



Trustees' Report and Financial Statements

For the year ended 31 March 2020

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
A company limited by Guarantee
Registered number: 02368495
Charity numbers: 801343 and SC039309

Beat
Eating disorders

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2020

Trustees

Mike Cooke, Chairman
Valerie Jolliffe, Treasurer
Professor Hubert Lacey
Melanie Smith (resigned 29 November 2019)
Richard Davis
Neil Roskilly
Jo Bennett
David Smart
Melanie Carter (resigned 19 May 2019)
Dr Sandeep Ranote (appointed 25 June 2019)
Dr Paul Robinson (appointed 5 November 2019)

Company registered number
02368495

Charity registered numbers
801343 and SC039309

Registered office
1 Chalk Hill House, 19 Rosary Road, Norwich, Norfolk, NR1 1SZ

Company secretary
Claire Reynolds
Chief executive officer
Andrew Radford
Executive team
Claire Reynolds, Director of Finance & Resources
Tom Quinn, Director of External Affairs
Caroline Price, Director of Services
Phillip Roethenbaugh, Director of Fundraising

Independent auditors
Larking Gowen LLP, King Street House, 15 Upper King Street, Norwich, NR3 1RB
Bankers
Nat West, 21 Gentlemans Walk, Norwich, NR2 1NA
The Co-Operative Bank, 69 London Street, Norwich, NR2 1HT
UBS, 5 Broadgate, London, EC2M 2AN

Beat is supported by a multidisciplinary Clinical Advisory Group of senior clinicians:
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)
Dr Fiona Duffy (Consultant Clinical Psychologist and Clinical Lead)
Sarah Fuller (Specialist Eating Disorder Dietitian)
Dr Menna Jones (Consultant Clinical Psychologist and Clinical Lead)
Dr Rhys Jones (Consultant Psychiatrist)
Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead)
Dr Paul Robinson (Consultant Psychiatrist)
Professor Janet Treasure (Consultant Psychiatrist)

CHAIRMAN'S STATEMENT FOR THE YEAR ENDED 31 MARCH 2020

Report of the Chairman

The end of the year was marked by the developing national Covid-19 crisis. As well as the terrible and direct impact of the disease on individuals, families and communities, there was an indirect effect for many people on their mental wellbeing. The demand for our own services increased significantly, with a 72% increase on pre-Covid-19 levels, which illustrates the impact of the pandemic and the challenges that it has created. At the same time, many of our income streams were put at risk, with activities such as community fundraising being extremely difficult during the lockdown. We are hugely grateful to our funders who have shown generosity, flexibility and understanding, enabling us to redirect funds into our Helpline services where they can have most impact during the crisis. During this time, we secured government funding for the Helpline in England, Scotland and Wales in response to Covid-19, and again we are grateful for this vital support.

I want to also take the opportunity to thank our staff, who have responded to the crisis magnificently. They have shown huge flexibility and understanding and worked extremely hard to ensure we could respond to the increase in demand for our services.

Taking the year as a whole, Beat provided over 39,000 sessions of support across all our Helpline channels. Importantly in February 2020 we published an external evaluation of the Helpline, which underlined how valued the service is and how it enabled service users to effect changes in respect of actions they are able to take.

During the year we have been continuing our record of innovation, including a volunteer-based extension to our Helpline service and developing new support services and training courses during the year, including a guided self-help programme for binge eating disorder sufferers and a training course to enable primary schools to identify the early signs of an eating disorder.

We have had a very busy year in our policy and campaigns work and secured Parliamentary debates in Westminster, the Welsh Assembly and the Scottish Parliament during Eating Disorders Awareness Week 2020.

We have seen more coverage of Beat's work than ever before in the press, helping to further raise public awareness of eating disorders and ensure that sufferers get treatment sooner.

The experience of 2019/20 has highlighted just how important our services are for families and individuals affected by eating disorders. This gives us added determination to continue our work to deliver our 2019-24 strategy and work on expanding our core support services capacity. At the time of writing we are working hard on opening up new and innovative channels of support, including motivational support for those on long waiting lists for treatment and new support for carers.



Mike Cooke, Chairman

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

The Trustees present their annual report together with the audited financial statements for the year 1 April 2019 to 31 March 2020. The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), as amended by Update Bulletin 1).

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 4% of people in the UK will suffer from an eating disorder at some point in their lives, with at least 1.25 million people suffering at any one time, at an estimated annual cost to the NHS of £4.6bn a year.

While anorexia and bulimia are most commonly found in girls and young women, they affect people of all genders, races, ages, genders, 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 the high levels of misunderstanding in society and misrepresentation in the media. Eating disorder sufferers can face stigma and discrimination at school, university and in the workplace.

Purpose

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

We do this by working directly with sufferers and their families, and by using that experience to highlight the challenges they face and to campaign for change. We work both nationally and locally

and focus on three priority areas: early intervention, family empowerment, and prevention and cure.

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

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

Our history

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

Our values

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

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

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

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

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

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 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

Supporting beneficiaries

Beat has been running a Helpline service since 1989 and our direct support services remain at the core of our work to end the pain and suffering caused by eating disorders. We now offer both telephone and digital support services and operate 365 days per year. Our direct support channels include telephone calls, one-to-one webchat, online support groups and social media direct messaging. We support both sufferers and carers to better understand eating disorders and empower them to seek the treatment needed to make a fast recovery. Over the past year we have continued to develop our existing support channels, as well as developing and piloting new services.

Our goals for 2019/20 were to:

- Support and empower 40,000 people through our Helpline services.
- Expand the Echo peer support programme so it is available in more areas and for partners and siblings as well as parents of those affected.
- Raise the funds to collaborate with overseas partners and recruit 200 volunteers to transform the Helpline into a 24-hour service, supporting 100,000 per year.

Our Helpline supported 28,101 people on 39,025 occasions during the financial year 2019-20. Although we fell short of our ambitious target for beneficiaries reached, in large part due to some staffing

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

difficulties during the earlier part of the year, we did see a huge surge in demand for our services towards the end of the financial year, with a record number of support sessions requested and fulfilled by the Helpline team. Over the course of the year, we answered 8,351 calls, 5,748 emails, 10,177 webchats and 3,466 socials media messages, as well as delivering 10,067 sessions of support through our online groups.

