

Registered number: 08633950
Charity number: 1155686

TALK ED
(FORMERLY ANOREXIA AND BULIMIA CARE)

(A company limited by guarantee)

UNAUDITED
TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

TALK ED

(A company Limited by Guarantee)

REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2022

Trustees	Daniel Magson, Chair Mrs Karen MacKenzie Mrs Victoria Sumner Mr Adrian Sutherland Mrs Victoria Page (retired 23 rd May 2022) Ms Victoria Fagg Dr Sarah Ruth McDonald (appointed 23 rd May 2022)
Company number	08633950
Charity number	1155686 and SCO45443
Registered office	Saville Court 10-11 Saville Place Bristol BS8 4EJ
Chief executive officer	Mrs Joanne Byrne
Bankers	CAF Santander
Advisors	Dr C Buckland PsychD, UKCP, MBACP, UPCA Dr D Dawson BSc, MBA, MBBS R. McGregor BSc, PGDIP (diet) RD, PGCert (sports nutrition) Professor E Rich Associated Fellow of the Royal Society of Medicine Dr R Steed BA, MBBS, MRCP Dr D Thompson MBChB MRCP

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TRUSTEES' ANNUAL REPORT (INCLUDING DIRECTOR' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2022

Trustees (who are also directors of the charity for the purposes of the Companies Act) present their report together with the financial statements of Talk ED (the company) for the year ended 31 December 2022. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014 (as amended by Update Bulletin 1 published on 2 February 2016).

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

POLICIES AND OBJECTIVES

The Trustees have complied with their duty under Section 4 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

Talk ED provides guidance and support to anyone affected by eating disorders and eating distress, helping them towards recovery. We offer support to families, carers, friends and colleagues and also guidance to professionals working with those who struggle with eating disorders.

The charitable objective and the services today remain true to Talk ED's founding objects:

- For the relief of suffering for those with eating disorders
- To encourage and assist others to care for sufferers
- To educate, train and advise those caring for sufferers as well as carrying out preventative education
- To promote research into eating disorders and research into treatment and/or cures and to publish the results.

MAIN ACTIVITIES UNDERTAKEN TO FURTHER THE CHARITY'S PURPOSES FOR PUBLIC BENEFIT

Services to achieve the charity's objectives consist of 1:1 support via telephone, video or online chat, online peer support groups, a befriending, peer to peer online communities, workshops and education.

Talk ED has a team of 40 active, trained volunteer befrienders, ambassadors and event fund raisers across the UK. We encourage volunteering from those with lived experience as their knowledge and personal experience are vital to our service, shaping our work. We thank them all for their continued and much valued support and their fundraising efforts.

ABOUT EATING DISORDERS, AND THE NEED FOR OUR WORK

Eating disorders (including anorexia, bulimia, binge eating disorder, avoidant restrictive food intake disorder and other specified feeding and eating disorders) are severe, complex mental illnesses with a number of causes and risk factors. Anyone, at any stage of their life, can experience an eating disorder. They are not a choice; they have a significant impact on all aspects of a person's life – physical, emotional, and social. Eating disorders are often

TRUSTEES' ANNUAL REPORT (INCLUDING DIRECTOR' REPORT**FOR THE YEAR ENDED 31 DECEMBER 2022**

accompanied by other harmful behaviours such as self-harm and suicide ideation and have the highest mortality rate of any mental illness – tragically, 20% of people with anorexia lose their lives to the condition.

Timely access to appropriate support and treatment is key to recovery. Currently many people are unable to access this, leading to eating disorders becoming more severe and harder to treat, or life-threatening. This is exacerbated by the profound impact of the pandemic, not only those already struggling with an eating disorder and those at risk of developing one, but the mental health of society as a whole.

The NHS 2019 Health Survey found that 16% of adults in England alone screened positive for a possible eating disorder, but only 11,000 are receiving NHS care. Hundreds of thousands of people are struggling with no clinical or therapeutic support at all due to increasingly tight criteria to access underfunded services, lack of knowledge, training and specialist staff, and the shame and stigma associated with eating disorders.

24,268 people were hospitalised due to their eating disorder becoming serious and life-threatening in 2021, with more than 25% of urgent admissions being children and young people. This startling figure is up 25% from 2020, and 42% from 2019. With the NHS under intense pressure, the impact of the pandemic has seen waiting lists for eating disorder services treble. According to the Royal Society of Psychiatrists, there are only 455 inpatient beds, and less than 100 consultants specialising in eating disorders in the whole of the UK.

The Hearts Minds Genes Coalition reported that the total cost of eating disorders in 2020 was £9.4 billion.

