



“from a seed a flower grows as do people who blossom in life”

Seed AGM Chairs Report:
August 2020

The past year has been one of transition for SEED with many changes to the organisation, with Gill stepping back from the charity and new trustees joining us. I would like to thank Gill for her many years of invaluable input into SEED and for helping develop the charity and our offering.

Alongside that we have dealt with a global pandemic which has put our regular offering on hold, but we have adapted and ensured that we continue to help our existing service users and the raft of new contacts that we have received during this incredibly difficult time.

Secondly, can I thank Sue and Michela for their continued support as trustees, as well as our volunteers without whom we wouldn't be able to deliver our great services to those who need them.

We continue to be recognised as a leading voice on eating disorders and our website is the second most visited in the country, with over 83000 views in the last 12 months and although we have had to adapt our phone and e-mail buddy services are more utilised than ever and we are seeing an increase in the number of calls to our hotline.

Outside of our regular services we have also developed our educational toolkit and have seen it used in schools locally with testimonials explaining what an important and valuable resource it is in helping teachers and students understand and talk about eating disorders and mental health more broadly.

We have also been more proactive this year taking the decision to hire a charity manager to support growing and developing SEED going forward but also to enable Marg to take a step back and have more time to focus on herself and family. Alongside this we have engaged with external bid writers to develop funding applications enabling SEED to expand and move forward.

Personally, I think we have had a fantastic year, and it is a privilege to have been asked to join your board of trustees and also to take on the role of chair.

I am excited about the year ahead, and particularly looking forward to updating the toolkit and website and working with more Football Club Foundations and schools to deliver this invaluable resource. I also hope we have the opportunity to regain some level of normality, allowing our support groups to start up again and our Walking on Eggshells workshop to be delivered.

Lastly, I want to mention Marg and Den and the incredible work they both continue to do ensuring that SEED is able to support those in need. I know it has been a tough year for both of them but despite that their passion and commitment still shines through and they still put SEED and its users first and for that we can't thank them enough.

Carly Bilsborough
Chair of Trustees

SEED EATING DISORDERS SUPPORT SERVICES
Charity number 1108405

Annual Report and Financial Statements
for the period 1st January 2020 to 31st December 2020

Community Accountancy Services

Delivering Quality Accounting Services and Training to the Local Community

SEED EATING DISORDERS SUPPORT SERVICES
(A Registered Charity)
Annual Report and Financial Statements
for the period 1st January 2020 to 31st December 2020

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Prepared by Community Accountancy Services

SEED EATING DISORDERS SUPPORT SERVICES
Report of the Trustees for the year ended 31st December 2020

The Trustees presents its report and independently examined financial statements for the year ended 31st December 2020

Reference and Administrative Information

Charity Name: SEED EATING DISORDERS SUPPORT SERVICES
Charity Registration Number: 1108405

Registered Office and Operational Address:

207 LAMBWATH ROAD
HULL
HU8 0HS

Management Committee:

MS CARLY BILSBROUGH - Appointed 29.04.2020	Chair
MR DENNIS JAMES OATEN	Treasurer
MRS MARJORIE FRANCES OATEN MBE	Secretary
MS SUE BAKER	Trustee
MS MICHELA PETERS	Trustee

Independent Examiners:

Community Accountancy Services
43 John Street
Cityside
Derry/Londonderry
BT48 6JY

Bankers:

LLOYDS TSB
HALL ROAD HULL BRANCH
434 COTTINGHAM ROAD
HULL
HU6 8QS

Structure, Governance and Management

Governing Document

The organisation is a registered as a charity and governed by its CONSTITUTION ADOPTED 10 NOVEMBER 2004, AS AMENDED 5 JANUARY 2005

Recruitment and Appointment of Trustees

The charity trustees for the purpose of charity law are known as members of the Committee. Under the requirements of the charities constitution one third of the members of the Management Committee must retire by rotation after which they can be re-elected at the next Annual General Meeting.

The Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. Therefore as part of the recruitment of trustees the group promotes the need of knowledge and experience to assist the charity.

In order to promote a broad mix, members of the Committee are requested to provide a list of their skills (and update it each year if re-elected) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the Committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity. Additionally, new trustees are invited and encouraged to attend a series of short training sessions (of no more than an hour) to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Committee and the Secretary of the charity and cover:

- * The obligations of Committee members.
- * The main documents which set out the operational framework for the charity including its Constitution.
- * Resourcing and the current financial position as set out in the latest published accounts.
- * Future plans and objectives.

Structure, Governance and Management

Risk Management

The Committee do not believe that there are any major risks at this time. However, a review is undertaken at the start of each financial year.

Organisational Structure

SEED Eating Disorders Support Group has a Committee of not less than 3 members who meet quarterly and are responsible for the strategic direction of the charity. At present the committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Secretary. The Secretary is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Related Parties

In so far as it is complimentary to the charity's objects, no trustee has any related party transactions associated with the organisation.

Objectives and Activities

The charity's objectives and principal activities are to:

- * Education/Training
- * Medical/Health/Sickness
- * Provides human resource(eg staff/volunteers)
- * Provides services(eg care/counselling)
- * Provides advocacy/advice/information

The main objectives and activities for the year were to focus upon the promotion of the said objects. The strategies employed to assist the charity to meet these objectives included the following.

To advance public benefit, for the relief of those suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating and Compulsive Eating and any other eating disorder related problems as a result of this illness, by providing information, advice and support.

To provide information advice and support for the preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders.

To advance education by providing training for professionals and the general public and to raise awareness of eating disorders through approved literature produced by the Charity.

Mission Statement

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

Financial Review

Against the backdrop of limited resources and insecurities over funding, it continues to be difficult to plan or develop services beyond current agreed funding. Nevertheless the charity, with the aid of sound financial management and the support of both its trustees and volunteers recorded a cumulative balance of Unrestricted Fee Reserves - £40,331 and Restricted Reserves of £24,781

Principal Funding Sources

The principal funding sources for the charity during the financial year were as follows:

- * City Health Care Partnership

Investment Policy

Aside from building up a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment. A review of investment policies is undertaken at the end of each financial year.

Reserves Policy

Aside from building up a prudent amount in reserves, as specifies in the Scheme's standing orders, most of the funds are to be spent in the short term so there are few funds for long-term investment. A review of the reserves policies is undertaken at the end of the financial year with a prudent allocation of designated funds as shown in these accounts.

Signed on behalf of the trustees by:

Signature..... Chair

Name.....

Signature..... Trustee

Name.....

Date.....

Independent examiner's report on the accounts of
SEED EATING DISORDERS SUPPORT SERVICES
for the period 1st January 2020 to 31st December 2020

I report on the accounts of the charity set out on pages 8 to 11

This is a statutory independent examination.

Respective responsibilities of the Committee and the examiner

Charity law requires the Committee to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing financial statements, the Committee should follow best practice and:

- * select suitable accounting policies and then apply them consistently;
- * make judgements and estimates that are reasonable and prudent; and
- * prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act. The Committee is 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.

Members of the Committee

Members of the Management Committee, who are trustees for the purpose of charity law, who served during the year up to the date of this report are set out on page 4.

Basis of independent examiner's report

An examination includes a review of the accounting records kept by the organisation and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1) which gives me reasonable cause to believe that in any material respect the requirements:

- (a) to keep appropriate accounting records; and
- (b) to prepare accounts which accord with the accounting records

have not been met; or

2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: On behalf of Community Accountancy Services

Date: 23rd April 2021

Community Accountancy Services

92 St John Street
Old Town
Bridlington
East Riding of Yorkshire
YO16 7SJ

1 Accounting Policies

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

a Basis of accounting

The financial statements have been prepared in accordance with the new Charity SORP 2015 and the Financial Reporting Standard for Smaller Entities (FRS102 effective January 2015) and the Companies Act 2006

b Recognition of incoming resources

These are included in the Statement of Financial Activities (SoFA) when:

- * the charity becomes entitled to the resources;
- * the trustees are virtually certain they will receive the resources; and
- * the monetary value can be measured with sufficient reliability.

c Grants & Donations

Revenue grants are recognised in the Statement of Financial Activities on receipt, subject to any required conditions being met or services being provided. Capital grants are recognised on receipt in the Statement of Financial Activities. This policy has been adopted to give a true and fair view as recommended by the SORP

d Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

e Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

f Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £1,000 if purchased through free reserves on the basis on 33 $\frac{1}{3}$ straight line. Tangible fixed assets that are purchased via restricted funding are written off in full in the year of acquisition. A full asset register is maintained by the charity.

g Fund accounting

Funds held by the organisation are either:

Unrestricted general funds

These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds

These are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects as outlined in the balance sheet.

SEED EATING DISORDERS SUPPORT SERVICES
Statement of Financial Activities
(including the Income and Expenditure account)
for the period 1st January 2020 to 31st December 2020

	Notes	2020 Unrestricted funds £	2020 Restricted funds £	2020 Total funds £	2019 Total funds £
Incoming Resources					
Income resources from generated funds:					
<i>Voluntary Income:</i>					
Grants and donations	(2)	7,573	-	7,573	2,843
Other	(2)	12,886	-	12,886	21,110
Income resources from charitable activities:					
Grants and donations	(3)	24,000	49,781	73,781	39,750
Total incoming resources		44,459	49,781	94,240	63,703
Resources Expended					
Cost of generating voluntary income	(4)	48,569	-	48,569	10,651
Charitable activities:	(4)	-	25,000	25,000	39,750
Total resources expended		48,569	25,000	73,569	50,401
Net incoming / (outgoing) resources		(4,110)	24,781	20,671	13,302
Transfers between funds		-	-	-	-
Fund balances brought forward		44,441	-	44,441	31,139
Fund balances carried forward		40,331	24,781	65,112	44,441

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

SEED EATING DISORDERS SUPPORT SERVICES

Balance sheet

as at 31st December 2020

	2020 Unrestricted £	2020 Restricted £	2020 Total £	2019 Total £
Current Assets				
Cash at bank and in hand	(5) 40,331	24,781	65,112	44,441
Debtors and prepayments	-	-	-	-
Total current assets	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Current liabilities:				
amounts falling due within one year				
Creditors and accruals	-	-	-	-
Total current liabilities	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net current assets / (liabilities)	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Total assets less current liabilities	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Creditors: amounts falling due after one year	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net assets	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Funds				
Restricted Funds	-	24,781	24,781	-
Unrestricted funds	40,331	-	40,331	44,441
Total Funds	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirement of section

The financial statements were approved at a meeting of the Committee and signed on its behalf by:

Signature..... Chair

Date.....

Signature..... Trustee

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

2 Voluntary Income:

	2020	2020	2020	2019
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Donations	7,573	-	7,573	2,843
Fundraising - General	10,102	-	10,102	20,122
Fundraising - Virgin	2,739	-	2,739	178
Interest	45	-	45	65
Other	-	-	-	744
	20,459	-	20,459	23,953

3 Income Resources from Activities to further the Charity's Objects

	2020	2020	2020	2019
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
City Health Care Partnership	-	25,000	25,000	25,000
Hull City Council	5,000		5,000	-
Charles Sykes	2,000		2,000	-
Hesslewood Charity Trust	1,000		1,000	-
Sayers Butterworth	3,000		3,000	-
James Reckitt	5,000		5,000	-
Hull & East Riding Trust	3,000		3,000	-
Outwood Investment	5,000		5,000	-
ACT		5,000	5,000	-
Postcode Lottery		19,781	19,781	-
The Goldsmith Company Charity		-	-	14,750
	24,000	49,781	73,781	39,750