In 2018, we commissioned the Fiveways agency to carry out an independent external evaluation of the Helpline’s impact and the difference it makes. Their final report in February 2020 showed that:

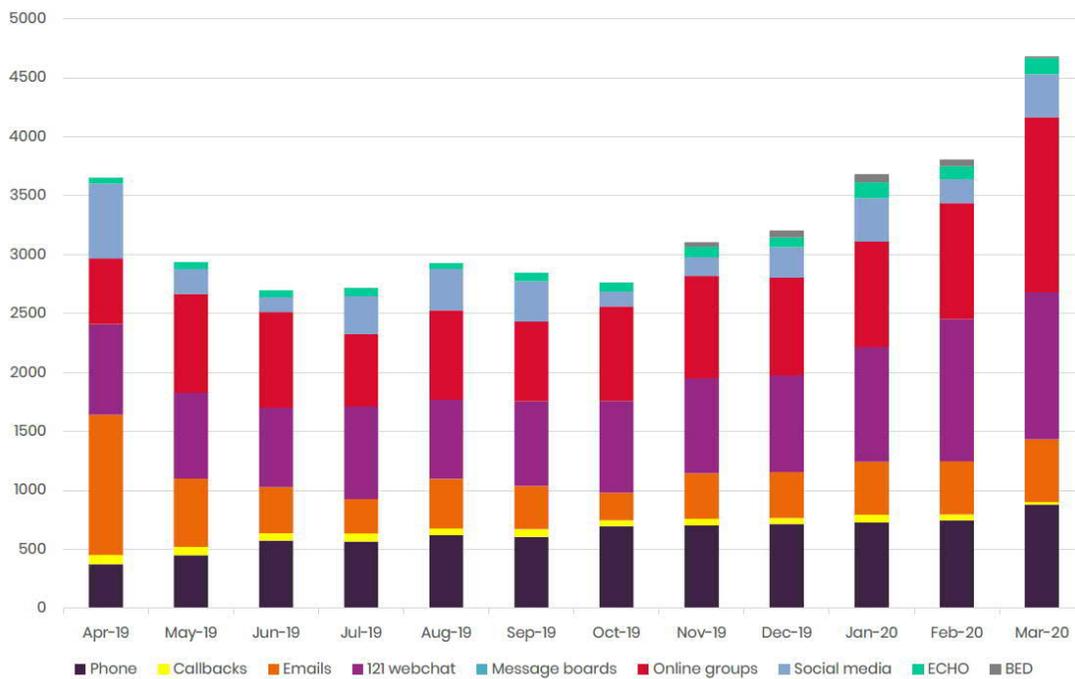
- 85% of those who used the Helpline agreed their concerns were taken seriously (97% of those only using the phone service).
- 83% of users who discussed next steps with an Advisor were clear on what action to take next.
- 88% of those who took action had found at least one of those actions helpful.
- 76% of users felt less isolated as a result of getting in touch with the Helpline.

A small number of recommendations were made for further improvements based on feedback from beneficiaries, including for longer opening times and shorter waiting times when trying to get through to our team.

“I honestly do not know where I would be if it wasn’t for the support of the lovely Helpline team. I always come off the phone to the Helpline feeling a sense of relief that I’ve spoken about how I feel and a feeling of empowerment... that I do deserve to get help and I do deserve to get better. I have struggled for far too long with this eating disorder and it’s taken the majority of my life away. I’m hopeful of change.”

(Helpline evaluation participant)

Number of sessions per ‘channel’ per month
 (April 2019 to March 2020)



Given that 27 % of all our service users are carers, we have sought to expand our offer to this group. During the year, our Developing Dolphins and Coping with Christmas training courses, both designed to empower carers to support their loved one, were attended by 92 and 83 carers respectively. Following the launch of our telephone peer coaching programme Echo in 2018, we have continued to recruit volunteer coaches who have experience of supporting a loved one to recover from an eating disorder. We provide these individuals with training so that they can guide and support those who are currently caring for someone with an eating disorder through weekly calls over a six-month period. In 2019/20, Echo coaches delivered over 900 sessions of telephone support to over 50 carers. 95% of coaches stayed with the programme and have gone on to support a second carer, and during the year we started to recruit and train sibling and partner carers, as well as parents who were the service's original focus. The service is currently delivered through grants and contracts in Scotland, North West England, Norfolk, Sussex, North East Essex and Tunbridge Wells and funded to be evaluated by Edinburgh University.

"I just wanted to say a quick thank you for arranging for me to have the coaching sessions with [my coach]. They have been invaluable to me and I look forward to the phone call every week. Having this type of support has made a huge difference to my self-belief that I can help my daughter overcome her relapse and help her with her journey to recovery, and given me hope when sometimes it's hard to remain hopeful. I have reflected on things that [my coach] has said during the calls, and used them like little nuggets or jewels to keep me going. I'm so grateful for the service and for the time commitment [my coach] makes every week to speak to me."

(Carer receiving Echo coaching)

Our digital volunteering programme has also continued to grow. During the year we received 263 applications from volunteers, from which we shortlisted and interviewed 114 candidates and went on to train. By the end of the year we had 82 volunteers actively volunteering every week. Over the course of the year they delivered over 6,000 one-to-one webchats and answered over 1,000 emails. Volunteers receive comprehensive training in eating disorders, safeguarding and use of online systems, as well as regular line management and clinical supervision.

"Having a supervisor on hand to answer all our questions is brilliant. I feel very looked after in terms of having a debrief after every session, and in terms of regularly asking for our feedback, and listening/helping with our concerns."

(Digital Volunteer)

In recognition of the lack of services available to people with binge eating disorder, we began piloting a new service providing guided self-help for those unable to access NHS treatment for their binge eating. Thirteen people completed the programme, with all of those completing the end of programme review saying it was helpful or very helpful in enabling them to manage their binge eating. 75% improved their self-assessed psychosocial impairment scores to a level compatible with no longer having an eating disorder, and 75% reduced their self-assessed depression scores from moderate or mild to no longer meeting the cut off for depression.

In February we began piloting a night-time webchat service through our collaboration with the National Eating Disorder Information Centre (NEDIC) in Canada. The pilot provided an additional 114 webchats outside of our usual opening hours and moved us a step closer to becoming a 24-hour service. We also secured funding and began planning for a London Helpline satellite to be staffed largely by volunteer Helpline Advisors during the evenings. At the time of writing, both the NEDIC pilot and London satellite are on hold due to Covid-19, but both developments should enable us to reach significantly more people in the year ahead.

Empowering professionals

To reach our goals of early intervention, family empowerment and prevention and cure, we must also empower the health, education and other professionals who come into contact with those affected by eating disorders. We have continued to develop our training offer for professionals, supporting them to spot the early signs and provide the best possible care and support for people with eating disorders. We also provide support services to academics performing high-quality research including recruitment of participants, shaping and steering projects and disseminating results.

Our goals for the year were to:

- Expand our suite of courses and workshops so that more professionals have more skills and greater understanding of eating disorders.
- Ensure that over 50% of UK secondary schools have at least one education professional working in or with them who is able to spot the early signs of eating disorders.
- Ensure that eating disorders are fully and effectively covered within undergraduate and foundation year medical training programmes.

Given that eating disorders often start to develop during childhood and adolescence, our training to schools-based professionals is particularly crucial. In 2019-20 we reached 623 secondary school staff and school nurses through 42 Spotting the Signs training courses. Through the roll out of our Beat on the Ground strategy, we now have funding to deliver this training to 53% of UK secondary schools, enabling staff to spot the early signs of an eating disorder and support people into treatment as early as possible. We also developed a new course for primary school staff and piloted this course with 37 professionals. Our Bridging the Gap training for universities also reached 67 members of university support staff.

Improving the understanding of primary care and other health and medical professionals is also necessary. Our Beyond the Symptoms training is designed to help these people to identify when a patient has an eating disorder and confidently intervene early. During 2019-20, 82 healthcare professionals attended our training. We were also commissioned by Health Education England to develop a teaching package for the education of medical students and foundation trainees, which will be provided free of charge for all medical schools and teaching hospitals with encouragement for them to deliver it to all students and trainees.