Talk ED's purpose is to provide immediate and committed safeguarding to those affected. We do this by providing emotional support and practical guidance for recovery to anyone struggling personally, and their loved ones, at any stage of an eating disorder, with a particular focus on early intervention and recovery support

CHARITY REBRAND

With the support of the Board, and agreed re-purposed funding from the Lloyds Bank Foundation, The CEO was able to invest dedicated time in 2021 to strategically reviewing the positioning of the charity to understand the evolving unmet needs of its beneficiaries and develop fundraising and organisational strategies to ensure the charity could reach those who need it with services that will positively impact on recovery.

A thorough stakeholder consultation was undertaken, involving connecting with and interviewing a wide number of people and holding online focus groups with staff, trustees, service users, volunteers, campaigners, other support organisations and those working in the clinical and therapeutic areas of the sector. A number of areas were looked at, including:

- Perception of the charity
- Priorities and aspirations for the charity
- People and culture
- Needs and challenges in the sector
- Opportunities

This consultation and research work served not only to provide key evidence-based insights to feed into the development of the charity, but also to start a network of connections and critical friends, which will help us as we move to become more collaborative in the ED sector.

It highlighted the opportunity for the charity to have a much greater impact, by improving its identity, visibility, and clarity of service offer. The name (Anorexia and Bulimia Care) was seen as a potential barrier to people living with an eating disorder other than anorexia or bulimia, the logo was widely considered to be quite dated and the

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branding as a whole inconsistent and not inclusive of the eating disorder community today.

As a result of this work, the charity relaunched as Talk ED with a new visual identity and website during Eating Disorders Awareness Week in March 2022.

Why Talk ED?

When the charity was founded in 1989, anorexia and bulimia were the only recognised eating disorders. There are now many others, including binge eating disorder, other specified feeding and eating disorders (OSFED,) and avoidant restrictive food intake disorder (ARFID). The many people struggling with these, other types of eating distress, or undiagnosed conditions, did not realise that we were here for them too.

We need a name that is at once relevant and inclusive to everyone and anyone that might be affected by any eating disorder, and regardless of gender, age, background, or identity.

There is still too much stigma surrounding eating disorders; they thrive in isolation and secrecy, and the pandemic has only intensified this. Many people who have recovered from eating disorders tell us that talking about their struggles was the most crucial step in their own journey, and we know how much courage this takes. We wanted our branding to encourage people to open up and break down the silence by starting a conversation. To help them to take brave steps towards recovery. To talk to us.

Our research showed that Talk ED:

- Focusses on being open and encouraging conversation
- Is bold and confident, capturing the essence of who we are and what we do
- Is authentic, personal, friendly, and accessible
- Is short, memorable, proactive, natural language and easy to spell
- Uses a simple font that has character and a warm and friendly colour palette
- Emphasises the connection and community aspects of our service
- Recognises therapeutic talking as an important, evidence-based early intervention and recovery support treatment

To support our new name we also launched a new website. Our new brand and website was developed through an inclusive process to ensure involvement, relevance, longevity, and impact.

OUR SERVICES

Our support services are delivered by a small experienced peer support team including a qualified counsellor, nutritional therapist, parent, and former service user - all with lived experience - as well as a qualified nurse who has previously worked with eating disorder patients.

1:1 support

For anyone affected by any eating disorder to ask questions and share their worries. Our peer support team provides emotional support with a focus on practical guidance and strategies to help them move forward, whatever stage they are in their journey. Within this service we also offer nutritional guidance calls with our in-house nutritional therapist for those who require this more focussed support.

In January 2022, Talk ED's 1:1 support service became fully appointment-based, moving away from the telephone

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helpline model. Service users are able to book appointments via the website, and choose the peer support team member they wish to speak to, and the modality of the call – video, online chat, or telephone.

In 2022 the peer support team delivered 1,246 1:1 support sessions. Of those supported, 80% were individuals struggling with eating disorders, and 20% were parents/carers. The 1:1 support service is accessed by people from all across the UK, and in 2022 the largest regions were South West, London, South East, Yorkshire and Humber, East of England and North West.

Peer support groups

Offers a safe, non-judgemental space for people to share experiences and connect with others to reduce isolation.

Two fortnightly groups are offered - one for individuals living with an eating disorder, and another for carers of someone with an eating disorder – and are facilitated by members of our support team with relevant lived experience. The sessions are semi-structured with discussion topics often led by the group, focussing on the challenges and achievements in recovery or supporting a loved one.

In 2022, 40 peer support group sessions were delivered, with a total of 198 attendees – many participating regularly by attending multiple sessions for ongoing support.

Befriending

Offers preventative support to people aged 18+ at the early stages of their eating disorder.

Befriending is a long-standing service, originally created in 1990, where we carefully match a trained former service user (someone who is well recovered from an eating disorder) to someone who is ready to engage in recovery. Befrienders provide focussed support via weekly telephone calls for six months to help people receive regular recovery- focussed guidance and peer support which they are unable to obtain elsewhere.

