



Annual Report & Unaudited Financial Statements

For the Year Ending 31st March 2011

Men Get Eating Disorders Too
Registration No. 1139351

Registered Address

Community Base
113 Queens Road
Brighton
BN1 3XG

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The Trustees have prepared this report and accounts for the year ending 31st March 2011. The Trustees consider that the accounts comply with the current statutory requirements, its governing documents and the current statement of recommended practice (SORP 2005).

REFERENCE AND ADMINISTRATION INFORMATION

Charity Name: Men Get Eating Disorders Too

Working Names: MGEDT

Charity Number: 1139351

Registered Address: Community Base
113 Queens Road
Brighton
BN1 3XG

Trustees: Sam Thomas (Chair)
Nicholas Watts (Treasurer / Charity Secretary)
Jo Glazebrook
Ben Dew
Rhiannon Wheeler
Russell Delderfield

Bankers: National Westminster Bank PLC
Brighton, Castle Square branch
8-11 Pavilion Buildings
Castle Square
Brighton, BN1 1DP

Independent Examiner: Mrs Elaine Ballard
8100 Alec Issignois Way
Oxford
OX4 2HU

STRUCTURE, GOVERNANCE & ORGANISATION MANAGEMENT

Constitution and Charitable Status

Men Get Eating Disorders Too became a constituted organisation on the 1st April 2010. It received charitable status on the 16th December 2010 (Registered Number 1139351).

Constitution

The charity is governed by its constitution adopted on the 1st April 2010 as amended by a special resolution on the 18th November 2010.

Trustees

The Trustees are listed on page 1 of this annual report. The subscribers to the constitution are the first Trustees of the charity, and when complete the board shall not be less than three but is not subject to any maximum.

All Trustees shall be eligible for re-election.

Trustee Recruitment

Trustees are recruited in accordance with constitutional guidelines, recruitment policy and equal opportunity legislation. Successful applicants are inducted to the board by a senior officer to be introduced to policy and procedure relevant to the role of trustee and information provided on the responsibility of becoming a trustee, with information sourced from the charities commission.

Risk Management

The Trustees have examined all areas of the Charity's operations and have considered the major risks faced in each of the areas. Risk assessment is carried out at least annually by the board and relevant policy and procedure introduced where necessary to limit any risk.

PUBLIC BENEFIT

In furthering our objectives and planning our activities for the year, the Trustees have given consideration to the duties laid out in section 4 of the charities act 2006 to have due regard for public benefit, In particular, the Trustees have considered how the activities planned will contribute to the aims and objectives that they have set.

The trustees believe that the following statements specifically “Charitable Objects” and “Performance Review” relate in detail the public benefit the charity provides.

CHARITABLE OBJECTS

The objects of the Charity are;

- The relief of suffering and the preservation of good health of men suffering from eating disorders by the provision of information, advice and support.
- To advance education for the public benefit by increasing knowledge, awareness and understanding of eating disorders in men.

PERFORMANCE REVIEW

Men Get Eating Disorders Too is a Charity based in Brighton, The charity has a national focus and operates across England with a noticeably increased presence in the South-East of England. The Charity exists to raise awareness of Eating Disorders that affect men and to support Men who are affected by providing a safe place to talk about their disorder. The Charity has a Project Leader who conducts the majority of day to day business within the organisation and a small team of unpaid support workers. The Charity provides a variety of services including;

- Providing Information through the website www.mengetedstoo.co.uk
- Providing an online forum which acts as a safe space for Men to talk about their disorder relieving the isolation and secrecy of their eating disorder.
- Providing publications to raise awareness of eating disorders in men and to help men realise their disorders.
- Training professionals to better the service men receive when seeking treatment for their eating disorder.
- Regularly speaking in the media and at conferences & events to raise awareness of eating disorders that affect men to the wider audience.
- Campaigning to the Government and other official bodies for better service provision to be made available to Men who suffer from eating disorders.

Achievements

Men Get Eating Disorders Too has drastically increased in size during the review period, attaining charitable status as a result. The Charity has seen an increased number of incoming resources in the form of grants to fund specific awareness raising projects as well as increased the number of training sessions available to professionals. We have made the following notable achievements during the review period;

- Release of a national leaflet and poster campaign to raise awareness of eating disorders in Men and to help men who think they may be suffering from disorders to recognise their symptoms and seek help.
- Pilot of a face to face peer support group based in central Brighton to provide a safe space for Men to speak about their disorders and seek support.

- Development of our training available to healthcare professionals to improve the education professionals who work with eating disorders receive in respect to the complexities faced when dealing with Men who suffer from disorders.
- Increase in campaign capacity and increased awareness raising activities carried out in the media and by talking at events nationally.
- The development of a network of former and current users of our services to help shape the way Men Get Eating Disorders Too deliver services and conduct activities.
- Launch of the Membership / Affiliation scheme to bring service users and professional together to represent their fields within the organisation.

