
Childwick Trust	Training of secondary school professionals
Anonymous fund	Supporting Beat's work in Yorkshire and the North East
Obesity Project	Production of an information leaflet
St James Place	Training of secondary school professionals
Sovereign	Training of secondary school professionals in Bradford

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 2016</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers in/out</i>	<i>Balance at 31 March 2017</i>
	£	£	£	£	£
Designated Funds	<u>1,165,000</u>	<u>250,000</u>	<u>(172,688)</u>	<u>(288,422)</u>	<u>953,890</u>
General funds					
General Funds	<u>896,499</u>	<u>883,053</u>	<u>(1,107,974)</u>	<u>288,422</u>	<u>960,000</u>

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

Restricted funds

Ambassadors	355	1,000	-	-	1,355
ASOS	8,932	64,272	(38,847)	-	34,357
AVON Support Groups	5,637	-	-	-	5,637
BBC Children in Need	1,065	31,752	(28,253)	-	4,564
BBC Children in Need Sibling Support	1,566	-	(1,153)	-	413
Beat Research Fund	10,833	-	(10,833)	-	-
Burdett Bursary NHS Lothian	12,607	56,483	(64,905)	-	4,185
Clive Barter Bursary	3,023	-	(326)	-	2,697
Dove Training	18,877	-	-	-	18,877
Kate and Anthony Smith	25,000	-	(8,561)	-	16,439
Strafford Ball	14,100	901	-	-	15,001
Legacy	964,083	-	(485,457)	-	478,626
The Tudor Trust	309	-	(309)	-	-
Ellern Mede	-	10,000	(10,000)	-	-
Anonymous	-	10,000	(10,000)	-	-
Helpline	-	21,775	(15,500)	-	6,275
Swansea University	-	250	(250)	-	-
Polly's Promise	-	75,613	(1,694)	-	73,919
Inner Wheel Fundraising	-	2,189	-	-	2,189
Mayor of Tunbridge Wells	-	1,843	-	-	1,843
Technology Enabled Care Program	-	-	(1,825)	-	(1,825)
	<u>1,066,387</u>	<u>276,078</u>	<u>(677,913)</u>	<u>-</u>	<u>664,552</u>
Total of funds	<u>3,127,886</u>	<u>1,409,131</u>	<u>(1,958,575)</u>	<u>-</u>	<u>2,578,442</u>

Summary of funds - current year

	Balance at 1 April 2017 £	Income £	Expenditur e £	Balance at 31 March 2018 £
Designated funds	953,890	-	(738,728)	215,162
General funds	960,000	995,949	(697,672)	1,258,277
	<u>1,913,890</u>	<u>995,949</u>	<u>(1,436,400)</u>	<u>1,473,439</u>
Restricted funds	664,552	704,807	(910,144)	459,215
	<u>2,578,442</u>	<u>1,700,756</u>	<u>(2,346,544)</u>	<u>1,932,654</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

16. Statement of funds (continued)

Summary of funds - prior year

	<i>Balance at 1 April 2016</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers in/out</i>	<i>Balance at 31 March 2017</i>
	£	£	£	£	£
Designated funds	1,165,000	250,000	(172,688)	(288,422)	953,890
General funds	896,499	883,053	(1,107,974)	288,422	960,000
	<u>2,061,499</u>	<u>1,133,053</u>	<u>(1,280,662)</u>	-	<u>1,913,890</u>
Restricted funds	1,066,387	276,078	(677,913)	-	664,552
	<u>3,127,886</u>	<u>1,409,131</u>	<u>(1,958,575)</u>	-	<u>2,578,442</u>

17. Analysis of net assets between funds

Analysis of net assets between funds - current 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>

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2017</i>	<i>Restricted funds 2017</i>	<i>Total funds 2017</i>
	£	£	£
Tangible fixed assets	50,310	-	50,310
Fixed asset investments	999,999	-	999,999
Current assets	1,069,232	664,552	1,733,784
Creditors due within one year	(173,959)	-	(173,959)
Creditors due in more than one year	(31,692)	-	(31,692)
	<u>1,913,890</u>	<u>664,552</u>	<u>2,578,442</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2018

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

	2018	2017
	£	£
Net expenditure for the year (as per Statement of Financial Activities)	(645,788)	(549,444)
Adjustment for:		
Depreciation charges	47,665	12,021
Dividends, interest and rents from investments	(5,246)	(15,410)
Loss on the sale of fixed assets	-	289
Decrease in stocks	550	3,018
Increase in debtors	(288,131)	(85,518)
Increase/(decrease) in creditors	61,882	(19,600)
(Decrease)/Increase in pension provision	(4,101)	(2,116)
Net cash used in operating activities	(833,169)	(656,760)

19. Analysis of cash and cash equivalents

	2018	2017
	£	£
Cash in hand	1,554,674	1,012,415
Notice deposits (less than 3 months)	-	499,999
Total	1,554,674	1,512,414

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 2014. This valuation showed assets of £793m, liabilities of £970m and a deficit of £177m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

£12,945,440 per annum for the period 1 April 2016 to 30 September 2025 and a further £54,560 per annum for the period 1 April 2016 to 30 September 2028.

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

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NOTES TO THE FINANCIAL STATEMENTS
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20. Pension commitments (continued)

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 2018 is £31,672 (2017: £35,655)

The share of contributions paid to the scheme by the company in the year amounted to £3,963 (2017: £3,847)

21. Operating lease commitments

At 31 March 2018 the total of the Charity's future minimum lease payments under non-cancellable operating leases was:

	2018 £	2017 £
Amounts payable:		
Within 1 year	107,963	3,677
Between 1 and 5 years	176,672	164,638
After more than 5 years	-	348,300
Total	<u>284,635</u>	<u>516,615</u>

22. Related party transactions

Donations from 6 (2017 - 7) of the trustees during the year totalled £8,875 (2017 - £13,167). There were no further related party transactions.