All befrienders have been recovered and stable for a minimum of 2 years and are aged 21 and over, and progress is measured using the 'Mental Health Recovery Star' framework.

In 2022, we delivered three online training sessions with 15 volunteers proceeding to become volunteer befrienders. 30 x six month befriending matches were completed during the year.

Workshops

A series of four 90-minute interactive workshops based on the psychological stages of change, with content adapted from our existing self-guided e-course. The workshops are designed as an early intervention for anyone at the contemplation stage of recovery and are aimed at those who are on a waiting list for eating disorder services, or a self-help tool for people who may not meet the criteria for referral.

In 2022 our peer support team delivered two workshop series, attended by 24 people.

Online

Our website, which relaunched in March 2022, was visited by 94,417 unique users, an increase of 7.5% on the previous year.

Our social media channels (Facebook, Twitter and Instagram) have 14.8k followers collectively, and we continue to post regularly to build engagement with our audience.

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Education & Research and training

Education is one of Talk ED's charitable objects. Our online training course for the Royal College of General Practitioners continues to resource GPs through the College's Online platform.

To address the risks to health and life from associated compulsive over-exercise for those with EDs, we have an online course for fitness professionals which has the endorsement of the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

THE DIFFERENCE TALK ED MAKES

As a small organisation we pride ourselves on being very personal albeit professional. We offer a joined-up approach to support between the medical, therapeutic and the dietetic. People often reach out to us in distress, needing time to share their 'story', empathy and guidance for their mental wellbeing and the physical checks needed to safeguard their health. They may not be at a stage of readiness to begin recovery or even talk about their ED to others, so our helpline staff patiently and gently move them forward, helping to motivate them and also give them confidence to talk to their GP.

Parents, family members and other caregivers who often live 24/7 with a loved one with an ED need much support and suggestions. We support them through the distress of suspecting and discovering an eating disorder and associated behaviours such as over exercising, laxative abuse, depression, anxiety and self-harming. They need guidance as to how to deal with these aspects and know no-one to ask. They need strategies for dealing with the changed emotions that EDs cause, plus the altered behaviours such as avoiding food, eating with the family or at social occasions, lying, stealing food, hiding it and of course making excuses to visit the bathroom for secret self-induced vomiting. On top of this, they need to help their 'child' who of course could be an adult, to open up about any causes, try to persuade them to accept help - a visit to the GP in the first instance. If their loved ones live at home, they also have to provide and supervise meals in a fraught atmosphere of distrust and non-co-operation. Carers often have to battle NHS services and personnel to be heard and move their loved ones' care and treatment forward. They too often face stigma and feel much unjustified guilt and shame.

Measuring impact and monitoring feedback

Supporting people living with eating disorders means that their health is safeguarded and that they are able to learn practical strategies to start and maintain the long and difficult journey of recovery. Positive outcomes are people engaging in recovery, regaining control and establishing a healthy life free of the eating disorder. Focussed feedback is obtained during and after each support call/peer group/workshop.

- Asking service users 'what are you taking away from this call/peer group session/workshop today?'
- Do you feel better able to manage negative behaviours and habits (we ask them to elaborate)
- Do you feel clearer on the next steps to take? (we ask them to elaborate)
- A short online survey sent by email following each support session

For befriending, we use the 'Mental Health Recovery Star' framework for measuring progress over the 6 months. Last year, the data revealed significant positive changes to service users' mental wellbeing, including a 70% increase in identity and self-esteem; a 70% increase in managing mental health, a 75% increase in addictive behaviours (the hardest area to tackle) and a 50 % increase in relationships.

A selection of comments from 1:1 support service users

"Thank you, I have several things to take from this conversation that I can put into action. This has been so helpful."

"You asked me about things no-one else has, and made me feel less alone in this."

"You have given me a chance to talk about things that have been going around in my head. I will try the strategies

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that you suggest."

"So relieved to speak to someone, I never could have done this before so I know it's a good sign that I did, I don't want this to get worse."

"It's great to talk to someone with real experience and who has recovered, you were very understanding."

"Talk ED is so important to me. I know when I speak to you, that I will know what I should do next."

"You have been really helpful; you have helped me to gain a perspective and sort out my thoughts."

"I feel so much calmer now, and very reassured that I'm doing everything I can for my daughter."

"Thank you so much for your encouragement to make these small changes. I'm feeling even more proud of myself."

A selection of comments from peer-support group participants

"Hearing about others making changes is so inspiring. It makes me want to make more positive changes so that I can come back here and share it all with you."

"When my daughter came out of inpatient care we had no support to transition her back to being at home. Support groups like this are so important in supporting families and feel like a lifeline to me."

"I feel such a sense of community from this group. I don't feel so alone and that everything is my fault."

