



EATING DISORDERS ASSOCIATION

Report and Financial Statements  
For the Year Ended 31 March 2015

Charity number 801343  
Scottish Charity number SC039309  
Company number 2368495

**EATING DISORDERS ASSOCIATION  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2015**

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**EATING DISORDERS ASSOCIATION**  
**REPORT OF THE CHAIRMAN**  
**FOR THE YEAR ENDED 31 MARCH 2015**

I am pleased to report that we can look back on a very active year as we celebrated the 25th anniversary of Beat's founding in 1989. In 2015, we supported more people affected by eating disorders than ever before, and stepped up our research, campaigning and communication work.

A particular highlight was the publication of the report, commissioned by Beat from PricewaterhouseCoopers and funded by N Brown Group plc, into the social and financial impacts of eating disorders, which estimated the total social, health and economic costs at a staggering £15 billion per year. This is a clear call to action to society and government to work hard to reduce the incidence and severity of these serious mental illnesses. In this vein we welcomed the government's allocation of £150m to reform the treatment of children and young people with eating disorders over the next 5 years.

During 2015 we also unveiled our redeveloped website, kindly funded by The Amy Winehouse Foundation, with a responsive design to give users an improved experience, better access to our resources and allowing a relaunch of our online support and information services.

We delivered our final workshop in schools for teachers and students in partnership with the Dove Self-Esteem Project reaching almost 200,000 children over three years. Our collaboration with BBC Watchdog to highlight the dangers of laxative abuse resulted in several retailers introducing changes and restrictions to their sale practices.

I am pleased to report that our own immediate financial future was secured by receipt of a major legacy. Coming in addition to a large legacy the previous year, we are now able to invest with confidence so that we can help even more people. The importance of these gifts cannot be overestimated.

Indeed, this investment is vital as demand for our helpline and other services continues to increase from the 725,000 individuals diagnosed with an eating disorder in the UK (not to mention their friends, family and carers), many of who will endure chronic suffering and face the challenge of long waiting times for treatment, not to mention continued misunderstanding, stereotyping and stigma.

In the light of these challenges we are reviewing our strategy with the objective to become even more impactful and to play an even more significant role in encouraging and enabling early intervention and support, and so help thousands of people find the help and treatment they need in a timely and effective manner.

We know that we cannot do this alone and will seek to work in close collaboration with others who bring great experience and expertise to the field.

In particular, we are very grateful to all our donors and everyone who have raised funds for us as it is these donations which make our work possible.

Thank you also to all our fabulous volunteers, hard working staff - who have experienced a lot of change - and a very determined team of trustees. The latter have been instrumental in terms of guiding the charity in a time of great change.

I'd like to take this opportunity to report that Susan Ringwood, our former Chief Executive, left Beat in February 2015 after leading the organisation for 12 years, steering us to the point where Beat has become the UK champion of those suffering from eating disorders.

Thanks also to Lorna Garner, Beat's Chief Operating Officer, who stepped in as interim CEO while we recruited Susan's replacement.

Andrew Radford succeeded Susan as Chief Executive in July 2015. His brief is to work with the Board of Trustees to take Beat to the next level, enabling us to deliver an excellent service to all those who need us, more quickly and more effectively than ever before. We need to scale up even further in order to have an even greater impact on, and awareness of, the terrible affliction which Eating Disorders represent.

**Chris Outram**

Chairman of the Board of Trustees

**EATING DISORDERS ASSOCIATION  
LEGAL AND ADMINISTRATIVE INFORMATION  
FOR THE YEAR ENDED 31 MARCH 2015**

**Reference and administrative information**

Charity Name: Eating Disorders Association

Working name Beat

Charity registration number: 801343

Scottish charity registration number : SC039309

Company registration number: 2368495

Registered office and operational address: Wensum House  
103 Prince of Wales Road  
Norwich  
NR1 1DW

<b>Trustees</b>	Chris Outram	Chairman
	Valerie Jolliffe	Treasurer
	Anne-Marie Winton	Deputy Chairman
	Dr Alan Currie	(resigned 6 October 2014)
	Nicola Brentnall	(appointed 27 October 2014)
	Pooky Hesmondhalgh	
	Professor Hubert Lacey	
Charlotte Rhodes	(resigned 14 August 2015)	
Vanessa Ward	(resigned 1 September 2015)	

**Company Secretary** Lorna Garner

**Chief Executive** Andrew Radford

**Auditor** BDO LLP  
2<sup>nd</sup> Floor  
Yare House  
62-64 Thorpe Road  
Norwich  
NR1 1RY

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

**EATING DISORDERS ASSOCIATION**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2015**

The Board of Trustees, who are the Directors for company law purposes and Trustees under the Charities Act, present their report and financial statements for the year ended 31 March 2015.

#### **PURPOSE**

Beat's purposes, as set out in the objects contained in the company's memorandum of association, are:

- The relief of those suffering from anorexia, bulimia, binge eating disorder, other eating disorders and disordered eating.
- The preservation and protection of the physical and mental health of the families of those closely involved with the sufferers of eating disorders by the provision of advice and information.
- The education of the public in respect of the nature and treatment of eating disorders.
- The promotion of research into the cause and treatment of eating disorders and the dissemination of the results of such research.

We work towards this by:

- Challenging the stereotypes and stigma people with an eating disorder face.
- Campaigning for better services and treatment.
- Providing information, support and encouragement to seek treatment and recovery.

#### **BACKGROUND**

It is estimated that 725,000 people in the UK have a diagnosed eating disorder, although the true scale of the issue is not known. While these problems are not exclusive to young people, 1 in 30 under 18s have anorexia nervosa, bulimia nervosa or binge eating disorder. Eating disorders are serious mental illnesses and left untreated, blight people's lives over many years. Eating disorders cause more premature deaths per year than any other mental health condition. There is no single cause. However, research shows that where the condition is identified and treated early it is less likely to recur.<sup>1</sup> The problem is significant but the solutions are within our grasp.

#### **ACHIEVEMENTS AND PERFORMANCE**

In 2014-15 Beat provided a range of support services raising awareness of eating disorders and improving understanding by:

- Providing information, support and encouragement for anyone with an eating disorder, their families and friends, and professionals working with or worried about an individual in their care.
- Challenging stereotypes and stigma.
- Campaigning for timely and effective access to services and treatment, and addressing relevant societal issues.
- Co-ordinating and supporting research into eating disorders.
- Engaging with schools and professionals to increase understanding, knowledge and skills.
- Raising funds.

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<sup>1</sup> The Costs of Eating Disorders – Social, health and economic impacts, PwC, February 2015.

