



TRUSTEES' REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2023

Beat
Eating disorders

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

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

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

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

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

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

Dr Stephen Anderson (Consultant Psychiatrist)

Abigail Cardwell (Lead Occupational Therapist)

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

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

Sarah Fuller (Specialist Eating Disorder Dietitian)

Dr Sheryllin McNeil (Clinical Psychologist)

Dr Ciaran Newell (Consultant Nurse)

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

Dr Paul Robinson (Consultant Psychiatrist)

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

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

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

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

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

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

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

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

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

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

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

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

Mike Cooke

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

Mike Cooke, Chair

Date: 29 Jan 2024

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

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

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

The company trades under the name Beat.

BACKGROUND

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

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

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

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

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

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

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

PURPOSE

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

PURPOSE (continued)

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

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

OUR HISTORY

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

OUR VALUES

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

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

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

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

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

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

OUR STRATEGY

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

STRATEGY (continued)

Specifically, our goals during this period are for:

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

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

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

ACHIEVEMENTS AND PERFORMANCE

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

SUPPORTING BENEFICIARIES

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

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

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

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

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

EMPOWERING PROFESSIONALS

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

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

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

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

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

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

CHANGING POLICY AND PRACTICE

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

CHANGING POLICY AND PRACTICE (continued)

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

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

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

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

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

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

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

INCOME GENERATION

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

INCOME GENERATION (continued)

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

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

PUBLICITY, MARKETING AND MOBILISATION

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

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

LOOKING FORWARD

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

LOOKING FORWARD (continued)

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

FINANCIAL REVIEW

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

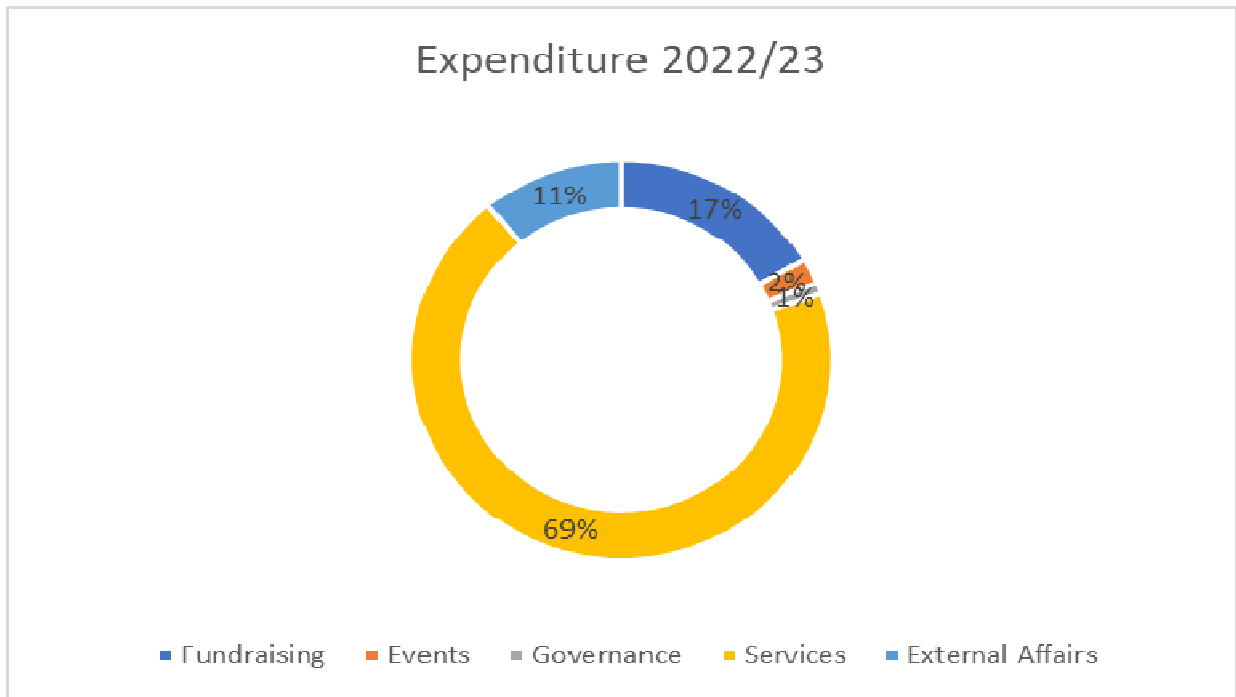
Total income for the year ended 31 March 2023 was £4.55m compared to £4.78m for the previous year. Expenditure of £6.71m was incurred in this financial year compared to £4.54m in the year ended 31 March 2022. This has reduced the total funds held by the charity to £58,992 at 31 March 2023, compared to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