In early 2020, we launched the Eating Disorders Genetics Initiative (EDGI), in partnership with King's College London and the National Institute for Health Research (NIHR) BioResource. We will be publicising the project and supporting the recruitment of over 10,000 DNA donors who have experienced an eating disorder at some point in their life. The research aims to achieve greater understanding of the genetic and environmental risk factors associated with eating disorders. This should support the development of more tailored treatments for eating disorders, and may in time help prevent them from developing in the first place.

In March 2020, we were set to deliver our biennial Eating Disorders International Conference in Glasgow. The conference is aimed at academics, researchers, clinicians, psychiatrists, commissioners and students and provides an opportunity to engage with the cutting edge of research and explore how it can be used to improve policy and practice. Over 300 participants were expected to attend, and we had speakers booked from Australia, France and Germany. Unfortunately, due to the restrictions brought about by Covid-19, we were forced to postpone the conference, and this has now been rescheduled for January 2021.

Changing policy and practice

Our campaigning and policy work aims to increase awareness of eating disorders among policy makers in order to achieve better and more generous government policy along with improved healthcare practice.

Our goals for 2019/20 were:

- Progress towards all-age waiting time targets across the UK as part of wider government action to reduce the delays between someone falling ill and seeking treatment
- To develop and promote an evidence-based position to ensure that government anti-obesity strategies do not trigger or exacerbate eating disorders
- Promotion across the UK of best practice and innovative approaches that help more people to be treated faster.

In pursuit of our campaign goals we have continued to be active in Parliament and started providing the Secretariat for the newly launched All-Party Parliamentary Group on Eating Disorders in Westminster as well as the Cross Party Group on Eating Disorders in Wales. We were invited to give oral evidence to the Public Administration and Constitutional Affairs Committee's (PACAC) inquiry into the progress made on the Parliamentary and Health Service Ombudsman's (PHSO) recommendations from 2017. The Committee's report included several positive recommendations, including the need for increased medical training and improved adult treatment.

We successfully secured Parliamentary debates in Westminster, the Welsh Assembly and the Scottish Parliament during Eating Disorders Awareness Week 2020. Across the three debates Beat was mentioned nearly 50 times, with the Helpline and our Echo programme specifically mentioned by the Ministers in Westminster and Holyrood respectively.

"I pay tribute to all those who are working hard to raise awareness of eating disorders, in particular the charity Beat, which Hon. Members will know is supported by the Government and does so much to support young people through its helplines and support groups. I have met with Beat and I am incredibly impressed by the charity... We are absolute supporters of Beat."

(Nadine Dorries MP, Minister of State for Mental Health)

We published our Lives at Risk report following research into access, waiting times and staffing levels at adult community eating disorder services in England, highlighting the variability between services and the risk that sufferers may not receive the care needed to make a full and sustained recovery. We also made significant progress in developing and publishing non-clinical best practice standards for eating disorder treatment and care. This included a report on best practice in the engagement and empowerment of families and carers affected by eating disorders, and a review of the advantages of intensive outpatient treatment as an alternative to inpatient care. We will be using these reports to influence more providers to adopt best practice in both regards. We also reviewed the evidence for best practice regarding transitions between services and the provision of self-referral, and will be publishing standards on both issues next year.

Progress has also been made in a number of other areas:

- The NHS Mental Health Implementation Plan was published and, following lobbying work done by Beat, included increased funding for eating disorder services in England linked to waiting times, including more money for the Children and Young People's access and waiting time targets.
- The Plan also confirmed that inpatient eating disorder budgets will be held at a local level. This has been a policy ask for Beat, as the previous arrangement was undermining services' ability to prioritise early intervention.

- The Welsh Government published the independent Eating Disorder Service Review, which included 22 recommendations to improve eating disorder treatment in Wales, including for four-week waiting time targets. These recommendations have been accepted by the Welsh Government and we will be working with the Cross Party Group on Eating Disorders to ensure they are implemented.
- The Scottish Government has confirmed that it will be commissioning an Eating Disorder Service Review, with publication of a report and recommendations anticipated for Spring 2021. Beat has been involved in setting the terms of reference of the review.
- NHS England published Commissioning guidance for adults with eating disorders . Beat was a member of the Expert Reference Group that developed this document.
- NHS England published new guidance outlining the benefits of intensive day treatment for children and young people.

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, or campaign on their behalf. For this we thank every last one of them.

In 2019-20, Beat raised £2,400,611 from voluntary sources, increasing fundraising income from the previous year by over £621,000, which equates to growth of 35%. We exceeded our ambitious fundraising target for the year by over £212,000.

Community fundraising continued to be the bedrock of our fundraising activity. A high proportion of our supporters are people battling with or recently recovered from an eating disorder, together with their families. Taking part in a challenging activity or organising a special event is, for many of them, a way of marking a milestone in their journey to full recovery. Over 750 people took part in community fundraising achieving a total of £538,000.

We saw a sharp increase in support from grant making trusts and foundations. £812,000 was raised, through 28 trusts, compared to £524,000 the year before. By far the largest gift was our first major investment from The National Lottery for many years, a total grant of £1.1m over a three-year period. This enabled us to extend our 'Beat on the Ground' programme further, to cover Scotland and the North West of England. This programme brings services and education closer to people in their community, for example by helping teachers and others to spot the early signs of an eating disorders.

This year we saw a major shift in our effectiveness in securing significant commitments from philanthropists. We introduced 'Insight Evenings' through which potential donors could meet key staff, hear presentations on relevant topics and take part in lively discussions. We were delighted to receive new generous multi-year commitments from the Vogelgezang Foundation and the Stone Family Foundation.

In the autumn, we learned that we'd been successful in our application to be featured in a BBC TV appeal. This aired at the end of June 2020, was presented by Christopher Eccleston and was a terrific way to reach new audiences with our message and recruit new donors.

Beat continues to be very grateful indeed to an individual Beat supporter, who wishes to remain anonymous, for a donation of £250,000 to support our Helpline and campaigning work.

Providing our services under contract to the NHS in 2019-20 generated income of £135,783. This included being commissioned by Havering CCG to develop and pilot an early intervention course for primary schools as well as by seven CCGs across Essex to deliver schools training, training for health professionals, carer workshops and the Echo programme. The Scottish Government also funded NHS Lothian and Beat to deliver Echo and the SharED email peer support for sufferers over the next two

years.

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.

Publicity, marketing and mobilisation

Much of our work is geared towards raising public awareness of eating disorders, the services Beat provides for sufferers and their families, and the importance of seeking NHS treatment as early as possible. This year we have had considerable success in our press office work and have seen more coverage of eating disorders than ever before. Beat was mentioned in 2,808 online and print articles and 1,258 broadcasts. Our broadcast highlights included a dedicated episode of the BBC's Victoria Derbyshire show, which featured our spokespeople and case studies and reached an audience of over a quarter of a million people. We also had a very successful Christmas campaign launched in conjunction with the NHS and saw Beat featured on every local BBC radio station over the course of one weekend. We also appeared on BBC Breakfast twice, as well as Good Morning Britain and Channel 4 News.