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

4 Total Resources Expended

	Management, Governance & Administration	City Health Care Partnership	2020 Total funds	2019 Total funds
	£	£	£	£
Management	17400	-	17,400	-
Rent & Rates	147	-	147	1,128
Training	-	920	920	920
Phone & Postage	412	2,195	2,607	2,195
Printing/Stationery	287	389	676	389
Advertising & Publicity	8,210	790	9,000	790
Resources	14,913	1,832	16,745	15,782
Fund Bidders	2,200	-	2,200	-
Website Development	560	1,518	2,078	1,518
Administration	867	13,200	14,067	23,200
Accountancy/Independent Examination	142	328	470	328
Travel Expenses	94	1,370	1,464	1,370
Equipment / Upgrades / Refurbishment	2,212	1,908	4,120	1,908
Insurance	42	356	398	356
Subscriptions	444	-	444	-
Sundry	639	194	833	845
	48,569	25,000	73,569	50,729

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

5 Cash at bank and in hand

	2020	2019
	£	£
Lloyds TSB Account	65,112	44,441
	<u>65,112</u>	<u>44,441</u>

6 Trustee expenses

During the period up to 31st December, sundry travel expenses were claimed by charity Trustees. These expenses were for charity related activities only.

7 Related party transactions

Gemma Oaten is the new Charity Manager and daughter to Marg Oaten MBE. The daughter, Maria Mounford is also the charities administrator. A review of the charities Related Party Transaction Policy is up to date and includes these disclosures.

8 Unrestricted Free Reserves and Designated Funds

	Balance b/f
	£
Administration Costs - Designated	15,156
Management - Designated	17,400
Balance of Free Reserves	7,775
	<u>40,331</u>

Purpose of designated funds

In line with the charities reserves policy the trustees have agreed to allocate a proportion of its free reserves to ensure project sustainability in the event that further funding cannot be sourced to cover administration and workshop session fees. This represents 50% of its overall reserves which have been designated for future use.

SEED EATING DISORDERS SUPPORT SERVICES
Charity number 1108405

Annual Report and Financial Statements
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Community Accountancy Services

Delivering Quality Accounting Services and Training to the Local Community

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Prepared by Community Accountancy Services

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MR DENNIS JAMES OATEN	Treasurer
MRS MARJORIE FRANCES OATEN MBE	Secretary
MS SUE BAKER	Trustee
MS MICHELA PETERS	Trustee

Independent Examiners:

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Cityside
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Signed on behalf of the trustees by:

Signature..... Chair

Name.....

Signature..... Trustee

Name.....

Date.....

Independent examiner's report on the accounts of
SEED EATING DISORDERS SUPPORT SERVICES
for the period 1st January 2020 to 31st December 2020

I report on the accounts of the charity set out on pages 8 to 11

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- (a) to keep appropriate accounting records; and
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Signed:



Name: On behalf of Community Accountancy Services

Date: 23rd April 2021

Community Accountancy Services

92 St John Street
Old Town
Bridlington
East Riding of Yorkshire
YO16 7SJ

1 Accounting Policies

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a Basis of accounting

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d Volunteer help

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g Fund accounting

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These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

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SEED EATING DISORDERS SUPPORT SERVICES
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(including the Income and Expenditure account)
for the period 1st January 2020 to 31st December 2020

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Incoming Resources					
Income resources from generated funds:					
<i>Voluntary Income:</i>					
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Other	(2)	12,886	-	12,886	21,110
Income resources from charitable activities:					
Grants and donations	(3)	24,000	49,781	73,781	39,750
Total incoming resources		44,459	49,781	94,240	63,703
Resources Expended					
Cost of generating voluntary income	(4)	48,569	-	48,569	10,651
Charitable activities:	(4)	-	25,000	25,000	39,750
Total resources expended		48,569	25,000	73,569	50,401
Net incoming / (outgoing) resources		(4,110)	24,781	20,671	13,302
Transfers between funds		-	-	-	-
Fund balances brought forward		44,441	-	44,441	31,139
Fund balances carried forward		40,331	24,781	65,112	44,441