The year ahead

Men Get Eating Disorders Too will continue to expand in the coming year and provide more awareness raising activities and support to Men who suffer from eating disorders. This will be done by generally expanding the existing projects and services with the addition of the following highlights which are in progress to be released during the next review period;

- Re-design of the Men Get Eating Disorders Too website to improve the information and the way it is delivered to make browsing the site more user friendly and to improve the information available.
- Introduction of an online, moderated peer support group for Men to connect with other Men to give & receive peer support. This will replace our face to face service which ceased late 2010 due to the geographical restraints it was decided the organisation could reach more sufferers moving the service online.
- Holding an awareness conference in May 2011 aimed at professionals to increase knowledge of eating disorders that affect Men.

Statement from the Chairman, Sam Thomas

This year has seen many successes and developments as well as an increased awareness of our work and the issue of male eating disorders.

We were fortunate to receive funding from the Lottery's Awards for All scheme, which enabled us to create a national publicity campaign and put on our first major event for May 2011. A grant from Shelia McKechnie Foundation gave us core funds and costs towards our campaigning efforts. MGEDT is the grant recipient of the Talk Talk Digital Heroes Awards for a brand new website and an online peer support group due to go live next year.

Another development is obtaining national charity status, which demonstrates a natural evolution from a website and campaign into a multi-functional organisation that strives to continue to raise awareness and provide support for years to come.

Statement from the Charity Secretary, Nicholas Watts

Men Get Eating Disorders Too has increased in capacity during the review period, we have seen many improvements to the services we offer and more involvement from users of our services to help raise awareness of the issue of Male eating disorders. The organisation has a strong board with experience crossing the spectrum of youth involvement, mental health, eating disorders and strong governance.

One of our achievements of the year included the release of our membership scheme which should bring together service users, professionals and interested parties to help shape and develop the organisation and how we satisfy our objectives.

The year ahead will see an increase in awareness raising activities once again by increasing the resources available to us while developing the governance of the organisation and to continue to strengthen our website and new peer support features.

FINANCIAL REVIEW

Reserves

The level of reserves is under constant review by the Trustees and in its current state is considered reasonable given the nature and scale of the charity's activities. The trustees would consider a level of unrestricted reserves equivalent to 3 months of overhead expenditure to be appropriate to be held at any one time.

Investment Policy

There are no present investment undertakings and there are none planned for the next review period. The Charity's constitution does not explicitly rule out any investment activity and any investment activity is subject to the same conditions as the Trustees of a trust are permitted to do so as per the Trustee Act 2000.

Asset cover for funds

The Trustees are satisfied and consider the Assets of the Charity are currently sufficient to meet the charities obligations, on a fund by fund basis.

PLANS FOR THE NEXT REVIEW PERIOD

Aims and Key objectives

Men Get Eating Disorders Too intends to maintain all existing services while introducing new schemes to strengthen our presence including website re-development and the increasing of the availability of the project leader to work more on charity projects.

Fundraising

Men Get Eating Disorders Too intends to maintain and develop current fundraising strategy in order to further develop the services the charity offers, we will do this through the following means;

- Increase Training provision to provide a more robust unrestricted funding source.
- Encourage supporters and members to undertake fundraising activities on behalf of the charity
- To further develop the membership and affiliation scheme to provide a more robust unrestricted fundraising source.
- To pursue larger grants to secure the employment of the charity's project leader and to underpin our core overheads and services.

TRUSTEE RESPONSIBILITIES

The Trustees are responsible for the preparation and contents of the Annual report and the financial statements in accordance with applicable law and accounting standards employed in the United Kingdom.

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and the application of said resources in furthering the charity's aims. In preparing those financial statements, the trustees are required to;

- Observe the methods and principals of the charity's SORP.
- Make judgements and estimates that are reasonable and prudent
- To state whether applicable accounting standards have been followed, subject to any material departure disclosed and explained in the following financial statements.
- Prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue without dissolution.
- To implement and enforce accounting policy and practice consistently and fairly.

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure the financial statements comply with relevant policy and legislative requirements. They are also responsible for taking reasonable steps in the prevention and detection of fraud or any other irregularities.

This report of the Trustees of Men Get Eating Disorders Too has been prepared and presented in accordance with the Statement of Recommended Practice – Accounting and Reporting for Charities.

This Annual report and the following financial statements were approved by the Board of Trustees at a General Meeting held on the 6th May 2011.