"Coming to the group today has been the most positive thing that I've done for myself in six months."

"I feel understood. Not everyone can understand me when I talk about my eating disorder, and here I feel completely understood and respected."

"This session has been much more helpful than I expected. I take great comfort in knowing that I'm not alone in all this."

"These Zoom groups make me feel like I'm not crazy! I don't feel judged here, thank you."

A selection of feedback from befriendees

"I genuinely don't think I would be as far along as I am now in my recovery had I not been matched with my befriender at the time that I was. It really was a lifeline."

"I wish I had known about this service a long time ago. I really can't see myself going back to how I was, and I will hold the support and gentle guidance of my befriender close as I continue with my recovery."

"I can't overstate how important having a befriender was to my recovery. To have my hand held (virtually) when I was ready to take charge of my recovery meant everything."

"I can't thank my befriender enough for her patience and compassion, at a time when I had no-one in my life that really understood and got it. The power of those weekly calls helped to keep me on track. I had some hiccups along the way, but the support was unwavering and I will always be grateful."

Feedback from a workshop pilot participant

"The workshops really helped me to focus my mind and drill into what recovery equates to me. I'm grateful for the structure, the weekly 'homework' and the prospect of checking in with each other at each session. I feel hopeful that recovery is possible for me."

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FUNDRAISING ACTIVITIES/INCOME GENERATION

The pandemic and its impact on many areas of life has had a drastic effect on our income. Within the general population, lower disposal income, job insecurity and cost of living increases have led to changed ability to donate and fundraise, as well as a general change in attitude to giving. This has in turn led to hugely increased competition for grant and trust funding across the sector, and we have seen a shift in funders priorities towards grass-roots causes as well as narrowing of eligibility to manage the increase in applications to review. We are grateful to the support of the Allen Lane Foundation who provided grant funding in 2022, as well as a number of small trusts and individuals that donated to the running of our services and core costs.

In 2022, in efforts to diversify income streams, we trialed our first community fundraising challenge on Facebook. This generated £4,075, and introduced Talk ED to a new audience with 206 people actively participating in the challenge and 760 joining the closed Facebook challenge group and engaging with our charity. We also launched a Winter Appeal on Giving Tuesday (November 2022), promoting this widely through our online channels and to all contacts and prospects in November and December. This had generated £1,300 by the end of the financial year.

These activities did not generate sufficient funds to cover costs in 2022 and the charity's reserves were used to make up the shortfall.

THE PIP FOUNDATION

This family fund was set up in 2017 by the parents of Pip McManus as a fundraising platform for Talk ED which now has a policy for family funds.

Pip McManus tragically took her own life aged 15 following a three-year struggle with anorexia. Whenever she was able to, Pip loved to help others. Her family and friends wanted to continue her good work, and started fundraising for Talk ED in Pip's memory. The aim at the time of starting the fundraising was to open a face-to-face weekly drop-in hub in Manchester called Pip's Place. This would be run by Talk ED, and a place where anyone struggling with an eating disorder (and those also affected such as parents, siblings, partners, other family members and friends) could come for support, understanding and empathy. The initial fundraising target was £40,000 (the running costs for 12 months) and this was met in June 2021.

The pandemic has a significant and lasting impact on people with eating disorders and face-to-face services. Even now with restrictions lifted, we have found a reluctance amongst the eating disorder community to return to in-person support. The way in which people want to access Talk ED's eating disorder support services (and support services in general) has changed, and in response we have adapted to delivering our services online and by telephone.

Due to increased need for support during a very challenging time for people with eating disorders, demand for online support, and the wish of the McManus family, an online service – Pip's Place Online - was launched in May 2021 and has continued throughout 2022. This operates every Tuesday as a dedicated part of our support service and offers 1:1 support calls and peer support groups, initially an interim service with lower overheads, to start helping people in Pip's memory without further delay, whilst also allowing time for further fundraising.

GOING CONCERN

The Trustees made the hard decision in 2023 that due to increasing difficulty in securing funding that to protect the services that Talk ED provides that the activities of Talk ED should be 'merged into' First Steps ED a similarly focussed charity based in Derby. The Trustees of Talk ED and First Steps ED signed a Merger and Acquisition Agreement on 21 June 2023. On 1 July 2023 the employees of Talk ED were tupe'd to First Steps ED and the services we provide were

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transferred to First Steps ED. The charity is therefore no longer a going concern and the Trustees plan to dissolve the charity by 31 December 2023. Any remaining assets will be donated to First Steps ED.

FINANCIAL REVIEW (INCLUDING RESERVES POLICY)

The total incoming resources for the year amounted to £43,517 (2021: £77,542), against which £97,088 (2021: £132,684) was expended during the year leaving net outflow of 51,434 (2021: net outflow of £55,142).