EATING DISORDERS ASSOCIATION  
REPORT OF THE TRUSTEES (continued)  
FOR THE YEAR ENDED 31 MARCH 2015

ACHIEVEMENTS AND PERFORMANCE (Continued)

Providing information, support and encouragement for anyone with an eating disorder, their families and friends, and professionals working with or worried about an individual in their care

*"I remember the first time I called the Beat Helpline. I had been suffering from bulimia for about three years and had hit rock bottom. My life was spiralling out of control. The Beat Helpline staff were amazing. They were understanding and friendly and suggested I used Beat's online services and make an appointment with my GP. They talked me through what might happen when I went there. Sitting here now knowing I am three years into recovery, I owe my life to Beat. If it wasn't for the Helpline and making that initial call I really don't know where I would be now." - Natalie, Beat service user.*

Demand for assistance from the Beat Helpline increased 10% in 2014-15 from 2013-14. In response to this demand we expanded our Helpline team, recruiting additional staff members and volunteers. The Helpline is, and will continue to be, at the very heart of Beat as an organisation. It is a direct lifeline for those looking for reassurance and information whether they are reaching out for help for the first time, are struggling to cope with the impact of a child going through eating disorder treatment, or a teacher worried about a young person in their charge.

The online world is an increasingly important part of Beat's work. Eating disorders are isolating illnesses and having forms of online support allows individuals to access services anonymously. The launch of our new website, generously funded by the Amy Winehouse Foundation, gave our online message boards a new lease of life. We also introduced new online software to reinstate our online support groups and added new online services.

As well as hosting our online services, our website is home to all of our health and social care information about eating disorders and their treatment. To ensure all our information is evidence-based and reliable, we are members of NHS England's Information Standard. We saw an 11% increase in the unique visitors to the website from 2013-14 and eight of the ten most visited pages were within our 'get help' section. Our HelpFinder website, Beat's online directory of eating disorder services was also given a refresh in February 2015, with an improved interface and search function. An increase in unique visitors was also replicated here, with 14% more people coming to search for eating disorder services in their area.

While a good percentage of our support is based online, 35 Beat self-help and support network groups across the country provided a physical space for people to share experiences, thoughts, successes and problems. We trained 59 new group facilitators to ensure the safe running of these groups.

EATING DISORDERS ASSOCIATION  
REPORT OF THE TRUSTEES (continued)  
FOR THE YEAR ENDED 31 MARCH 2015

ACHIEVEMENTS AND PERFORMANCE (Continued)

Challenging stereotypes and stigma

*"I felt others were afraid to talk to or approach me at times, the way they often are with a disabled person. I felt a lot of hostility, which was explicitly expressed. I was pointed at in the street, quite openly, stared at, asked humiliating personal questions. It was as if it gave them the right to say and do whatever they wanted without the usual rules of basic human decency. I was told by friends, family, and strangers that I was selfish. I was told by nursing staff, doctors, and hospital maintenance workers that I deserved all I got and was taking up bed space I didn't deserve, and responsible therefore for the illness and deaths of people whose bed I was occupying, people who were "actually sick" and "actually needed" treatment." - Survey respondent*

Eating disorders are shrouded in myths and misunderstandings. Many people still believe they only affect teenage girls, that you have to be thin to be diagnosed, or that they aren't mental illnesses but simply a lifestyle choice. By raising awareness of these serious mental illnesses and challenging the stereotypes and stigma, we can change public perception of them, which, in turn, increases understanding with the ultimate aim of reducing the prejudice and negative views our beneficiaries encounter.

Our Young Ambassador programme is central to our goal of reducing stigma. We have 78 Young Ambassadors working across England, Wales and Scotland who attended 254 events during the year. They use their message of recovery to tell the real story of eating disorders, breaking down misunderstanding by educating those they reach, spreading a message of hope and highlighting Beat's support services.

In 2014-15 our 25<sup>th</sup> anniversary gave the opportunity to continue to challenge stereotypes and stigma. Following our Public Lecture in February 2014 focussing on stigma research we held a series of events. We celebrated our valued volunteers at a recognition event on the Terrace Pavilion at the House of Commons, held a Comedy Gala at The Comedy Store in London where performers used their experiences of eating disorders, held a service of dedication at Norwich Cathedral and organised the second Beat the Bank event in London's financial sector. These events, kindly sponsored by various donors, gave us the opportunity to reach a variety of audiences with our messages, educating and challenging preconceived views about eating disorders.

Our opportunity to shout the loudest about inequalities for those affected by an eating disorder came during Eating Disorders Awareness Week, our annual event, which took place from 23 February to 1 March 2015. During the week we campaigned on our *Costs of Eating Disorders* report. The report, funded by N Brown plc and carried out by PricewaterhouseCoopers, looked at the social, health and economic impacts of eating disorders.

In November 2014, we asked our loyal supporters to rally round to help us 'Beat the Silence'. An online video, produced with London based marketing agency Kitcatt Nohr, outlined how it was difficult for men in particular to open up about an eating disorder. ITV presenter John Stapleton and personality Uri Geller lent their support to the campaign which was promoted via our social media channels, one post reaching more than 125,000 people.

EATING DISORDERS ASSOCIATION  
REPORT OF THE TRUSTEES (continued)  
FOR THE YEAR ENDED 31 MARCH 2015

ACHIEVEMENTS AND PERFORMANCE (Continued)

Campaigning for timely and effective access to services and treatment and addressing relevant societal issues

*"I have been waiting for therapy for 13 months and it is predicted to take another six until I am at the top of the list." - Survey respondent*

Though eating disorders are serious, with anorexia nervosa claiming more lives each year than any other mental illness, recovery is possible, and the chance of recovery increases with timely and effective access to services and treatment. However, treatment for eating disorders is not consistent across the country and those who need it often face lengthy waits. Beat continues to give a voice to the 725,000 individuals diagnosed with an eating disorder in the UK by campaigning to influence service provision, informing and educating Members of Parliament, and working with the media to tell the true story of eating disorders. In December 2014, Deputy Prime Minister Nick Clegg promised £150million to improve waiting times for young people accessing Child and Adolescent Mental Health Services. Mental health is on the government's agenda, we must make sure it remains there.

We commissioned PwC to calculate the social, health and economic costs of eating disorders. Their report included results from a survey of first-hand experience of more than 500 people across the UK who have been affected by the illness. *The Costs of Eating Disorders - Social, Health and Economic Benefits* found that eating disorders cost the UK economy £15.8 billion pounds every year including an annual direct financial burden on sufferers in the region of £2.6-£3.1bn, total treatment costs to the NHS in the region of £3.9-£4.6bn and lost income to the economy of around £6.8-£8bn. It also identified three specific areas where attention is needed: to invest in early identification and treatment, to unblock the delays and to reduce the costs to society and the individual. This report has been fundamental in both our contact with influencers and our work in the media, it gives us a solid foundation on which to base our authoritative and respected voice.

Our project providing support to individuals who emotionally overeat showed that there was still a lack of knowledge and understanding about emotional overeating and the ways in which it is treated by healthcare professionals. To look further into the issue we surveyed over 1,000 people about the support provided to those who overeat. 79% told us they felt under pressure from society to lose weight and 73% said that when they sought advice from their GP about being overweight their emotional health was not addressed. We used the survey to generate media interest and were featured on ITV's breakfast programme Good Morning Britain and 15 local BBC radio stations.

During the year, we also worked with BBC Watchdog to develop a special feature about laxative abuse amongst individuals with eating disorders. The programme, which regularly attracts 6 million viewers, featured Beat Young Ambassador Lottie Hall speaking about her personal experience. We developed a 5-point call to action to retailers to regulate the sale of laxatives, featured in our press release to local and national media and on our website, and the focal point of our TV and radio interviews. Beginning with regional BBC radio on Thursday 16 October, we secured significant coverage in national press and regional BBC and ITV News. Following the campaign many retailers changed their practices for selling laxatives, for instance by limiting the number of packs that could be bought in a single transaction or by only selling laxatives to customers over the age of sixteen.