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

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

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

FINANCIAL REVIEW (continued)



Balance Sheet

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

FINANCIAL REVIEW (continued)

Fundraising regulation

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

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

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

Environmental Impact

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

Risk management

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

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

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

FINANCIAL REVIEW (continued)

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

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

Reserves and Funds

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

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

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

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

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

FINANCIAL REVIEW (continued)

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

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

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

As at 31 March 2023 current funds are as follows:

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

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of Trustees

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Responsibilities and delegation

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

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

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

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

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

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

Public benefit

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

Staff and Executive Pay

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

Trustees' responsibilities statement

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

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

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

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

Disclosure of information to auditors

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

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

Small company provisions

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

29 Jan 2024

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

Mike Cooke

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

Mike Cooke, Chair

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

Opinion

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

In our opinion the financial statements:

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

Basis for opinion

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

Material uncertainty related to going concern

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

Our opinion is not modified in respect of this matter.

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

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

Other information

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

We have nothing to report in this regard.

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

Opinions on other matters prescribed by the Companies Act 2006

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

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

Matters on which we are required to report by exception

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

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

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

Responsibilities of trustees

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

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

Auditor responsibilities for the audit of the financial statements

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

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

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

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

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

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

Use of our report

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



Helena Wilkinson FCA DChA

Price Bailey LLP

Chartered Accountants

Anglia House, 6 Central Avenue

St Andrews Business Park

Thorpe St Andrew

Norwich

NR7, 0HR

Date: 29 January 2024

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
REGISTERED NUMBER: 02368495

BALANCE SHEET
AS AT 31 MARCH 2023

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

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

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

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

Mike Cooke

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

Mike Cooke

Chairman

Date: 29 Jan 2024

V C Jolliffe

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

Valerie Jolliffe

Treasurer

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

1 Accounting policies

1.1 Basis of preparation

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

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

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

1.2 Company status

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

1.3 Going Concern

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

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

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

1 Accounting policies (continued)

1.3 Going Concern (continued)

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

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

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

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

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

1.4 Fund accounting

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

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

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

1.5 Income

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

1 Accounting policies (continued)

1.5 Income (continued)

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

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

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

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

1.6 Expenditure

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

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

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

1.7 Interest receivable

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

1 Accounting policies (continued)

1.8 Tangible fixed assets and depreciation

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

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

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

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

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

Depreciation is provided on the following bases:

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

1.9 Debtors

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

1.10 Cash at bank and in hand

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

1.11 Liabilities

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

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

1.12 Financial instruments

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

1.13 Operating leases

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

1.14 Pensions

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

2 Income from donations and legacies

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

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

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

3 Income from charitable activities

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

4 Income from other trading activities

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

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

5 Investment income

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

6 Analysis of expenditure by activities

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

6 Analysis of expenditure by activities (continued)

Analysis of direct costs

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

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

Analysis of support costs

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

7 Auditors' remuneration

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

8 Staff costs

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

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

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

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

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

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

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

9 Tangible fixed assets

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

10 Debtors

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

11 Creditors: Amounts falling due within one year

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

12 Creditors: Amounts falling due after more than one year

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

13 Prior year adjustment

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

14 Charity funds

Summary of funds - current year

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

Summary of funds - prior year

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

14 Charity funds (continued)

Restricted funds - current year

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

14 Charity funds (continued)

A description of the restricted funds are as follows:

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

14 Charity funds (continued)

Restricted funds - prior year

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

15 Analysis of net assets between funds

Analysis of net assets between funds - current year

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

Analysis of net assets between funds - prior year

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

17 Analysis of cash and cash equivalents

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

18 Analysis of change in net debt

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

19 Pension commitments

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

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

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

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

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

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

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

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

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)

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

20 Operating lease commitments

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

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

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

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

21 Related party transactions

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

22 Events after the end of the period

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