The Trustees have a policy whereby the unrestricted, undesignated funds not committed or invested in tangible fixed assets (the free reserves) held by the charity, should be able to cover at least three months' operating costs, plus sufficient funds to carry out its legal responsibilities and for redundancy payments to members of staff. As at the balance sheet date the free reserves were £34,336 which is unrestricted reserves of £34,336 which were sufficient for such purposes. This level of reserves fulfil the charities purpose of being able to cover three months' operating costs.

CONSTITUTION

The company is registered as a charitable company limited by guarantee and was established by a Memorandum of Association on 1 August 2013, as amended by special resolution on 20 January 2014.

The charity was originally established in 1989, constituted by Deed of Trust. On the 30 December 2014 the assets of the charitable trust were transferred to a new charitable company, Anorexia and Bulimia Care. A merger was recorded at the Charity Commission for England and Wales as being in effect from midnight on 30 December 2014.

The company gained charitable status with the Charity Commission for England and Wales on 7 February 2014 (charity number 1155686).

The company gained charitable status with the Office of the Scottish Charity Regulator (OSCR) on 23 February 2015 (charity number SC045443).

METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

New Trustees are recruited in line with the charity's policy on equal opportunities, or co-opted to fill specialist roles, for example people with medical or marketing experience. Four of our Trustees have personal experience of eating disorders, as a former service user or a parent. This brings a wealth of experience to guide Talk ED and its services.

POLICIES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES

Talk ED is committed to developing a broad and experienced Board with relevant skills. The roles are advertised on our website. New Trustees are invited to submit a written request to join the Board and then take part in an informal interview with the CEO and Chair of Trustees. Following interview, they are invited to the next Board meeting to present to the other Trustees. Once they have left the meeting, the Board votes and following successful election subject to references and checks, references are obtained, and DBS checks undertaken. All new Trustees appointments are probationary, subject to an induction period and they are encouraged to do external training courses to facilitate the undertaking of their role. All Trustees are given opportunities for training on eating disorders.

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ORGANISATIONAL STRUCTURE AND DECISION MAKING

Talk ED is overseen by a Board of Trustees and advisors and is managed on a daily basis by a Chief Executive Officer, who supervises a small permanent staff, together with the charity's team of in house and regional volunteers. The Board of Reference which is sourced from primary health care professions, psychology, psychiatry, dietetics and academia.

The Board of Trustees meets quarterly, conducting conference calls between meetings as and when required. The Trustees also attend an annual strategic planning day.

RELATED PARTY RELATIONSHIPS

Please see the related party transactions note at note 12 for further details of transactions during the year.

RISK MANAGEMENT

The Trustees have assessed the major risks to which the company is exposed, in particular those related to the operations and finances of the company, and are satisfied that systems and procedures are in place to manage our exposure to the major risks.

MEMBERS' LIABILITY

The Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also directors of Talk ED 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

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

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of financial statements may differ from legislation in other jurisdictions.

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

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



.....
Karen Mackenzie (Trustee)

Date: 29 August 2023

STATEMENT OF FINANCIAL ACTIVITIES**(incorporating Income and Expenditure Account & Statement of Total Realised Gains and Losses)****For the year ended 31 December 2022**

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
INCOME FROM							
Donations and legacies	2	39,883	3,634	43,517	59,286	14,106	73,392
Charitable activities	3	319	-	319	781	-	781
Investments	4	196	-	196	11	-	11
Other income		1,622	-	1,622	3,358	-	3,358
TOTAL INCOME		42,020	3,634	45,654	63,436	14,106	77,542
EXPENDITURE ON:							
Raising funds	8	9,017	-	9,017	13,656	-	13,656
Charitable activities							
Provision of care and support to service users	8	74,479	13,592	88,071	72,381	46,647	119,028
TOTAL EXPENDITURE		83,496	13,592	97,088	86,037	46,647	132,684
NET INCOME/(EXPENDITURE) FOR THE YEAR		(41,476)	(9,958)	(51,434)	(22,601)	(32,541)	(55,142)
RECONCILIATION OF FUNDS							
TOTAL FUNDS AT 1 JANUARY 2021		75,812	40,650	116,462	98,413	73,191	171,604
TOTAL FUNDS AT 31 DECEMBER 2022		£34,336	£30,692	£65,028	£ 75,812	£ 40,650	£ 116,462

The annexed notes form part of these financial statements

TALK ED**(company limited by guarantee number 08633950)****BALANCE SHEET****As at 31 December 2022**