**EATING DISORDERS ASSOCIATION**  
**REPORT OF THE TRUSTEES (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**ACHIEVEMENTS AND PERFORMANCE (Continued)**

**Co-ordinating and supporting research into eating disorders**

*"Thank you so much to you, Beat and all your volunteers and service users - you have been a huge help and I have had a very positive response!" - Trainee Clinical Psychologist.*

To Beat, research represents increased knowledge and understanding, and is key to achieving our mission to overcome eating disorders. We perform our own research, collaborate with other projects and help recruit participants into research projects performed by others.

Beat's research project funded by the Big Lottery looks to extend the evidence base for treatment of adults with anorexia nervosa. Working with Central and North West London NHS Trust through Vincent Square Eating Disorders Service, and Sheffield Health and Social Care NHS Foundation Trust through Sheffield Eating Disorders Service, patients involved in the trial will receive Cognitive Behavioural Therapy (CBT) or Cognitive Analytic Therapy (CAT). Our study is concerned with whether there are particular clinical characteristics or personality traits at the start of treatment which may suggest that one therapy would be more suitable than the other.

Beat has continued to act as part of a group of researchers working on a project about eating disorders stigma. During this year, the findings have been presented at two international conferences and we are looking to secure funding for publication of the research. Our work to assist other researchers at postgraduate and professional levels continued during 2014-15, helping to recruit participants for projects through advertisements via our website, email and social media. This activity allows us to build up a network of influencers in the research world.

**Engaging with schools and professionals to increase understanding, knowledge and skills**

*"The Beat Young Ambassador's talk was probably the single most engaging, useful and inspiring lecture we have had in the past two and a half years! Really valuable." - Lothian Clinical Psychologist workshop.*

The *Costs of Eating Disorders* Report outlined the importance of the investment in early identification and treatment. However, the report also acknowledged this responsibility should not lie with the health service and primary care alone and that parents, schools, colleges, community organisations and peers could form part of an active approach. Our work to engage with schools and professionals aims to educate individuals to empower them to take action sooner rather than later.

Our self-esteem workshops in partnership with the Unilever brand Dove came to a close in 2015. The workshops, free to any Key Stage 3 student, were developed with Dove to address the huge range of complex self-esteem issues for young people today. The workshops aimed to help students gain skills and confidence to be the best version of themselves and achieve their full potential in life. Though eating disorders don't have one sole causative factor, many who are diagnosed experience low self-esteem and self-worth. Working with the All Party Parliamentary Group for Body Image, and on other projects similar to this one with Dove, will continue to be important to Beat.

As well as our work with Dove, we also delivered training courses attended by a range of professionals, including teachers and school staff, dieticians, hypnotherapists, psychotherapists, nurses, support workers and carers. We thank the Butterfly Bursary for funds to hold training sessions for individuals from the education sector and primary care professionals in Lothian, Scotland. To keep up with demands for training we recruited and trained an additional five trainers in Northern Ireland, 11 in England and one in Wales.

**EATING DISORDERS ASSOCIATION**  
**REPORT OF THE TRUSTEES (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**ACHIEVEMENTS AND PERFORMANCE (Continued)**

**Funding Beat**

*The Great Wall of China trek would be a challenge in every way, not only the walking, but the fundraising, the telling people why, and it was something I wanted to go and do by myself, without any family or friends, and push myself out of my comfort zone. It felt good to fundraise for Beat and spread the word about the amazing work they do for a largely misconceived illness. It's incredible how the money adds up, and with a pub quiz night, a few stalls, a sponsored golf hole and a lot of promoting my online page I managed to beat my fundraising target and reach a total of just over £3,500.*

*The trek was an amazing experience, meeting new people, seeing the most incredible things, and feeling happy, healthy and confident, things I never felt with my illness. It was such a great sense of achievement in every way, and it's something I am very proud of and will never forget." -  
Fundraiser*

We are extremely grateful to all our donors and supporters. The charity world has been shaken this year by reports of unethical fundraising. Beat does not receive any statutory funding and so we rely on the generosity of our supporters to fund our work. We have never taken our supporters' goodwill for granted and are members of the Fundraising Standards Board, making a commitment to adhere to best practice. We will continue to show our supporters the respect they so deserve.

We need to increase our income generation activities significantly if we are to reduce our reliance on legacies. This is still a work-in-progress but early results are encouraging.

During Eating Disorders Awareness week we ran our Sock It to Eating Disorders campaign for the third year increasing participants by almost 30%. The campaign was supported by the comedian Katherine Ryan and by N Brown Group plc, who sold Beat branded socks in selected stores of Simply Be and Jacamo.

In 2014-15 challenge events once again proved popular with individuals signing up for a wide range of events in aid of Beat. This included 7 runners in the London Marathon and 19 in the Brighton marathons generating over £31,000 in funds. Money raised by our London marathon runners increased by £9,000 over 2013-14. Other challenge events included skydives, a trek to Everest Base Camp and the annual Santa Run in December.

We were beneficiaries of the Stratford Ball in October, and further funds were generated by a volunteer committee who organised a New York-themed ball, attended by over 300 young people in London. The Beat fundraising committee helped to organise the second Beat the Bank Fundraising Dinner in March 2015, which raised over £20,000 to support our essential services.

We enjoyed the support of a number of key corporate partners, including N Brown Group plc during the first year of our three year Charity of the Year partnership. We continued to work with other partners including ASOS, who supported our online groups for another year and hosted our website launch at their London Head Office. We started working with Simply Finance, who supported our fundraising events with auction prizes and financial sponsorship, and also raised money for Beat with their Christmas Jumper Day in December.

Over the past two years we have received over £3.5 million in legacies. We are very grateful to those who have left us money, which we use to ensure we can help as many people as possible who are affected by eating disorders, and we encourage others to think of Beat when they draft their wills.

**EATING DISORDERS ASSOCIATION**  
**REPORT OF THE TRUSTEES (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**LOOKING FORWARD**

Building on our work in 2014-15, over the coming year we will:

- Adopt a new strategy which will transform Beat, ensuring that we can face the future fit to provide high quality support for those affected by an eating disorder.
- Increase our investment in the Helpline and support groups, in order to help the growing number of people affected by eating disorders.
- Extend our presence nationally, including the establishment of a London base.
- Use the publication of our *Costs of Eating Disorders* report to highlight the issue in the media and to call for action by the NHS and Government.
- Campaign for earlier access to specialist treatment in the NHS, so that people with eating disorders can get the help they need as soon as possible.