Eating Disorders Awareness Week is a particularly crucial part of our year for awareness-raising. In March 2020 we used the week to highlight the issues faced by the millions of parents, friends and carers currently supporting a loved one with their eating disorder. We partnered with Great British Bake Off 2019 finalist Steph Blackwell and her mother to produce a video to raise awareness of the vital role that carers can play in their loved ones' recovery, and promoted this widely through social media. We also had support from Instagram star Megan Crabbe (BodyPosiPanda) who helped champion Beat online and in press interviews. During the week, over 40,000 people visited the Beat website, we gained more than 1,500 new social media followers, and were mentioned over 100 times in the press. Some of our most high-profile coverage has included brave and honest contributions from our media volunteers. This included two appearances on BBC Breakfast, features in the Guardian and the Telegraph, and interviews in an upcoming BBC documentary with Freddie Flintoff - all of which gained plenty of positive attention from our online communities and on social media.

We also continue to be enormously grateful to our network of Beat Ambassadors. These are individuals from across the UK who have recovered from an eating disorder and volunteer on behalf of Beat to raise awareness in their communities. By the end of the year, we had 127 active Ambassadors, of whom nine were recruited during the year. We also developed a new approach to working with Ambassadors, empowering them to be more proactive in seeking out opportunities to raise awareness. A group of Ambassadors helped to co-produce the content and training, and we began piloting the programme in in early 2020. In our annual survey of Ambassadors one volunteer told us:

"Beat has been the greatest thing I've ever done. It gets better and better every year. It has given me so much and kept me well. Beat has given me a voice that I have also developed the confidence to use properly."

(Beat Ambassador)

Covid-19

The end of the 2019-20 financial year was marked by the developing Covid-19 crisis. Responding to the crisis and its impact on our beneficiaries has occupied a great deal of the organisation's energy since then, with positive early outcomes in our fundraising and service development activities. Demand for Beat's services has steadily risen since February 2020, reaching a 72% increase in overall demand for support sessions by June 2020. Demand has increased across all helpline channels but is particularly high for social media direct messaging and online groups. We took a number of specific immediate actions to meet the increase in demand for our services, as well as to protect the organisation against an anticipated significant drop in income. This included:

- Closing all three offices and moving to homeworking for all staff.
- Reallocating staff from teams that were under-utilised in the current situation and training them to undertake activities to support the running of the helpline.
- Recasting plans and budgets to take into account activities such as face-to-face training which will not be possible for the foreseeable future.
- Cutting working hours and pay in all teams except the helpline to 80% for a short period.
- Furloughing some staff for a short period while their duties were not possible.
- Launching an emergency fundraising appeal and having early conversations with donors about removing the restrictions from their grants so we could spend funds where it would be most impactful in the circumstances.
- Training new cohorts of volunteers to support the helpline's digital channels.
- Developing and continuing to update Coronavirus pages and FAQs on our website.
- Setting up a new moderated online group, The Sanctuary, focused on supporting sufferers with concerns relating to their eating disorder and Covid-19.

Our quick response in articulating our beneficiaries' needs to our funders and supporters led to very positive early results in our fundraising activities. This included securing government funding for the helpline for the first time in England, Scotland, and Wales. As a result, the organisation is in a stable financial position as we move further into the new financial year.

We will continue to adapt and expand our services in response to our beneficiaries' changing needs over the coming months. With the new funding secured we will increase the number of support sessions available through all channels of the helpline, hopefully including extending our opening hours. We have recently relaunched our message board service to reduce some of the pressure on our online groups. We are also working on providing more intensive ongoing support for people unable to access NHS care, as well as developing a number of new training and peer support groups to be delivered via video conferencing software.

Looking forwards we recognise that the effect and impact of Covid-19 will affect our beneficiaries and the organisation for some years.

We are continuing to adapt services to meet need and demand using various online methods to increase the numbers we can support. We are also looking at the best way to deliver training and conferences online.

The economic impact of Covid-19 will inevitably mean challenges in raising income. We are planning for this by improving our marketing and website and investing in volunteering to ensure we can continue to deliver services.

Looking forward

Over the next year we will face several new challenges as we adapt our work in response to the changing and unpredictable Covid-19 situation. Nevertheless, in 2020-21 we aim to:

- Expand the Helpline service as new additional funding is obtained to provide over 5,000 support sessions per month by extending opening hours and expanding the home-based digital volunteer team.
- Expand our suite of courses and workshops for carers and train 300 carers during the year.
- Develop an education package to enable universities and teaching hospitals to provide high quality teaching on eating disorders for all medical students and foundation trainees, followed by a campaign to ensure it is applied in practice.
- Define best practice standards across several 'non-clinical' indicators and start a campaign to promote them for adoption by the institutions which should implement them.
- Persuade relevant Government departments and arms-length bodies to acknowledge the potential for harm caused by insufficiently considered anti-obesity campaigns, leading to a reduction in (and targeting elimination of) communications which risk the health and wellbeing of eating disorder sufferers.
- Launch a campaign to increase the funding for and quality of research into eating disorders.
- Roll out the new Ambassador programme, empowering volunteers to be proactive in promotion of Beat's early intervention messaging in their communities.

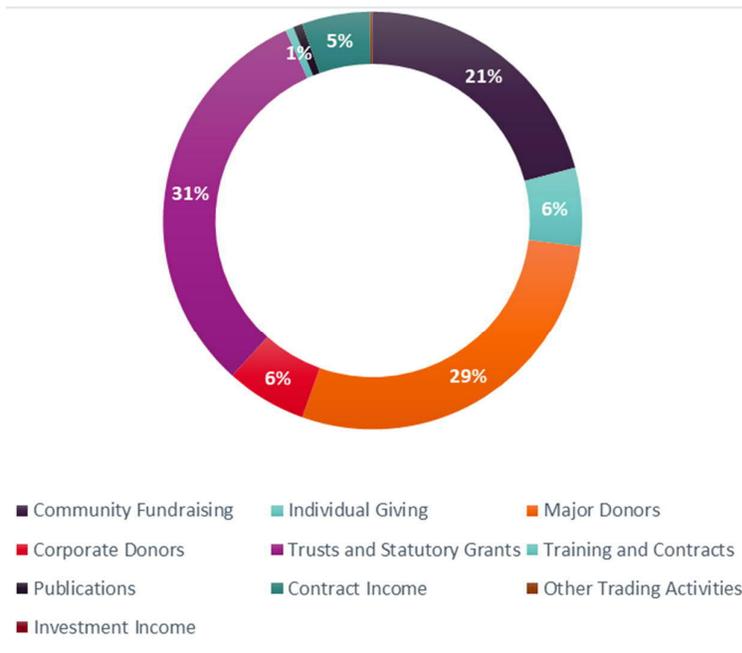
Financial review

This year has been our final year of planned deficit as a result of spending legacy income received previously.

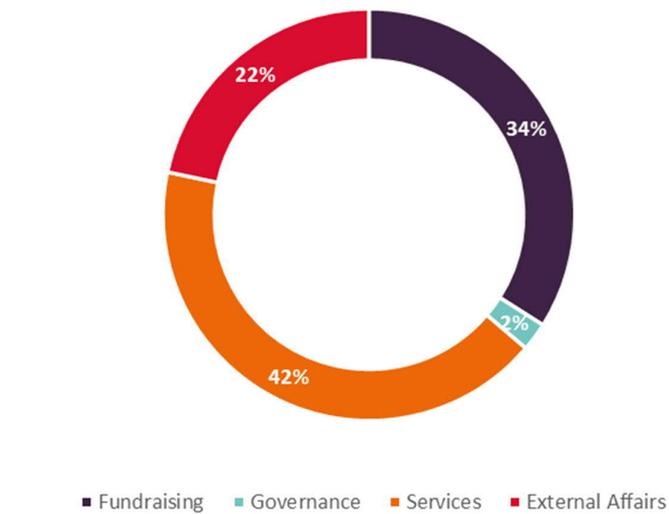
Total income for the year 2019-20 was £2.58 million compared to £1.98 million for the previous year. Expenditure of £2.64 million was incurred in this financial year compared to £2.53 million in the year ended 31 March 2019.