	Notes	£	2022 £	£	2021 £
FIXED ASSETS					
Tangible assets	15		-		-
CURRENT ASSETS					
Stocks: books and publications		-		-	
Debtors	17	2,348		16	
Cash at bank and in hand		63,327		118,238	
		<u>65,675</u>		<u>118,254</u>	
CREDITORS: amounts falling due within one year	18	(647)		(1,792)	
NET CURRENT ASSETS			<u>65,028</u>		<u>116,462</u>
NET ASSETS			<u>£ 65,028</u>		<u>£ 116,462</u>
FUNDS					
Restricted funds	19		30,692		40,650
Unrestricted funds:					
Designated funds	19	-		47,511	
General fund	19	<u>34,336</u>		<u>28,301</u>	
			<u>34,336</u>		<u>75,812</u>
			<u>£ 65,028</u>		<u>£ 116,462</u>

For the year ended 31 December 2022 the Company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- (i) The members have not required the Company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

They were approved, and authorised for issue, by the Board of Trustees on 29 August 2023 and signed on their behalf by:-



KAREN MACKENZIE, Treasurer

The annexed notes form part of these financial statements

STATEMENT OF CASHFLOWS
For the year ended 31 December 2022

	2022		2021	
	£	£	£	£
Cash flows from operating activities		(51,434)		(55,142)
Net cash provided by / (used in) operating activities				
Add back depreciation	-		1,580	
(Increase)/decrease in stocks	-		310	
(Increase)/decrease in debtors	(2,332)		-	
Increase/(decrease) in creditors	(1,145)		(2,812)	
		(3,477)		(922)
		(54,911)		(56,064)
Cash flows from investing activities				
Purchase of fixed assets		-		-
Cash flows from financing activities		-		-
Change in cash and cash equivalents in the year		(54,911)		(56,064)
Cash and cash equivalents at the beginning of the year		118,238		174,302
Cash and cash equivalents at the year end		63,327		118,238

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

1.1 General information and basis of preparation

Talk ED is an incorporated charity in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the information on page 1 of these financial statements. The nature of the charity's operations and principal activities are given on page 2.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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) (SORP 2019), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice (UKGAAP).

As discussed on page 11 of the Trustees' report, as the services and employees were transferred to First Steps ED on 1 July and the Trustees have made the decision to dissolve the charity, these financial statements are not prepared on a going concern basis. No adjustments were necessary to the numbers in the financial statements to reflect this change. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Talk ED constitutes a public benefit entity as defined by FRS 102.

1.2 Fund accounting

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

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

Investment income, gains and losses are allocated to the appropriate fund.

1.3 Income

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

Donated services or facilities are recognised when the company 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 company of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised and refer to the Trustees' report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the company which is the amount the company 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.

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

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

1.4 Expenditure and irrecoverable VAT

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

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. 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.

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

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All resources expended are inclusive of irrecoverable VAT.

Allocation of support costs:

Resources expended are allocated to the particular activity where the cost relates directly to that activity. Staff costs are stated on the basis of staff time. Support costs which cannot be directly attributed to charitable activities are allocated in proportion to staff costs.

Where information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of the area of literature occupied by each activity.

1.5 Tangible fixed assets and depreciation

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Office equipment	- 15% reducing balance
Computer equipment	- 3 years straight line

1.6 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.

1.7 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.

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

1.9 Debtors

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

1.10 Cash at bank and in hand

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

1.11 Liabilities and provisions

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. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.12 Financial instruments

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

1.13 Pensions

The charity operates a defined contributions pension scheme, which is a Group Stakeholder Pension Scheme. During the year, the charity contributed up to 3% of gross pay for all staff after they have completed their probationary period.

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	<i>Total Funds 2021 £</i>
Donations	27,890	3,634	31,524	31,069
Grants	14,130	-	14,130	42,323
	£ 42,020	£ 3,634	£ 45,654	£ 73,392

In 2021, £14,106 of £73,392 was restricted income, and £59,286 was unrestricted.

Grant income includes:-

Allen Lane	12,000	-
John Mason Family Trust	2,130	-
The Association of Mental Health Providers	-	823
Tudor Trust	-	32,000
Awards for All Recovery Workshops	-	9,500
	£ 14,130	£ 43,323

3. INCOME FROM CHARITABLE ACTIVITIES

	Total Funds 2022 £	<i>Total Funds 2021 £</i>
Training and speaker fees	-	15
Directory and support membership	319	766
	£ 319	£ 781

All income from charitable activities was unrestricted (2021 - the same).