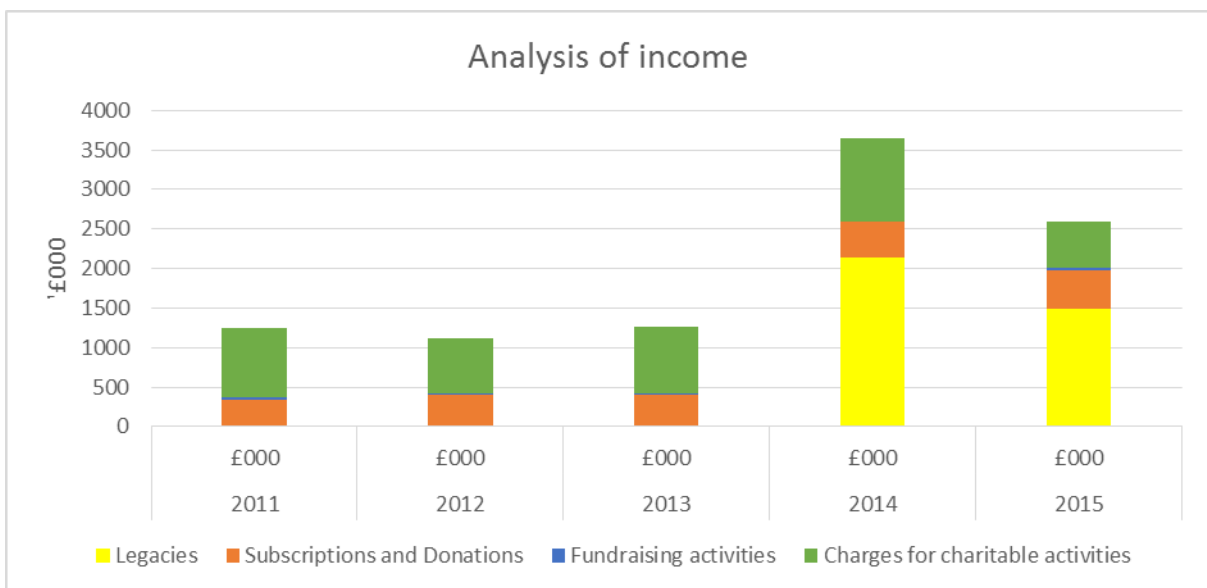
**FINANCIAL REVIEW**

Having received legacy income of £2.15 million in the previous financial year, Beat has started a process of transforming itself to meet the needs of the increasing number of people with eating disorders in the future. This has included growing the use of the Helpline, launching better online software to improve our online support groups, recruiting a new Chief Executive and increasing the size of the fundraising team.

Total incoming resources for the year were £2.60 million compared to £3.66 million for the previous year. Further legacies totalling £1.48 million were received during the current year, significantly strengthening the financial position of the charity.

Expenditure increased from £1.42 million to £1.68 million (an increase of 18.7%) as the first stages of the planned increased activity was put in place. Of this £1.68 million expenditure, £0.52 million was funded from the legacy received last year. We plan to invest this legacy income over a three to four year period to support key services and build capacity for growth.

This has left the charity with reserves of £3.54 million at 31 March 2015, compared to £2.63 million at 31 March 2014.



**EATING DISORDERS ASSOCIATION**  
**REPORT OF THE TRUSTEES (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**FINANCIAL REVIEW (Continued)**

**Balance Sheet**

Beat does not invest significant sums in fixed assets. The net book value of fixed assets at 31 March 2015 was £26,000. This mostly relates to computers and technology needed to support our activities.

Debtors have increased from £0.27 million at 31 March 2014 to £1.48 million at 31 March 2015. This reflects legacy income that was recognised in the accounts during the year but not received until June 2015.

**Reserves**

The Trustees review reserves every year and set a reserves policy which reflects the reserves needed to support the organisation through a period of uncertainty. Currently it is the charity's policy to have free reserves (i.e. excluding restricted and designated funds) equivalent to three months of operating expenditure. Based on these accounts, this creates a target for free reserves of £0.42 million. As at the year end, Beat's free reserves exceed this target by £0.32 million.

The Trustees have established the designated fund to finance the establishment of a London base and to expand Beat's regional presence across the country, to invest in fundraising, and to develop a stronger campaigning presence. It is expected the designated fund will be spent over a three to four year period.

Current reserves are as follows:

		2015 £000	2014 £000
Restricted Funds	(must be applied in line with donor's instructions)	1,548	2,256
Designated Funds	(activity specified by the Trustees)	1,259	0
General Fund	(free reserves)	738	374
<b>Total</b>		<b>3,545</b>	<b>2,630</b>

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is a company limited by guarantee, incorporated on 5 April 1989 and registered as a charity on 7 April 1989. The company was established under a Memorandum of Association which established the objects and powers of the charitable company, and is governed under its Articles of Association. At 31 March 2015 there were 197 (2014: 197) voting members, who guarantee the liabilities of the company in the event of a winding-up, to a maximum of £1 each.

**EATING DISORDERS ASSOCIATION**  
**REPORT OF THE TRUSTEES (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**STRUCTURE, GOVERNANCE AND MANAGEMENT (Continued)**

**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.

Under the requirements of the Articles of Association, the Trustees are elected to serve for a term of three years. A recruitment panel, delegated from the main Board, interviews and recommends Trustees for approval by the Board and to stand for election by the members at a general meeting.

Trustees may serve a maximum of two terms not including any time (up to a maximum of six years) spent as Chairman, Vice Chairman or Treasurer. There must be at least six Trustees.

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

- Finance: This committee currently meets monthly to oversee finance and to support the executive in the development of budgets, financial and management reporting, and risk.
- Human Resources: This committee works with the Chief Executive and his team to ensure Beat can attract, develop and retain great staff and volunteers.
- Development: This committee takes a lead in fundraising, particularly events, and meets at least quarterly.

Day-to-day management of Beat is delegated to the Chief Executive and the Executive Team.

All Board members give their time voluntarily but may claim reasonable travel expenses, which are shown in Note 7 to the accounts.

The Board is currently recruiting new trustees to bring new talent and fresh ideas to the organisation as part of the change programme. The Board regularly reviews the skills of those involved, considering the direction of the organisation and the skills needed to take Beat forward with confidence.

**Public benefit**

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

**Risk management**

The Board of Trustees regularly reviews the major risks to which the charity is exposed. A risk register has been established and is updated annually in line with Beat's short and long term plans. Plans are amended accordingly and where appropriate, systems and procedures have been established to manage the charity's risks.

The risks which are considered to threaten the highest impact, taking into account controls and mitigation plans we have in place, are:

- Loss of reputation leading to inability to raise funds or win new contracts.
- Loss of a major source of income affecting our ability to achieve full recovery of all the costs of running the charity.

During the year, the risks were satisfactorily managed and no major operational problems encountered.

**EATING DISORDERS ASSOCIATION**  
**REPORT OF THE TRUSTEES (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**STRUCTURE, GOVERNANCE AND MANAGEMENT (Continued)**

**Statement of Trustees' Responsibilities**

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable laws and regulations. Company law requires the Trustees to prepare financial statements for each financial year in accordance with United Kingdom Accounting Standards and applicable law. 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 charity and of the incoming resources and application of resources, including income and expenditure, of the charity for the period.

In preparing these accounts the Trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Make judgements 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; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on a going concern basis.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Provision of information to auditor**

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

- So far as the Trustee is aware, there is no relevant audit information of which the charity's auditor is not aware; and
- The Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any information needed by the charity's auditor in connection with preparing its report and to establish that the charity's auditor is aware of that information.