This has left the charity with total funds of £1.32 million at 31 March 2020, compared to £1.38 million at 31 March 2019.

Income 2019/20



Expenditure 2019/20



Balance Sheet

There have not been any investments in fixed assets during the year. We find more and more resources are procured on a revenue basis: software for example. The net book value of fixed assets at 31 March 2020 was £66,962.

Stock relating to training materials has been recognised at a cost of £10,715. These materials will be used in future training courses.

Debtors are consistent with the year-end position last year. All debts have subsequently been received or are considered fully recoverable.

Creditors have more than doubled since the previous year end position. There was a higher VAT liability due to contract invoicing at the end of March 2020 along with much higher deferred income where funders had advanced monies for future use.

Short term investments have reduced to £54,577 at 31 March 2020 with cash at bank and in hand increasing to £868,644. This reflects higher deferred income and a desire to ensure funds are accessible given uncertainty due to Covid-19 and very low interest rates.

Fundraising regulation

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

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

We promote a '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 has a formal complaints procedure. There were five fundraising complaints in 2019-20 (eight in 2018-19), these were all resolved internally. Beat follows The Code of Fundraising Practice, as promoted by the Fundraising Regulator.

A Vulnerable Supporters Statement has been fully implemented in 2019/20. Beat is registered with the Fundraising Regulator and complies with the Fundraising Code.

Environmental impact

We are committed to monitoring and reducing our environmental impact at Beat. We have a staff working group dedicated to looking for further measures and projects such as recycling, reduction in energy and water usage and reduction in travel impact.

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 2020, the Trustees completed their annual review of the Beat's risk management strategy. During this review, the Board 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 position is reported on and recorded in a risk register, is 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 major financial risks are subject to ongoing monitoring and monthly scrutiny.

The key risks identified by the Trustees are as follows:

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- Failure to raise necessary funds to deliver necessary services and meet our financial liabilities.
- Cyberattack causing loss or theft of data of a commercially sensitive or personal nature.
- Failure to comply with data protection or similar legislation.
- Inability to recruit or retain the right staff and volunteers.

None of the above risks were encountered by Beat during the year but we continue to improve and increase actions and controls to reduce and mitigate these risks. As well as amending our risk planning to deal with ongoing ramifications of the pandemic.

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 or investment projects that will increase our effectiveness and/or sustainability.

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

Using a risk-based approach, the charity calculated that at 1 April 2020 it requires reserves of £769,000 and will endeavour (subject to timing fluctuations) to have reserves within a 10% banding range of this figure.

Income fluctuates significantly throughout the year at Beat. Reserves therefore will be monitored to ensure they are 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.

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As at 31 March 2020 current funds are as follows:

	2020	2019
	£'000	£'000
Restricted Funds (must be applied in line with donors' instructions)	486	273
Designated Funds	-	250
General Funds	830	853
Total Funds	1,316	1,376

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 (up to a maximum of six years) spent as Chairman, Vice Chairman or Treasurer. There must be at least six Trustees.

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

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

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

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

The Board regularly evaluates its performance and membership, considering the direction of the organisation and the skills needed among its number to take Beat forward with confidence.

The Board is committed to 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.

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.

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 sufficiently 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

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- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

This report was approved by the Trustees, on 22 September 2020 and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'Mike Cooke', is written over a faint, light blue rectangular stamp. The signature is cursive and somewhat stylized.

Mike Cooke, Chairman

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 2020 set out on pages 24 to 44. 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 2020 and of its incoming resources and application of resources, including its income and expenditure for the year then ended,
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially

misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken during the audit:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained during the audit, we have not identified material misstatements in the Trustees' report.

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

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

Responsibilities of Trustees

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

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

Auditors' responsibilities for the audit of the financial statements

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

A further description of our responsibilities for the audit of the financial statements is located on the

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Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

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

A handwritten signature in black ink, appearing to read 'J Fox', followed by a long, sweeping horizontal line.

Joanne Fox BA FCA (Senior statutory auditor)

for and on behalf of

Larking Gowen LLP
Chartered Accountants
Statutory Auditors

King Street House

15 Upper King Street
Norwich

NR3 1RB

Date: 30.10.2020

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STATEMENT OF FINANCIAL ACTIVITIES INCORPORATING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2020

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £	
Note					
Income from:					
Donations and legacies	2	1,344,796	1,055,815	2,400,611	1,779,140
Charitable activities	4	138,915	31,700	170,615	183,091
Other trading activities	5	3,607	-	3,607	4,051
Investments	6	1,232	-	1,232	12,366
Total income		<u>1,488,550</u>	<u>1,087,515</u>	<u>2,576,065</u>	<u>1,978,648</u>
Expenditure on:					
Raising funds		896,037	-	896,037	595,517
Charitable activities		1,009,121	730,834	1,739,955	1,939,837
Total expenditure	7	<u>1,905,158</u>	<u>730,834</u>	<u>2,635,992</u>	<u>2,535,354</u>
Net income/(expenditure) before transfers		<u>(416,608)</u>	<u>356,681</u>	<u>(59,927)</u>	<u>(556,706)</u>
Transfer between funds		143,080	(143,080)	-	-
Net movement in funds		(273,528)	213,601	(59,927)	(556,706)
Reconciliation of funds:					
Total funds brought forward		1,103,137	272,811	1,375,948	1,932,654
		<u>829,609</u>	<u>486,412</u>	<u>1,316,021</u>	<u>1,375,948</u>
Total funds carried forward		<u><u>829,609</u></u>	<u><u>486,412</u></u>	<u><u>1,316,021</u></u>	<u><u>1,375,948</u></u>

The notes on pages 27 to 44 form part of these financial statements.

BEAT (FORMERLY EATING DISORDERS ASSOCIATION)
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BALANCE SHEET
AS AT 31 MARCH 2020

	Note	£	2020 £	£	2019 £
Fixed assets					
Tangible assets	10		66,962		116,974
Current assets					
Stocks	11	10,715		5,345	
Debtors	12	708,319		614,065	
Investments	13	108,615		300,798	
Cash at bank and in hand		814,606		531,552	
		<u>1,642,255</u>		<u>1,451,760</u>	
Creditors: amounts falling due within one year	14	(376,818)		(171,881)	
Net current assets			<u>1,265,437</u>		<u>1,279,879</u>
Total assets less current liabilities			<u>1,332,399</u>		<u>1,396,853</u>
Creditors: amounts falling due after more than one year	15		(16,378)		(20,905)
Net assets			<u><u>1,316,021</u></u>		<u><u>1,375,948</u></u>
Charity Funds					
Restricted funds	16		486,412		272,811
Unrestricted funds	16		829,609		1,103,137
Total funds			<u><u>1,316,021</u></u>		<u><u>1,375,948</u></u>

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

The financial statements were approved and authorised for issue by the Trustees on 22 September 2020 and signed on their behalf, by:



Mike Cooke, Chairman



Valerie Jolliffe, Treasurer

The notes on pages 27 to 44 form part of these financial statements.