4. INCOME FROM INVESTMENTS

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	<i>Total Funds 2021 £</i>
Bank interest received (unrestricted)	£ 196	£ Nil	£ 196	£ 11

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

5. DIRECT COSTS

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Project promotion and publications	-	-	-	20
Education research	-	-	-	-
Telephone	144	144	288	1,900
Consultancy fees	2,088	-	2,088	12,204
Computer consumables	610	350	960	960
Other staff costs	-	-	-	-
	<u>2,842</u>	<u>494</u>	<u>3,336</u>	<u>15,180</u>
Staff costs	<u>52,983</u>	<u>12,118</u>	<u>65,101</u>	<u>73,078</u>
	<u>£ 55,825</u>	<u>£ 12,612</u>	<u>£ 68,437</u>	<u>£ 88,258</u>

6. SUPPORT COSTS

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Bank charges	157	-	157	215
Printing, stationery, postage and advertising	-	-	-	122
Computer consumables	2,624	-	2,624	7,190
Insurance	793	-	793	683
Rent, rates, and utilities	582	-	582	528
Travel and meetings	176	-	176	289
Website and hosting	5,124	980	6,104	9,486
Licenses and subscriptions	-	-	-	786
Office expenses	783	-	783	1,412
Bookkeeping and payroll	4,206	-	4,206	3,856
Depreciation	-	-	-	1,580
	<u>14,445</u>	<u>980</u>	<u>15,425</u>	<u>26,147</u>
Support staff costs	<u>2,600</u>	<u>-</u>	<u>2,600</u>	<u>4,272</u>
	<u>£ 17,045</u>	<u>£ 980</u>	<u>£ 18,025</u>	<u>£ 30,419</u>

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

7. GOVERNANCE COSTS

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Independent examiner's fee	-	-	-	720
Governance staff costs	1,609	-	1,609	1,609
	£ 1,609	£ Nil	£ 1,609	£ 2,329

8. ANALYSIS OF RESOURCES EXPENDITURE BY TYPE

	Staff costs £	Direct costs £	Governance costs £	Support costs £	Total 2022 £	Total 2021 £
2022						
Provision of care and support to service users	65,101	3,336	1,609	18,025	88,071	119,028
Fundraising costs	3,600	5,417	-	-	9,017	13,656
Governance costs	1,609	-	(1,609)	-	-	-
Support costs	2,600	15,425	-	(18,025)	-	-
	£ 72,910	£ 24,178	£ Nil	£ Nil	£ 97,088	£ 144,842
2021						
Provision of care and support to service users	73,078	15,180	2,188	28,582	119,028	
Fundraising costs	4,698	6,980	141	1,837	13,656	
Governance costs	1,609	720	(2,329)	-	-	
Support costs	4,272	26,147	-	(30,419)	-	
	£ 83,657	£ 49,027	£ Nil	£ Nil	£ 132,684	

9. NET INCOME / EXPENDITURE FOR THE YEAR

This is stated after charging / crediting:

	2022 £	2021 £
Depreciation - on owned assets	-	1,580
Independent examiner's fee	-	720
Property licence payments	582	528

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 December 2022

10. STAFF COSTS AND NUMBERS

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Salary costs				
Wages and salaries	59,834	12,188	71,922	82,655
Social security costs	-	-	-	-
Pension costs	888	-	888	1,002
	<u>60,722</u>	<u>12,188</u>	<u>72,910</u>	<u>83,657</u>
Consultancy	2,088	-	2,088	12,204
	<u>£ 62,810</u>	<u>£ 12,118</u>	<u>£ 74,998</u>	<u>£ 95,861</u>

The average number of persons employed by the company during the year was as follows:

	Number	Number
Average number of staff on a headcount basis:	8	9
Average headcount expressed as a full time equivalent:	3.1	3.1

No employee earned more than £60,000, including benefits, during the year (2021 - the same).

The total employee benefits including social security and pension contributions of the key management personnel were £35,863 (2021 - £35,863).

11. TRUSTEES' REMUNERATION AND EXPENSES

The charity trustees were not paid and did not receive any other benefits from association with the charity in the year (2021 - £nil). No charity trustee received payment for professional or other services supplied to the charity (2021 - £nil).

One trustee received reimbursed expenses amounting to £nil (2021 - £90)

12. OTHER RELATED PARTY TRANSACTIONS

There are no other reportable related party transactions to disclose for 2022 (2021 - the same).

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 December 2022

13. TAXATION

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

14. PENSION SCHEME

The charity operates a defined contributions pension scheme, which is a Group Stakeholder Pension Scheme, registered with HM Revenue & Customs in accordance with the Finance Act 2004. The fund manager invests in unitised funds, accumulating until the members chosen retirement age. The fund manager's charges are factored into the unit value at 1% per annum.