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

**Basis of preparation**

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting for Charities (issued in March 2005) and in accordance with the special provisions relating to companies subject to the small companies regime within part 15 of the Companies Act 2006.

This report was approved by the Board of Trustees on 26 October 2015 and signed on its behalf.

**Chris Outram**

(Chairman of the Board of Trustees)

## **INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES AND MEMBERS OF EATING DISORDERS ASSOCIATION**

We have audited the financial statements of Eating Disorders Association for the year ended 31 March 2015 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charity's trustees and members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the Charities and Trustee Investment (Scotland) Act 2005. Our audit work has been undertaken so that we might state to the charity's trustees and 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 charity and the charity's trustees and members as a body, for our audit work, for this report, or for the opinions we have formed.

### **Respective responsibilities of trustees and auditor**

As explained more fully in the Statement of Trustees' Responsibilities, 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.

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

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Financial Reporting Council's (FRC's) Ethical Standards for Auditors.

### **Scope of the audit of the financial statements**

A description of the scope of an audit of financial statements is provided on the FRC's website at [www.frc.org.uk/auditscopeukprivate](http://www.frc.org.uk/auditscopeukprivate).

### **Opinion on financial statements**

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 2015 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, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

### **Opinion on other matter prescribed by the Companies Act 2006**

In our opinion the information given in the Trustees' Annual Report for the financial year for which the financial statements are prepared is consistent with the financial statements.

## INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES AND MEMBERS OF EATING DISORDERS ASSOCIATION

### Matters on which we are required to report by exception

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

- the charitable company has not kept proper and adequate accounting records 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, take advantage of the small companies exemption in preparing the trustees' report or the exemption from the requirements to prepare a strategic report.

**Nicholas Buxton MA ACA**, Senior Statutory Auditor  
for and on behalf of BDO LLP, Statutory Auditor  
Norwich  
United Kingdom

Date: 26 October 2015

BDO LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006.

BDO LLP is a limited liability partnership registered in England and Wales (with registered number OC305127).



**EATING DISORDERS ASSOCIATION**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**(INCLUDING INCOME AND EXPENDITURE ACCOUNT)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2015 £	Total funds 2014 £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds:</b>					
Voluntary income:	2	1,923,391	50,247	1,973,638	2,593,462
Activities for generating funds:	3	40,661	-	40,661	2,960
Bank Interest		8,150	-	8,150	984
<b>Incoming resources from charitable activities:</b>	4	212,509	364,291	576,800	1,059,458
<b>Total incoming resources</b>		<u>2,184,711</u>	<u>414,538</u>	<u>2,599,249</u>	<u>3,656,864</u>
<b>RESOURCES EXPENDED</b>					
<b>Costs of generating funds:</b>					
Costs of generating voluntary income		280,675	-	280,675	195,965
Charitable activities		246,961	1,123,218	1,370,179	1,214,227
Governance costs		33,674	-	33,674	8,584
<b>Total resources expended</b>	6	<u>561,310</u>	<u>1,123,218</u>	<u>1,684,528</u>	<u>1,418,776</u>
<b>Net incoming / (outgoing) resources before other recognised gains</b>		1,623,401	(708,680)	914,721	2,238,088
<b>Other recognised gains</b>					
Realised (losses) on disposal of investments		(52)	-	(52)	(838)
<b>Net movement in funds</b>		<u>1,623,349</u>	<u>(708,680)</u>	<u>914,669</u>	<u>2,237,250</u>
<b>Total funds brought forward</b>		<u>373,885</u>	<u>2,256,271</u>	<u>2,630,156</u>	<u>392,906</u>
<b>Total funds carried forward</b>	16	<u><u>1,997,234</u></u>	<u><u>1,547,591</u></u>	<u><u>3,544,825</u></u>	<u><u>2,630,156</u></u>

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

**EATING DISORDERS ASSOCIATION**  
**BALANCE SHEET**  
**AS AT 31 MARCH 2015**  
**Company Number: 2368495**

		2015		2014	
	Notes	£	£	£	£
<b>FIXED ASSETS</b>					
Tangible assets	11		26,426		31,181
<b>CURRENT ASSETS</b>					
Stock	12	3,833		4,289	
Debtors	13	1,478,914		266,046	
Cash at bank and in hand		2,234,726		2,566,671	
		3,717,473		2,837,006	
<b>CREDITORS</b>					
Amounts falling due within one year	14	(190,870)		(223,019)	
<b>NET CURRENT ASSETS</b>			3,526,603		2,613,987
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			3,553,029		2,645,168
<b>CREDITORS</b>					
Amounts falling due after one year	15		(8,204)		(15,012)
<b>NET ASSETS</b>			3,544,825		2,630,156
<b>REPRESENTED BY:</b>					
<b>Restricted funds</b>					
Restricted funds	16		1,547,591		2,256,271
<b>Unrestricted funds</b>					
Designated Fund	16		1,259,045		-
General Fund			738,189		373,885
			3,544,825		2,630,156
<b>Total funds</b>			3,544,825		2,630,156

The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved and authorised for issue by the board and signed on its behalf on 26 October 2015

.....  
Chris Outram - Chairman of Board of Trustees

.....  
Valerie Jolliffe - Treasurer

**EATING DISORDERS ASSOCIATION  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2015**

**1. Accounting policies**

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

**(a) Basis of accounting**

The financial statements have been prepared under the historical cost convention and in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Act 2011, the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" issued in March 2005 and the Financial Reporting Standard for Smaller Entities (effective April 2008).

**(b) Fund accounting**

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.
- Further explanations of the nature and purpose of each fund are included in the notes to the financial statements.

**(c) Incoming resources**

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

- Voluntary income is received by way of grants, legacies, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Legacies are included in the Statement of Financial Activities when the charity becomes aware of its entitlement to the gift and the amount involved can be quantified.
- The value of services provided by volunteers has not been included in these accounts.
- Investment income is included when receivable.
- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

**(d) Resources expended**

Resources expended are included in the Statement of Financial Activities on an accruals basis, exclusive of any VAT which cannot be recovered and is reported as part of the expenditure to which it relates. Irrecoverable VAT is shown separately.

- Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**1. Accounting policies (continued)**

**(d) Resources expended (continued)**

- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and also include the audit fees and costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in Note 6.

**(e) Pension costs**

The charity contributes to a pension scheme (the Growth Plan) operated by The Pensions Trust. Pension costs charged in the Statement of Financial Activities represent contributions payable by the charity in the year. The pension scheme is being treated as a defined contribution scheme rather than a defined benefit scheme as the scheme is part of a multi-employer scheme and the assets and liabilities of Beat are not easily identifiable. Full details are given in note 19.

The charity also contributes to a defined contribution pension scheme in respect of one employee. The assets of the scheme are held separately from those of the charity in an independently administered fund.

**(f) Operating leases**

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

**(g) Tangible fixed assets**

Fixed assets are stated at cost less accumulated depreciation. The costs of minor additions costing below £1,000 are not capitalised.