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STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2020

	Note	2020 £	2019 £
Cash flows from operating activities			
Net cash used in operating activities	18	89,639	(697,542)
		<hr/>	<hr/>
Cash flows from investing activities:			
Dividends, interest and rents from investments		1,232	12,366
Purchase of tangible fixed assets		-	(37,148)
Proceeds from sale of investments		192,183	-
Purchase of investments - new cash deposits in excess of 90 days		-	(300,798)
		<hr/>	<hr/>
Net cash (used in)/provided by investing activities		193,415	(325,580)
		<hr/>	<hr/>
Change in cash and cash equivalents in the year		283,045	(1,023,122)
Cash and cash equivalents brought forward		531,552	1,554,674
		<hr/>	<hr/>
Cash and cash equivalents carried forward		814,606	531,552
		<hr/> <hr/>	<hr/> <hr/>

The notes on pages 27 to 44 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by

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

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

1.2 Company status

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

1.3 Fund accounting

General funds are unrestricted funds that 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 that 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.

1.4 Income

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

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

Donated services or facilities are recognised when the charity has control over the

item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably.

In accordance with the Charities SORP (FRS 102), 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.

The value of services provided by volunteers has not been included in these accounts.

1.5 Expenditure

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

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

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

1.6 Tangible fixed assets and depreciation

All assets costing more than £1,000 are capitalised. No such assets have been purchased during this year.

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.

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Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold improvements - over the period of the lease
Office furniture and equipment - 20% per annum on cost
Computer equipment - 33.3% per annum on cost

1.7 Investments

Current asset investments are a form of financial instrument. They are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless fair value cannot be measured reliably, in which case it is measured at cost less impairment.

1.8 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured

reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

1.9 Operating leases

Rentals under operating leases are charged to the Statement of financial activities incorporating income and expenditure account on a straight line basis over the lease term.

1.10 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks.

1.11 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

1.12 Cash at Bank and in hand

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

1.13 Liabilities

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

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1.14 Financial instruments

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

1.15 Going concern

The Trustees have considered the financial uncertainty of COVID-19, and the measures that have been put in place to respond to the crisis. The quick response in articulating Beat's needs to funders and supporters led to very positive early results in fundraising activities. This included securing government funding for the helpline for the first time in England, Scotland, and Wales. As a result, with the level of unrestricted funds and liquid assets available, the Trustees consider the organisation is in a stable financial position. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The Trustees consider that the budgeted cashflow is sufficient with the level of unrestricted reserves for Beat to be able to meet its liabilities as they fall due. For this reason, the Trustees consider it appropriate for the financial statements to continue being prepared on a going concern basis

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	Total funds	Total funds
	2020 £	2020 £	2020 £	2019 £
Community Fundraising	538,345	-	538,345	606,317
Individual Giving	155,463	-	155,463	177,780
Major Donors grants and donations	440,791	293,952	734,743	318,050
Corporate Donor grants and donations	160,070	-	160,070	152,627
Trusts and Statutory Grants	50,127	761,863	811,990	524,366
	<u>1,344,796</u>	<u>1,055,815</u>	<u>2,400,611</u>	<u>1,779,140</u>
Total donations and legacies				
	<u>1,224,102</u>	<u>555,038</u>	<u>1,779,140</u>	

Legacy income of £5,972 is included in individual giving (2019: £43,125)

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3 Trusts and Statutory Grants

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Miss Agnes H Hunter's Trust				
(Ambassadors)	10,000	-	10,000	10,000
Anonymous	-	-	-	10,000
BBC Children in Need	-	36,364	36,364	35,646
Cardiff Third Sector Council*	-	6,773	6,773	
Charles Lewis Trust	-	-	-	5,000
City Bridge Trust	-	85,000	85,000	77,200
Former EMS Limited (Helpline)	-	20,000	20,000	11,300
Fowler Smith & Jones Trust (BOTG - Essex)	-	-	-	2,000
Garfield Weston Foundation (Helpline)	-	-	-	50,000
GMC Trust	-	-	-	10,000
Grants (less than £5,000)	1,477	19,642	21,119	10,100
Health Foundation	7,750	-	7,750	-
Hobson Charity	-	-	-	5,912
Jill Franklin Trust (Helpline)	-	-	-	1,000
John Ellerman Foundation	-	35,000	35,000	35,000
Jordan Charitable Foundation	10,000	-	10,000	10,000
Leathersellers' Company Charitable Fund	10,000	-	10,000	10,000
Limbourne Trust (Schools)	-	-	-	10,000
Maudsley Charity	-	-	-	45,105
MilHills Trust	7,000	-	7,000	-
Moondance Foundation	-	112,116	112,116	-
National Lottery Community Fund	-	346,132	346,132	-
NHS Wigan CCG	-	-	-	-
NHS Lothian	-	26,407	26,407	3,187
Norfolk Community Foundation	-	9,065	9,065	500
Oak Foundation	3,900	30,000	33,900	-
Schuh Trust (Helpline)	-	-	-	5,000
Sir Halley Stewart (Spot The Signs)	-	25,364	25,364	25,901
St Jame's Place Charitable Foundation	-	-	-	74,687
The Steel Charitable Trust (Helpline)	-	10,000	10,000	15,000
Swansea University	-	-	-	3,515
Technology Enabled Care Programme	-	-	-	21,613
Whitehead Monkton Charitable Foundation	-	-	-	1,500

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	50,127	761,863	811,990	489,166
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In 2019, of the total income from all grants, £55,100 was to unrestricted funds and £434,066 was to restricted funds.

*Supported by Cardiff Third Sector Council through the Supporting Parents or Siblings of Children with Mental Health Issues Grant 2019 in partnership with the Disability Futures Programme Board.

4. Income from charitable activities

	Unrestricted funds	Restricted funds	Total funds	Total funds
	2020 £	2020 £	2020 £	2019 £
Income from training and conferences	16,300	-	16,300	25,683
Publications	18,532	-	18,532	6,487
Contract income	104,083	31,700	135,783	150,921
	138,915	31,700	170,615	183,091
 Total 2019	 162,348	 20,743	 183,091	

5. Income from other trading activities

	Unrestricted funds	Restricted funds	Total funds	Total funds
	2020 £	2020 £	2020 £	2019 £
Affinity income	3,507	-	3,507	4,051
Misc income	100	-	100	-
	3,607	-	3,607	4,051
 Net income from income from other trading activities	 3,607	 -	 3,607	 4,051

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In 2018, of the total income from other trading activities, £4,051 was to unrestricted funds and £NIL was to restricted funds.