Signed on behalf of the board by,



Nicholas Watts

Treasurer

Signed on the 6th May 2011

**INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS
ON THE UNAUDITED ACCOUNTS OF
MEN GET EATING DISORDERS TOO**

I report on the accounts of the Charity Men Get Eating Disorders Too (Reg. 1139351) for the review period of 12 months ended 31st March 2011 which are set out on pages 8 to 12

Responsibilities of Trustees and independent examiner

The charity's trustees are responsible for the preparation of accounts and the unaudited financial statements set out in this document. The charity's trustees consider that an audit is not required for this review period as dictated under Section 43(2) of the Charities Act 1993. An independent examination is also not required, however required by the Trustees of the charity.

It is my responsibility to;

- Examine the accounts under Section 43 of the Charities Act 1993;
- To follow the procedures laid down in the general directions given by the Charity's Commissioners under Section 43(7)(b) of the Charities Act 1993; and
- To state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the General Directions given by the Charity commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of 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 Examiners 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;
 - To keep accounting records in accordance with section 41 of the act; and
 - To prepare accounts which accord with the accounting records and comply with the requirements of the Act and the Regulations 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)



Mrs Elaine Ballard
8100 Alec Issigonis Way
Oxford Business Park North
Oxford
OX4 2HU

17TH May 2011

**STATEMENT OF FINANCIAL ACTIVITIES
 FOR THE YEAR ENDED 31ST MARCH 2011**

INCOME AND EXPENDITURE	Note	Unrestricted Funds £	Restricted Funds £	Total £
INCOMING RESOURCES				
Generated Funds:				
Voluntary Income - Donations		733	-	733
Membership / Affiliation		50	-	50
Other		<u>180</u>	<u>-</u>	<u>180</u>
		<u>963</u>	<u>-</u>	<u>963</u>
Charitable Activities:				
Fees - Training Days		845	-	845
Grants	2	<u>-</u>	<u>13,207</u>	<u>13,207</u>
		<u>845</u>	<u>13,207</u>	<u>14,052</u>
TOTAL INCOMING RESOURCES		<u>1,808</u>	<u>13,207</u>	<u>15,015</u>
RESOURCES EXPENDED				
Charitable Activities	3	919	9,232	10,151
Governance Costs	3	<u>116</u>	<u>198</u>	<u>314</u>
TOTAL RESOURCES EXPENDED		<u>1,035</u>	<u>9,430</u>	<u>10,465</u>
Net Movement in Funds for the Year		773	3,777	4,550
Transfer between funds		63	(63)	-
Funds Brought Forward		<u>70</u>	<u>305</u>	<u>375</u>
Funds Carried Forward		<u>906</u>	<u>4,019</u>	<u>4,925</u>

There are no other recognised gains or losses and all activities relate to continuing activities

**BALANCE SHEET
 AS AT 31ST MARCH 2011**

	Note	Unrestricted £	Restricted £	Total £
FIXED ASSETS		-	-	-
CURRENT ASSETS				
Debtors		-	-	-
Cash at Bank and in Hand	906	906	4,019	4,925
TOTAL CURRENT ASSETS		<u>906</u>	<u>4,019</u>	<u>4,925</u>
CURRENT LIABILITIES				
Creditors		-	-	-
TOTAL CURRENT LIABILITIES		<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	5	<u>906</u>	<u>4,019</u>	<u>4,925</u>

The Trustees consider that the Charity is entitled to exemption from an audit based on the Charities income threshold as defined by the Charities Act 1993 section 6 as amended by Part II of the 2006 Charities Act. No members have required the Charity to undertake a full audit. The Trustees acknowledge the responsibility for ensuring the Charity keeps accounting records that comply with all relevant law, Accounting Guidelines (SORP 2005) and the rules laid out in it's governing document and for ensuring that financial statements are prepared which give a true and fair reflection of the state of affairs of the Charity as at the 31st March 2011 which otherwise comply with relevant Charity Law and Statements of Recommended Practice (SORP 2005).

The financial statements have been prepared in accordance with the SORP 2005 guidelines and the Charities Act 1993.

The financial statements were approved by the board on the 6th May 2011 at a general meeting of the trustees and signed on behalf of the board by:



Nicholas Watts
 Treasurer

The notes on pages 10 through 12 form part of these accounts.

NOTES TO THE STATEMENT OF ACCOUNTS FOR THE PERIOD ENDED 31ST MARCH 2011

1. Accounting Policies

Basis of preparation of accounts

The accounts are prepared on a receipts & payments basis justified by the income thresholds set by the Charities Commission in accordance with the statement of recommended practice 2005 (SORP 2005) issued in March 2005.

Cash Flow Statement

The Charity has taken advantage of the exemption in Financial Reporting Standard No.1 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small charity.