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

SEED EATING DISORDERS SUPPORT SERVICES

Balance sheet

as at 31st December 2020

	2020 Unrestricted £	2020 Restricted £	2020 Total £	2019 Total £
Current Assets				
Cash at bank and in hand	(5) 40,331	24,781	65,112	44,441
Debtors and prepayments	-	-	-	-
Total current assets	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Current liabilities:				
amounts falling due within one year				
Creditors and accruals	-	-	-	-
Total current liabilities	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net current assets / (liabilities)	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Total assets less current liabilities	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Creditors: amounts falling due after one year	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net assets	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Funds				
Restricted Funds	-	24,781	24,781	-
Unrestricted funds	40,331	-	40,331	44,441
Total Funds	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirement of section

The financial statements were approved at a meeting of the Committee and signed on its behalf by:

Signature..... Chair

Date.....

Signature..... Trustee

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

2 Voluntary Income:

	2020	2020	2020	2019
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Donations	7,573	-	7,573	2,843
Fundraising - General	10,102	-	10,102	20,122
Fundraising - Virgin	2,739	-	2,739	178
Interest	45	-	45	65
Other	-	-	-	744
	20,459	-	20,459	23,953

3 Income Resources from Activities to further the Charity's Objects

	2020	2020	2020	2019
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
City Health Care Partnership	-	25,000	25,000	25,000
Hull City Council	5,000		5,000	-
Charles Sykes	2,000		2,000	-
Hesslewood Charity Trust	1,000		1,000	-
Sayers Butterworth	3,000		3,000	-
James Reckitt	5,000		5,000	-
Hull & East Riding Trust	3,000		3,000	-
Outwood Investment	5,000		5,000	-
ACT		5,000	5,000	-
Postcode Lottery		19,781	19,781	-
The Goldsmith Company Charity		-	-	14,750
	24,000	49,781	73,781	39,750

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

4 Total Resources Expended

	Management, Governance & Administration	City Health Care Partnership	2020 Total funds	2019 Total funds
	£	£	£	£
Management	17400	-	17,400	-
Rent & Rates	147	-	147	1,128
Training	-	920	920	920
Phone & Postage	412	2,195	2,607	2,195
Printing/Stationery	287	389	676	389
Advertising & Publicity	8,210	790	9,000	790
Resources	14,913	1,832	16,745	15,782
Fund Bidders	2,200	-	2,200	-
Website Development	560	1,518	2,078	1,518
Administration	867	13,200	14,067	23,200
Accountancy/Independent Examination	142	328	470	328
Travel Expenses	94	1,370	1,464	1,370
Equipment / Upgrades / Refurbishment	2,212	1,908	4,120	1,908
Insurance	42	356	398	356
Subscriptions	444	-	444	-
Sundry	639	194	833	845
	48,569	25,000	73,569	50,729

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

5 Cash at bank and in hand

	2020	2019
	£	£
Lloyds TSB Account	65,112	44,441
	<u>65,112</u>	<u>44,441</u>

6 Trustee expenses

During the period up to 31st December, sundry travel expenses were claimed by charity Trustees. These expenses were for charity related activities only.

7 Related party transactions

Gemma Oaten is the new Charity Manager and daughter to Marg Oaten MBE. The daughter, Maria Mounford is also the charities administrator. A review of the charities Related Party Transaction Policy is up to date and includes these disclosures.

8 Unrestricted Free Reserves and Designated Funds

	Balance b/f
	£
Administration Costs - Designated	15,156
Management - Designated	17,400
Balance of Free Reserves	7,775
	<u>40,331</u>

Purpose of designated funds

In line with the charities reserves policy the trustees have agreed to allocate a proportion of its free reserves to ensure project sustainability in the event that further funding cannot be sourced to cover administration and workshop session fees. This represents 50% of its overall reserves which have been designated for future use.