6. Investment income

	Unrestricted funds	Restricted funds	Total funds	Total funds
	2020 £	2020 £	2020 £	2019 £
Interest received	1,232	-	1,232	12,366
Total 2018	<u>12,366</u>	<u>-</u>	<u>12,366</u>	

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7. Total resources expended -
CURRENT YEAR

	Fundraising costs £	Governance £	Service provision £	External affairs £	2020 £	2019 £
Direct costs						
Staff costs	457,771	-	556,252	470,882	1,484,905	1,424,461
Operational costs	35,271	-	117,956	109,848	263,075	307,899
Event costs	64,789	-	-	-	64,789	81,196
Facilities costs	93,922	-	120,531	93,710	308,163	204,859
IT costs	18,416	-	22,227	22,862	63,505	62,312
Unrecoverable VAT	16,419	-	20,156	18,277	54,852	66,456
Total direct costs	686,588	-	837,122	715,579	2,239,289	2,147,183
Support costs						
Communications Support	111,553	-	146,455	(258,008)	-	-
HR costs	21,120	-	25,490	26,218	72,828	53,036
Finance costs	43,730	-	57,301	49,761	150,792	123,174
Central costs	33,046	59,132	43,301	37,604	173,083	211,961
Total support costs	209,449	59,132	272,547	(144,425)	396,703	388,171
Total resources expended	896,037	59,132	1,109,669	571,154	2,635,992	2,535,354

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Total resources expended PREVIOUS YEAR

Analysis of costs between activities for the year ended 31 March 2019 was as follows.	Fundraising costs £	Governance £	Service provision £	External affairs £	2019 £
Direct costs					
Staff costs	362,747	-	527,455	534,259	1,424,461
Operational costs	95,500	-	147,063	65,336	307,899
Event costs	-	-	-	81,196	81,196
Facilities costs	43,129	-	75,474	86,256	204,859
IT costs	9,642	-	33,386	19,284	62,312
Unrecoverable VAT	14,170	-	31,257	21,029	66,456
Total direct costs	525,188	-	814,635	807,360	2,147,183
Support costs					
Unrecoverable VAT	2,042	-	3,574	4,085	9,701
HR costs	11,165	-	19,540	22,331	53,036
Finance costs	25,931	-	45,381	51,882	123,174
Central costs	31,191	54,099	54,586	62,384	202,260
Total support costs	70,329	54,099	123,081	140,662	388,171
Total resources expended	595,517	54,099	937,716	948,022	2,535,354

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8. Net income/(expenditure)

This is stated after charging:

	2020 £	2019 £
Depreciation of tangible fixed assets:		
- owned by the charity	50,012	52,635
Auditors' remuneration - audit	7,425	9,200
Operating lease rentals	179,210	153,973
	179,210	153,973

9. Staff costs

	2020 £	2019 £
Wages and salaries	1,365,738	1,314,818
Social security costs	126,598	120,922
Pension costs	60,311	56,027
	1,552,647	1,491,767

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 £390,061 (2019: £377,154).

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 and Ambassadors to help us fundraise, promote awareness, speak to the media and deliver services such as the Helpline, self-help networks and conferences.

Trustees are reimbursed for reasonable travel expenses, which for the year amounted to £385 (2019: £259) for 1 Trustee (2019: 1). No remuneration was paid to any Trustee during the year.

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

	2020 No.	2019 No.
Between £60,001 and £70,000	3	3
Between £80,001 and £90,000	1	1
	4	4

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

		2019 No.
Charitable activities	43	42
Fundraising	9	10
	52	52
Total	52	52

One redundancy payment and one settlement payment were made during the year totalling £3,609 (2019:£nil).

10. Tangible fixed assets

	Improvements to leasehold property		Computer equipment	Total
	£	£	£	£
Cost				
At 1 April 2019	86,983	-	184,415	271,398
Additions	-	-	-	-
Disposals	-	-	-	-
	86,983	-	184,415	271,398
At 31 March 2020				
Depreciation				
At 1 April 2019	15,170	-	139,254	154,424
Charge for the year	13,010	-	37,002	50,012
	28,180	-	176,256	204,436
At 31 March 2020				
Net book value				
At 31 March 2020	58,803	-	8,159	66,962
At 31 March 2019	71,813	-	45,161	116,974

11. Stocks

	2020 £	2019 £
Books for resale	10,715	5,345
	10,715	5,345

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12. Debtors

	2020	2019
	£	£
Trade debtors	144,507	46,454
Other debtors	3,747	11,623
Prepayments and accrued income	560,065	555,988
	<u>708,319</u>	<u>614,065</u>

13. Current asset investments

	2020	2019
	£	£
Cash deposits	108,615	300,798
	<u>108,615</u>	<u>300,798</u>

14. Creditors: Amounts falling due within one year

	2020	2019
	£	£
Trade creditors	40,887	44,161
Other taxation and social security	82,254	42,745
Pension scheme deficit	4,631	4,160
Other creditors	472	-
Accruals and deferred income	248,574	80,185
	<u>376,818</u>	<u>171,881</u>

	£
Deferred income	
Deferred income at 1 April 2019	33,376
Resources deferred during the year	190,542
Amounts released from previous years	(33,376)

Deferred income at 31 March 2020	<u>190,542</u>
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15. Creditors: Amounts falling due after more than one year

	2020	2019
	£	£
Pension scheme deficit	16,378	20,905
	<u>16,378</u>	<u>20,905</u>

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16. Statement of funds -current year

	Balance at 1 April 2019 2020 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March £
Designated Funds	250,000	-	250,000	-	-
General Funds	853,137	1,488,550	1,655,159	143,080	829,608
Total Unrestricted funds	1,103,137	1,488,550	1,905,159	143,080	829,608
Restricted funds					
Ambassadors	1,667	-	1,667-	-	-
ASOS	24,589	-	24,589	-	-
Anonymous	24,663	-	24,663	-	-
BBC Children in Need	13,724	36,364	36,012	-	14,076
Binge Eating Disorder	-	30,000	26,157	-	3,843
BOTG - Buckinghamshire	100	500	-	-	600
BOTG - Cardiff	-	6,773	6,773	-	-
BOTG - Devon	2,500	-	-	(2,500)	-
BOTG - Essex	10,363	-	9,363	(1,000)	-
BOTG - Kent	1,500	3,929	5,429	-	-
BOTG-Rhondda Cynon Taff	-	1,002	-	-	1,002
BOTG - Surrey	125	-	-	-	125
BOTG Wales	-	112,116	-	-	112,116
BOTG West Midlands	-	188	-	-	188
BOTG - West Sussex	625	-	-	-	625
Carers Training	-	500	-	-	500
CHK Foundation	-	75,000	12,500	-	62,500
City Bridge Trust	46,476	61,537	63,300	-	44,713
Echo Project	10,834	51,415	51,944	-	10,305
Helpline Restricted Grants	-	78,980	53,980	-	25,000
John Ellerman Foundation	15,121	35,000	31,386	-	18,735
Kate and Anthony Smith	2,383	-	2,383	-	-
Mayor of Tunbridge Wells	2,782	-	2,782	-	-
Maudsley Charity	28,855	-	28,855	-	-

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Mel's Milestone Ball		- 11,130	-	-	11,130
National Lottery Community Fund		-339,900	227,036	(112,864)	-
NHS Lothian		- 12,924	10,901	-	2,023
Norfolk Community Foundation		- 9,065	1,837	-	7,228
Schools Training	85,686	-	58,970	(26,716)	-
Spot The Signs	818	25,430	24,391	-	1,857
Vogelgezang		- 195,762	25,916	-	169,847
		<u>272,811</u>	<u>1,087,515</u>	<u>730,834</u>	<u>(143,080)</u>
		<u>1,375,948</u>	<u>2,576,065</u>	<u>2,635,992</u>	<u>-</u>
Total of funds		<u><u>1,375,948</u></u>	<u><u>2,576,065</u></u>	<u><u>2,635,992</u></u>	<u><u>-</u></u>
		<u><u>486,412</u></u>			<u><u>1,316,021</u></u>

Four transfers occurred during the year where at the start of the Covid-19 pandemic funders instructed Beat to de-restrict previously restricted funds to ensure core services were maintained.