Tangible fixed assets are depreciated on a straight-line basis over their estimated useful lives as follows:

Leasehold improvements	over the period of the lease
Computers, including software and website	33.3% per annum on cost
Office furniture and equipment	20% per annum on cost

**(h) Investments**

Investments held as fixed assets are revalued at mid-market value at the balance sheet date and the gain or loss taken to the Statement of Financial Activities. Any disposals in the year are at opening market value or at market value at the date of acquisition with any gain or loss again being taken to the Statement of Financial Activities.

**(i) Stock**

Stock is included at the lower of cost or net realisable value.

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

1. Accounting policies (continued)

(j) Finance leases and hire purchase

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible fixed assets. Assets acquired by finance lease are depreciated over the shorter of the lease term and their useful lives. Assets acquired by hire purchase are depreciated over their useful lives. Finance leases are those where substantially all of the benefits and risks of ownership are assumed by the company. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce a constant periodic rate of charge on the net obligation outstanding in each period.

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

2. Voluntary income

	Unrestricted £	Restricted £	2015 £	2014 £
Donations	390,481	50,214	440,695	409,334
Legacies	1,482,566	-	1,482,566	2,146,268
Gift aid	48,819	33	48,852	35,715
Membership	1,525	-	1,525	2,145
	<u>1,923,391</u>	<u>50,247</u>	<u>1,973,638</u>	<u>2,593,462</u>

3. Activities for generating funds

	Unrestricted £	Restricted £	2015 £	2014 £
Affinity income	352	-	352	199
Merchandise sales - Internal	307	-	307	2,656
Badge sales	2	-	2	105
Sponsorship	40,000	-	40,000	-
	<u>40,661</u>	<u>-</u>	<u>40,661</u>	<u>2,960</u>

4. Incoming resources from charitable activities

	Unrestricted £	Restricted £	2015 £	2014 £
Grants (note 5)	26,795	364,291	391,086	739,417
Income from training and conferences	30,637	-	30,637	157,066
Publications	45,502	-	45,502	48,723
Professional membership	3,663	-	3,663	3,944
Professional Services	3,750	-	3,750	-
Contracting income	102,162	-	102,162	110,308
	<u>212,509</u>	<u>364,291</u>	<u>576,800</u>	<u>1,059,458</u>

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

5. Grants

	Unrestricted £	Restricted £	2015 £	2014 £
Grants (less than £5,000)	26,795	-	26,795	14,963
Amy Winehouse Foundation	-	22,500	22,500	22,500
AVON Support Groups	-	-	-	10,000
BBC Children In Need Appeal	-	35,419	35,419	25,015
BBC Children In Need Sibling Support	-	7,576	7,576	-
Big Lottery Fund - Mental Health Matters Programme Wales	-	-	-	130,256
Big Lottery Fund - Research Programme	-	62,226	62,226	109,243
Butterfly Bursary NHS Lothian	-	7,000	7,000	-
City Bridge Trust	-	30,176	30,176	36,500
Comic Relief	-	8,589	8,589	27,071
Department for Culture Media and Sport	-	10,000	10,000	-
Dove Training	-	-	-	168,544
Ellern Mede School	-	20,000	20,000	-
Freeman Trust	-	-	-	5,000
Garfield Weston Foundation	-	-	-	40,000
Health & Social Care Voluntary Fund	-	98,150	98,150	83,430
Limbourne Trust	-	-	-	9,000
Lincolnshire Partnership	-	2,219	2,219	7,500
Norwich Youth Advisory Board	-	-	-	8,733
The Black Heart Foundation	-	5,000	5,000	-
The Jordan Foundation	-	-	-	5,000
Whitewater Charitable Trust	-	20,000	20,000	-
Young Start Scotland 14	-	24,996	24,996	-
Young Start Scotland	-	10,440	10,440	36,662
	<u>26,795</u>	<u>364,291</u>	<u>391,086</u>	<u>739,417</u>
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

6. Total resources expended

	Providing information and encouragement	Raising awareness and understanding	Influencing the way services and treatment are provided	Promoting research	Increasing understanding, knowledge and skills	Raising funds	Governance	2015 Total	2014 Total
	£	£	£	£	£	£	£	£	£
<b>Direct</b>									
Staff costs	304,371	149,926	17,547	57,113	86,776	106,791	-	722,524	692,488
Office costs	26,681	25,527	4,757	39,968	7,247	12,477	-	116,657	47,428
Operational costs	27,086	10,071	1,268	709	20,288	11,744	-	71,166	64,256
Event costs	58,160	12,009	319	218	76,043	58,692	-	205,441	237,860
<b>Total Direct costs</b>	<b>416,298</b>	<b>197,533</b>	<b>23,891</b>	<b>98,008</b>	<b>190,354</b>	<b>189,704</b>	<b>-</b>	<b>1,115,788</b>	<b>1,042,032</b>
<b>Indirect</b>									
Staff costs	128,985	61,202	7,403	30,367	58,979	58,777	18,000	363,713	208,937
Office costs	47,658	22,614	2,735	11,220	21,792	21,718	-	127,737	105,226
Operational costs	469	223	27	110	215	214	15,674	16,932	15,308
Depreciation	4,708	2,234	270	1,108	2,153	2,145	-	12,618	16,301
VAT	17,811	8,452	1,022	4,194	8,144	8,117	-	47,740	30,972
<b>Total Indirect costs</b>	<b>199,631</b>	<b>94,725</b>	<b>11,457</b>	<b>46,999</b>	<b>91,283</b>	<b>90,971</b>	<b>33,674</b>	<b>568,740</b>	<b>376,744</b>
<b>TOTAL RESOURCES EXPENDED</b>	<b>615,929</b>	<b>292,258</b>	<b>35,348</b>	<b>145,007</b>	<b>281,637</b>	<b>280,675</b>	<b>33,674</b>	<b>1,684,528</b>	<b>1,418,776</b>

Indirect costs are apportioned to activities on the basis of full time equivalent staff working on each activity.



**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**7. Staff costs and Trustees' remuneration**

	2015	2014
	£	£
Wages and salaries	808,829	691,079
Social security costs	66,184	61,454
Pension costs	29,622	22,939
	904,635	775,472
	904,635	775,472

No employee earned in excess of £60,000 per annum.

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 794 volunteers and Young Ambassadors to help us fundraise, promote awareness, speak to the media and deliver services such as the Help Line, self-help networks and conferences. Beat has valued this time to be worth approximately £115k. This is a 70% reduction compared to 2013/14. The main reasons for this have been due to changes within our services and projects which have impacted on the total number of volunteers required. Part of Beat's strategy is to increase the number of Beat volunteers to strengthen the network of support groups through establishing partnerships, and to increase our footprint across the UK.

Trustees are reimbursed for reasonable travel expenses which for the year amounted to £278 (2014: £522) for three Trustees (2014 - 3). No remuneration was paid to any Trustee during the year.

Donations from five (2014 - 5) of the trustees during the year totalled £8,670 (2014 - £2,295).