15. TANGIBLE FIXED ASSETS

	Computer equipment	Office equipment	Total
	£	£	£
Cost			
At 1 January 2022 and 31 December 2022	5,063	2,413	7,476
Depreciation			
At 1 January 2022	5,063	2,413	7,476
Charge for the year	-	-	-
At 31 December 2022	5,063	2,413	7,476
Net book value			
At 31 December 2021	£ Nil	£ Nil	£ Nil
At 31 December 2022	£ Nil	£ Nil	£ Nil

16. STOCKS

	2022 £	2021 £
Books and publication stocks	-	-
	£ Nil	£ Nil

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

17. DEBTORS

	2022	2021
	£	£
Due within one year		
Other debtors	2,348	16
	£ 2,348	£ 16

18. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	479	887
Other taxation and social security (PAYE and National Insurance)	-	-
Pensions due	168	185
Accruals	-	720
	£ 647	£ 1,792

19. STATEMENT OF FUNDS

	Brought Forward	Incoming Resources	Resources Expended	Transfers and investment gains/(losses)	Carried Forward
	£	£	£	£	£
DESIGNATED FUNDS					
Marketing and Helpline Fund	26,810	-	(26,810)	-	-
Fixed Assets Fund	-	-	-	-	-
	£ 26,180	£ Nil	£ (26,810)	£ -	£ -
RESTRICTED FUNDS					
Tudor Trust	1,844	-	(1,844)	-	-
Pip Foundation	37,983	3,634	(10,925)	-	30,692
Association Of Mental Health Providers	823	-	(823)	-	-
	£ 40,650	£ 3,634	£ (13,592)	£ Nil	£ 30,692
SUMMARY OF FUNDS					
Designated Funds	26,810	-	(26,810)	-	-
General Funds	49,002	42,020	(56,686)	-	34,336
	75,812	42,020	(83,496)	-	34,336
Restricted Funds	40,650	3,634	(13,592)	-	30,692
	£ 116,462	£ 45,654	£ (97,088)	£ Nil	£ 65,028

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

NOTE 19: STATEMENT OF FUNDS - CONTINUED

	<i>Brought Forward</i>	<i>Incoming Resources</i>	<i>Resources Expended</i>	<i>Transfers and investment gains/(losses)</i>	<i>Carried Forward</i>
	£	£	£	£	£
2021					
DESIGNATED FUNDS					
<i>Marketing and Helpline Fund</i>	-	-	-	-	26,810
<i>Fixed Assets Fund</i>	1,580	-	(1,580)	-	-
	£ Nil	£ Nil	£ Nil	£ 49,091	£ 26,810
RESTRICTED FUNDS					
<i>Lloyds Bank Foundation</i>	11,982	-	(11,982)	-	-
<i>Tudor Trust</i>	-	2,000	(156)	-	1,844
<i>Pip Foundation</i>	39,453	1,783	(3,253)	-	37,983
<i>Befriending</i>	14,137	-	(14,137)	-	-
<i>Recovery course workshop</i>	-	9,500	(9,500)	-	-
<i>Nutrition course build</i>	2,200	-	(2,200)	-	-
<i>Befriending (Scotland)</i>	5,419	-	(5,419)	-	-
<i>Association of Mental Health Providers</i>	-	823	-	-	823
	£ 73,191	£ 14,106	£ (46,647)	£ -	£ 40,650
SUMMARY OF FUNDS					
<i>Designated Funds</i>	49,091	30,000	(52,281)	-	26,810
<i>General Funds</i>	49,322	33,436	(33,756)	-	49,002
	98,413	63,436	(86,037)	-	75,812
<i>Restricted Funds</i>	73,191	14,106	(40,647)	-	40,650
	£ 134,224	£ 182,222	£ (144,842)	£ Nil	£ 116,462

Purpose of restricted funds

Tudor Trust

In 2020, the charity was awarded an unrestricted grant of £80,000 over two years: £50,000 in 2020 and £30,000 in 2021.

Pip Foundation

This is a family fund set up the family of Pip to provide bespoke services in the Manchester area.

Befriending

During 2020 additional grants were received from Quartet Foundation and Sobell to fund our befriending service.

National Lottery Awards for All England: Recovery course workshops

The charity was awarded a grant of £9,500 towards the development and pilot of interactive recovery workshops.

Befriending Scotland

This was a grant to fund our befriending service in Scotland.

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

20. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds		Restricted Funds	Total Funds
	Designated Funds	General Funds		
	£	£	£	£
2021				
Net current assets	-	34,366	30,692	65,028
	<u>£ -</u>	<u>£ 34,366</u>	<u>£ 30,692</u>	<u>£ 65,028</u>
 <i>2021</i>				
<i>Net current assets</i>	26,810	49,002	40,650	116,462
	<u>£ 49,091</u>	<u>£ 49,322</u>	<u>£ 73,191</u>	<u>£ 171,604</u>

21. OPERATING LEASE COMMITMENTS

The charity had no lease commitments at the year end (2021 - the same).

22. OTHER COMPANY INFORMATION

Talk Ed is a charitable company limited by guarantee, registered in England with registration number 08633950. Its registered office address is Saville Court 10-11 Saville Place Clifton, Bristol, BS8 4EJ. The accounts are presented in GBP rounded to £1.

23. CONTROLLING PARTY

The Charity is controlled by the Trustees in their capacity as members of the Charitable Company.