16. Statement of funds (continued)

A description of the significant restricted funds is as follows.

ASOS	Helpline and online services: Funding towards the cost of the staffing and associated costs of running the online service
BBC Children in Need	Funding to provide online advice and support to children and young people affected by family and friends with an eating disorder
Binge Eating Disorder	Pilot in guided self-help support for binge eating disorder sufferers
Carers Training	Delivery of training and support for carers
CHK Foundation	Work on developing, delivering and influencing Policy and Campaigns.
Helpline Fund	Funding towards the cost of the staffing and associated costs of running the Beat Helpline
Kate and Anthony Smith	Promotion and communication
Mayor of Tunbridge Wells areas	Restricted geographically to Tunbridge Wells and the surrounding areas
Mel's Milestone Balls	Schools Training
National Lottery Community Fund	Locality-based work in Scotland and North East England
Norfolk Community Foundation	Young Ambassador programme in West Norfolk

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Spot the Signs - Ethos	Early intervention school resources
Warrington Volunteer Funding	Helpline and volunteers in Warrington
Ambassadors	Training and support for volunteers
NHS Lothian	Email support services in Scotland
Echo Project	Peer to peer coaching support
Anonymous fund	Supporting Beat's work in Yorkshire and the North East
Schools Training	Training of secondary school professionals
BOTG (Beat on the Ground)	Locality based work covering training, GP and awareness
City Bridge Trust	Locality work in London, covering training, GP and awareness
Maudsley Charity	Locality based work in London, covering training, GP and general awareness
John Ellerman Foundation	Recruiting, training and supporting volunteers

Designated funds have been allocated by the Trustees for a) the expansion of Beat's presence across the whole of the UK, investment in bigger and better methods of fundraising, and the development of a stronger campaigning presence, and b) to complete Beat's transformation project to ensure optimum focus on early intervention and to enhance this with a focused programme of engagement, education and support for families.

16. Statement of funds (continued) PRIOR YEAR

	Balance at 1 April 2018 £	Income £	Expenditure £	Balance at 31 March 2019 £
Designated Funds	215,162	250,000	(215,162)	250,000
General Funds	1,258,277	1,152,867	(1,558,007)	853,137
Total Unrestricted funds	1,473,439	1,402,867	(1,773,169)	1,103,137
Restricted funds				
Ambassadors	100	10,000	(8,433)	1,667
ASOS	-	64,271	(39,682)	24,589
Anonymous	250,000	-	(225,337)	24,663
BBC Children in Need	-	35,646	(21,922)	13,724
BOTG - Buckinghamshire	-	100	-	100
BOTG - Devon	-	2,500	-	2,500
BOTG - Essex	-	10,363	-	10,363
BOTG - Kent	-	1,500	-	1,500
BOTG - Surrey	-	125	-	125
BOTG - West Sussex	-	625	-	625
City Bridge Trust	-	77,200	(30,724)	46,476
Echo Project	23,188	39,220	(51,574)	10,834
Evan Cornish Foundation	7,907	-	(7,907)	-
Helpline Restricted Grants	-	87,172	(87,172)	-
Hobson Charity	-	5,912	(5,912)	-
Inner Wheel Fundraising	-	1,109	(1,109)	-
John Ellerman Foundation	-	35,000	(19,879)	15,121

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Kate and Anthony Smith	5,648	24,806	(28,071)	2,383
Mayor of Tunbridge Wells	16,964	(2,750)	(11,432)	2,782
Maudsley Charity	-	45,105	(16,250)	28,855
NHS Bolton CCG	27,673	-	(27,673)	-
NHS Wigan CCG	27,123	-	(27,123)	-
Norfolk Community Foundation	5,000	500	(5,500)	-
Obesity Project	458	-	(458)	-
Schools Training	89,313	84,686	(88,313)	85,686
Spot The Signs	-	27,563	(26,745)	818
Swansea University	-	3,515	(3,515)	-
Technology Enabled Care Program	5,761	21,613	(27,374)	-
Warrington Volunteer Funding	80	-	(80)	-
	<u>459,215</u>	<u>575,781</u>	<u>(762,185)</u>	<u>272,811</u>
Total of funds	<u>1,932,654</u>	<u>1,978,648</u>	<u>(2,535,354)</u>	<u>1,375,948</u>

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds	Restricted funds	Total funds
	2020	2020	2020
	£	£	£
Tangible fixed assets	66,962	-	66,962
Current assets	1,155,843	486,412	1,642,255
Creditors due within one year	(376,818)	-	(376,818)
Creditors due in more than one year	(16,378)	-	(16,378)
	<u>829,609</u>	<u>486,412</u>	<u>1,316,021</u>

Analysis of net assets between funds - prior year

	Unrestricted funds	Restricted funds	Total funds
	2019	2019	2019
	£	£	£
Tangible fixed assets	116,974	-	116,974
Current assets	1,178,949	272,811	1,451,760
Creditors due within one year	(171,881)	-	(171,881)
Creditors due in more than one year	(20,905)	-	(20,905)
	<u>1,103,137</u>	<u>272,811</u>	<u>1,375,948</u>

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18. Reconciliation of net movement in funds to net cash flow from operating activities	2020	2019
	£	£
Net expenditure for the year (as per Statement of Financial Activities)	(59,927)	(556,706)
Adjustment for:		
Depreciation charges	50,012	52,635
Dividends, interest and rents from investments	(1,232)	(12,366)
(Increase)/decrease in stocks	(5,370)	(5,345)
Increase in debtors	(94,254)	(105,114)
(Decrease)/increase in creditors	204,937	(64,039)
(Decrease) in pension provision	(4,527)	(6,607)
	89,639	(697,542)
	89,639	(697,542)

19. Analysis of cash and cash equivalents

	2020	2019
	£	£
Cash in hand	814,606	531,552
Total	815,056	531,552

20. Pension commitments

The charity participates in a multi-employer pension scheme 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 2017. This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

£11,243,000 per annum for the period 1 April 2019 to 30 September 2025.

Where the scheme is in deficit, and where the charity has agreed to a deficit funding

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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 2020 is £20,662 (2019: £25,065)

The share of contributions paid to the scheme by the company in the year amounted to £4,160 (2019: £4,081)

21. Operating lease commitments

At 31 March 2020 the total of the Charity's future minimum lease payments under non-cancellable operating leases was:

	2020 £	2019 £
Amounts payable:		
Within 1 year	135,402	174,702
Between 1 and 5 years	413,181	381,420
Total	<u>548,583</u>	<u>556,122</u>

22. Related party transactions

Donations from four (2019 - 4) of the Trustees during the year totalled £1,047 (2019 - £1,502). Donations from other key management personnel totalling £0 (2019 - £71) were received during the year. The Health Foundation, of which David Smart is a Governor, made a donation of £7,750 in the year. There were no further related party transactions.