**8. Staff numbers**

The average number of full-time equivalent employees during the year was made up as follows:

	2015	2014
	£	£
Charitable activities	26	27
Fundraising	4	2
	30	29
	30	29

**9. Net incoming resources**

	2015	2014
	£	£
This is stated after charging:		
Operating leases	74,677	62,802
Depreciation (note 11)	3,801	7,450
Depreciation - assets held under finance lease	8,751	8,851
Auditor's remuneration - external audit	6,364	6,000
	93,593	85,103
	93,593	85,103

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**10. Taxation**

The company is a charity within the meaning of Para 1 Schedule 6 Finance Act 2010. Accordingly the company is potentially exempt from taxation in respect of income or capital gains within categories covered by Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes. No tax charge arose in the period. Irrecoverable VAT amounted to £83,302 (2014: £61,989).

**11. Tangible Fixed Assets**

	Improvements to leasehold property £	Computer equipment £	Office furniture & equipment £	Total £
<b>Cost</b>				
At 1 April 2014	18,595	95,770	18,302	132,667
Additions	-	7,863	-	7,863
Disposals	-	(4,643)	(100)	(4,743)
At 31 March 2015	<u>18,595</u>	<u>98,990</u>	<u>18,202</u>	<u>135,787</u>
<b>Depreciation</b>				
At 1 April 2014	14,522	70,201	16,763	101,486
Provided for the year	1,832	10,034	686	12,552
Eliminated on disposal	-	(4,577)	(100)	(4,677)
At 31 March 2015	<u>16,354</u>	<u>75,658</u>	<u>17,349</u>	<u>109,361</u>
<b>Net book value</b>				
At 31 March 2015	<u>2,241</u>	<u>23,332</u>	<u>853</u>	<u>26,426</u>
At 31 March 2014	<u>4,073</u>	<u>25,569</u>	<u>1,539</u>	<u>31,181</u>

Included in within computer equipment are assets held under finance lease with a net book value of £17,184 (2014 - £21,274). Depreciation charged on assets held under finance lease amounts to £8,751 (2014 - £8,851).

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

12.	Stock	2015 £	2014 £
	Books for resale	3,789	4,160
	Merchandise	44	129
		<u>3,833</u>	<u>4,289</u>
13.	Debtors	2015 £	2014 £
	Trade debtors	24,679	53,879
	Prepayments	68,531	44,402
	Accrued income	1,385,704	167,765
		<u>1,478,914</u>	<u>266,046</u>
14.	Creditors: Amounts falling due within one year	2015 £	2014 £
	Trade creditors	78,592	33,971
	Other taxes and social security costs	1,319	30,749
	Accruals	75,691	79,941
	Deferred income	29,438	38,506
	Loan	-	33,581
	Finance lease	5,830	6,271
		<u>190,870</u>	<u>223,019</u>

The net obligations under finance leases are secured on the assets concerned.

15.	Creditors: Amounts falling due after one year	2015 £	2014 £
	Finance lease	8,204	15,012
		<u>8,204</u>	<u>15,012</u>

The net obligations under finance leases are secured on the assets concerned.

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**16. Funds**

	Balance 1 April 2015	Incoming Resources	Outgoing resources	Transfers	Recogn- ised gains and losses	Balance 31 March 2015
	£	£	£	£	£	£
<b>Restricted funds</b>						
Amy Winehouse Foundation	12,033	22,500	34,533	-		-
ASOS	-	14,500	13			14,487
Austin and Hope Pilkington Trust	2,527	-	826			1,701
AVON Support Groups	9,935	-	3,133			6,802
BBC Children in Need	-	35,419	35,398			21
BBC Children in Need Sibling Support	-	7,576	5,547			2,029
Beat Research Fund	19,501	-	1,950			17,551
Big Give restricted Fund	-	21,036	5,257			15,779
Big Lottery Fund - Mental Health						
Matters Programme Wales	13,153	-	13,153			-
Big Lottery Fund - Research Programme	57,534	62,226	68,278			51,482
Black Heart Foundation	-	5,000	5,000			-
Butterfly Bursary NHS Lothian	-	7,000	7,000			-
Charlotte Helix Fund	8,727	7,215	15,942			-
City Bridge Trust	6,060	30,176	36,236			7,661
Clive Barter Bursary	10,946	-	-			10,946
Comic Relief	-	8,589	8,589			-
Cuzner	-	200	200			-
Department for Culture Media & Sport	-	10,000	10,000			-
Dove Training	182,262	-	163,385			18,877
Ellern Mede School	-	20,000	20,000			-
Gribble restricted fund	-	181	181			-
Health & Social Care Voluntary Fund	9,442	98,150	95,373			12,219
Lincs Partnership NHS Foundation	4,028	2,219	6,247			-
Trust						
Norwich Youth Advisory Board	8,676	-	8,676			-
Norfolk Community Foundation	3,955	-	2,692			1,263
Stratford Ball	-	7,100	-			7,100
Legacy	1,894,736	-	517,946	-		1,376,790
The Tudor Trust	319	-	10	-		309
Wales Community Fundraising	-	15	15	-		-
Whitewater Charitable Trust	-	20,000	17,051			2,949
Young Start Scotland 2014	-	24,996	17,710			7,286
Young Start Scotland	12,437	10,440	22,877			-
	<u>2,256,271</u>	<u>414,538</u>	<u>1,123,218</u>			<u>1,547,591</u>
<b>Unrestricted funds</b>						
Designated						
	-	-	-	1,259,045	-	1,259,045
General						
	373,885	2,184,711	561,310	(1,259,045)	(52)	738,189
	<u>2,630,156</u>	<u>2,599,249</u>	<u>1,684,528</u>	<u>-</u>	<u>(52)</u>	<u>3,544,825</u>

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**16. Funds (continued)**

Restricted funds where £10,000 or more was received during the year were as follows.

		Income in year £
Amy Winehouse Foundation	Funding to design and build the new Beat website	22,500
ASOS	Funding to develop online support groups	14,500
BBC Children in Need	Funding towards the cost of the staffing and associated costs of running the Youthline telephone helpline and online service	35,419
Big Give restricted fund	Funding towards the Young Ambassador programme	21,036
Big Lottery Fund	Research Programme - funding to explore psychological therapies for anorexia nervosa in partnership with CNWL NHS Foundation Trust	62,226
City Bridge Trust	Funding to provide support to eating disorder sufferers in Greater London while going through a transition in their lives	30,176
Department for Culture Media & Sport	To develop a module engaging young people with the issues around body image for delivery in the National Citizen Service.	10,000
Ellern Mede School	Funding towards the Young Ambassador programme	20,000
Health & Social Care Volunteering Fund	Funding to provide support groups to people with emotional overeating in the East of England and East and West Midlands	98,150
Whitewater Charitable Trust	Funding towards upgrading the Beat website	20,000
Young Start Scotland	Funding to support Beat's Young Ambassador programme in the Lothian area of Scotland	35,436

**Designated Fund**

The Trustees have established the designated fund to finance the establishment of a London base and to expand Beat's regional presence across the country, to invest in fundraising, and to develop a stronger campaigning presence. It is expected the designated fund will be spent over a three to four year period.

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**17. Analysis of net assets between funds**

	General Fund £	Restricted funds £	Total £
Tangible fixed assets	26,426	-	26,426
Net current assets	1,979,012	1,547,591	3,526,603
Creditors amounts due in more than 1 year	(8,204)	-	(8,204)
	1,997,234	1,547,591	3,544,825
	1,997,234	1,547,591	3,544,825

**18. Operating lease commitments**

The amounts payable in the next year are shown below, analysed according to the expiry date of the leases.