Fund Accounting

Unrestricted funds are at the disposal of the Trustees for use in furtherance of the objectives of the charity providing they have not be designated for other purposes.

Restricted funds are to be used for specific purposes as defined by the Donors or funds which have been raised by the charity for specific purposes. The aim and purpose of each restricted funds held by the charity is set out in the notes to the statement of accounts.

Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be accounted for and quantified with reasonable accuracy.

The Statement of Financial Activities contains no amounts or accounting information for the services provided by volunteers.

Expended Resources

All expended resources are prepared on a cash accounting (receipts & payments) basis and they have been classified under the following headings;

- i. Charitable Activities – comprises the cost incurred in satisfying the charities objectives and the delivery of the charity's activities, services and awareness raising for it's beneficiaries and service users. It includes cost which both directly relate to the provision of such activities and costs of an indirect nature necessary to support projects and activities.
- ii. Governance Costs – these costs include any expense incurred in the Governance of the Charity and it's assets and are directly associated with constitutional and statutory requirements, expenses incurred by trustees to attend meetings to discuss charity business is included in this category.

Taxation

The charity is exempt from taxation on it's charitable activities as defined by section 505(1) of the Income and Corporation Taxes Act 1988

2. CHARITABLE ACTIVITIES - GRANTS

Received in the year

	<u>Unrestricted £</u>	<u>Restricted £</u>	<u>Total £</u>
SMK Grassroots Fund		2,115	2,115
Awards For All - National Lottery		6,092	6,092
Talk Talk - Digital Heroes		5,000	5,000
	-	13,207	13,207

3. ANALYSIS OF EXPENDITURE

	<u>Unrestricted £</u>	<u>Restricted £</u>	<u>Total £</u>
Charitable Activities			
Volunteer Expenses	118	855	973
Meeting & Conference Costs	103	409	512
Volunteer Training	-	65	65
Consulting	-	200	200
Consulting (Trustee)	-	650	650
Trainers Costs	295	-	295
Venue Hire	205	222	427
Stationary and Postage	65	621	686
Printing and Copying	54	56	110
Non Capitalised Equipment	78	418	496
Telephone & Internet	1	37	38
Web Development	-	1,800	1,800
Domain & Hosting Costs	-	138	138
Leaflet & Poster Campaign	-	2,668	2,668
Promotional Materials	-	1,093	1,093
Governance Costs			
Trustee Expenses	116	198	314
Accounting & Legal Fees	-	-	-
	1,035	9,430	10,465

4. TRUSTEES RENUMERATION AND EXPENSES

Trustees received a total of £314 in expenses to cover reasonable travel to and from meetings and other expenses directly incurred during the course of business as a Charity Trustee.

Sam Thomas received £650.00 for the provision of project management work for the leaflet and poster campaign conducted in the reporting period, unconnected to his duties as a Trustee.

This was allowed under the Charities Act 1993 Sections 73 A-C as amended by the 2006 Charities Act, there are no restrictions held within the Charity governing constitution to disallow such a payment.

Decision for payment was made in absence of Sam Thomas and all other Trustees were in agreement that Sam Thomas was the most suitable person to procure project management services from. All payments made to Sam Thomas are governed by an agreement dated 7th October 2010 between the remaining Trustees and Sam Thomas and signed on behalf of the board by Treasurer & Charity Secretary, Nicholas Watts. The agreement contains provisions excluding Sam Thomas from making any decision or being present at any point of a meeting that discusses procurement or payment and it is clearly stated the services he is to provide and they are considered outside of the role of a Trustee.

5. FUNDS – DETAILED

	Note	Balance b/fwd £	Income £	Expenditure £	Transfer £	Balance c/fwd £
Unrestricted Fund		<u>70</u>	<u>1,808</u>	<u>(1,035)</u>	<u>63</u>	<u>906</u>
Restricted Funds						
Scarman Fund	1	40	-	(9)	(32)	-
Co-operative Fund	2	264	-	(233)	(31)	-
SMK Grassroots Fund	3	-	2,115	(1,326)	-	789
Awards For All - National Lottery	4	-	6,092	(5,644)	-	448
Talk Talk - Digital Heroes	5	-	5,000	(2,218)	-	2,782
		<u>305</u>	<u>13,207</u>	<u>(9,430)</u>	<u>(63)</u>	<u>4,019</u>
TOTAL		<u>375</u>	<u>15,015</u>	<u>(10,465)</u>	<u>-</u>	<u>4,925</u>

The Purpose for each grant was to fund;

1. Peer support group, face to face in Brighton.
2. Peer support group, face to face in Brighton.
3. General overheads & Awareness raising work.
4. National Leaflet & Poster campaign and improve branding & hold professionals conference.
5. Website Redevelopment, improving IT access and social media inclusion.