	2015 £	2014 £
<b>In respect of equipment</b>		
Within one year	2,189	2,657
Between one and five years	10,464	1,747
	12,653	4,404
	12,653	4,404
<b>In respect of property</b>		
Between one and five years	62,649	58,398
	62,649	58,398

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**19. Pensions**

**(a) The Growth Plan**

Beat participates in The Pensions Trust's Growth Plan (the Plan). The Plan is funded and is not contracted-out of the State scheme. The Plan is a multi-employer pension plan.

Contributions paid into the Plan up to and including September 2001 were converted to defined amounts of pension payable from Normal Retirement Date. From October 2001 contributions were invested in personal funds which have a capital guarantee and which are converted to pension on retirement, either within the Plan or by the purchase of an annuity.

The rules of the Plan allow for the declaration of bonuses and/or investment credits if this is within the financial capacity of the Plan assessed on a prudent basis. Bonuses/investment credits are not guaranteed and are declared at the discretion of the Plan's Trustee.

The Trustee commissions an actuarial valuation of the Plan every three years. The purpose of the actuarial valuation is to determine the funding position of the Plan by comparing the assets with the past service liabilities as at the valuation date. Asset values are calculated by reference to market levels. Accrued past service liabilities are valued by discounting expected future benefit payments using a discount rate calculated by reference to the expected future investment returns.

The rules of the Plan give the Trustee the power to require employers to pay additional contributions in order to ensure that the statutory funding objective under the Pensions Act 2004 is met. The statutory funding objective is that a pension scheme should have sufficient assets to meet its past service liabilities, known as Technical Provisions.

If the actuarial valuation reveals a deficit, the Trustee will agree a recovery plan to eliminate the deficit over a specified period of time either by way of additional contributions from employers, investment returns or a combination of both.

The rules of the Plan state that the proportion of obligatory contributions to be borne by the member and the member's employer shall be determined by agreement between them. Such agreement shall require the employer to pay part of such contributions and may provide that the employer shall pay the whole of them.

Beat paid contributions at the rate of 5% during the accounting period. Members paid contributions at the rate of 5% during the accounting period.

As at the balance sheet date there were 9 active members of the Plan employed by Beat. Beat continues to offer membership of the plan to its employees.

It is not possible in the normal course of events to identify on a reasonable and consistent basis the share of underlying assets and liabilities belonging to individual participating employers. The Plan is a multi-employer scheme, where the assets are co-mingled for investment purposes, and benefits are paid out of the Plan's total assets. Accordingly, due to the nature of the Plan, the accounting charge for the period under FRS17 represents the employer contribution payable.

The valuation results at 30 September 2011 were completed in 2012 and have been formalised. The valuation of the Plan was performed by a professionally qualified Actuary using the Projected Unit Method. The market value of the Plan's assets at the valuation date was £780 million and the Plan's Technical Provisions (i.e. past service liabilities) were £928 million. The valuation therefore, revealed a shortfall of assets compared with the value of liabilities of £148 million, equivalent to a funding level of 84%.

**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

19. Pensions (continued)

The financial assumptions underlying the valuation as at 30 September 2011 were as follows:

	% p.a.
Rate of return pre retirement	4.9
Rate of return post retirement:	
Active/Deferred Pensioners	4.2
Bonuses on accrued benefits	0.0
Inflation: Retail Prices Index (RPI)	2.9
Inflation: Consumer Prices Index (CPI)	2.4

In determining the investment return assumptions the Trustee considered advice from the Scheme Actuary relating to the probability of achieving particular levels of investment return. The Trustee has incorporated an element of prudence into the pre and post retirement investment return assumptions; such that there is a 60% expectation that the return will be in excess of that assumed and a 40% chance that the return will be lower than that assumed over the next 10 years.

The Scheme Actuary has prepared a funding position update as at 30 September 2013. The market value of the Plan's assets at that date was £772 million and the Plan's Technical Provisions (i.e. past service liabilities) was £927 million. The update, therefore, revealed a shortfall of assets compared with the value of liabilities of £155 million, equivalent to a funding level of 83%.

If an actuarial valuation reveals a shortfall of assets compared to liabilities, the Trustee must prepare a recovery plan setting out the steps to be taken to make up the shortfall.

The Pensions Regulator has the power under Part 3 of the Pensions Act 2004 to issue scheme funding directions where it believes that the actuarial valuation assumptions and/or recovery plan are inappropriate. For example, the Regulator could require that the Trustee strengthens the actuarial assumptions (which would increase the Plan liabilities and hence impact on the recovery plan) or impose a schedule of contributions on the Plan (which would effectively amend the terms of the recovery plan). A copy of the recovery plan in respect of the September 2011 valuation was forwarded to The Pensions Regulator on 2 October 2012, as is required by legislation.

Following a change in legislation in September 2005 there is a potential debt on the employer that could be levied by the Trustee of the Plan and The Pensions Act 2011 has more recently altered the definition of Series 3 of the Growth Plan so that a liability arises to employers from membership of any Series except Series 4. The debt is due in the event of the employer ceasing to participate in the Plan or the Plan winding up.

The debt for the Plan as a whole is calculated by comparing the liabilities for the Plan (calculated on a buy-out basis i.e. the cost of securing benefits by purchasing annuity policies from an insurer, plus an allowance for expenses) with the assets of the Plan. If the liabilities exceed assets there is a buy-out debt.

The leaving employer's share of the buy-out debt is the proportion of the Plan's liability attributable to employment with the leaving employer compared to the total amount of the Plan's liabilities (relating to employment with all the currently participating employers). The leaving employer's debt therefore includes a share of any 'orphan' liabilities in respect of previously participating employers. The amount of the debt therefore depends on many factors including total Plan liabilities, Plan investment performance, the liabilities in respect of current and former employees of the employer, financial conditions at the time of the cessation event and the insurance buy-out market. Therefore, the amounts of debt can be volatile over time.



**EATING DISORDERS ASSOCIATION**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31 MARCH 2015**

**19. Pensions (continued)**

When an employer withdraws from a multi-employer defined benefit pension scheme which is in deficit, the employer is required by law to pay its share of the deficit, calculated on a statutory basis (known as the buy-out basis). Due to a change in the definition of money purchase contained in the Pensions Act 2011 the calculation basis that applies to the Growth Plan will be amended to include Series 3 liabilities in the calculation of an employer's debt on withdrawal.

The Growth Plan is a "last man standing" multi-employer scheme. This means that if a withdrawing employer is unable to pay its debt on withdrawal the liability is shared amongst the remaining employers. The participating employers are therefore, jointly and severally liable for the deficit in the Growth Plan. As at 30 September 2013 the total deficit calculated on the buy-out basis was £219.9m.

Beat has been notified by The Pensions Trust of the estimated employer debt on withdrawal from the Plan based on the financial position of the Plan as at 30 September 2014. As of this date the estimated employer debt for Beat was £65,448.

**(b) Defined contribution scheme**

The charity also contributes to a defined contribution Pension Scheme. Contributions made by the charity during the year amounted to £10,822 (2014 - £5,708). There were no unpaid premiums at the year end.