



**The Linda Tremble Foundation**  
A Scottish Charitable Incorporated Organisation  
(trading as Supported)

Scottish Charity No SC045002

**Annual Report and Accounts**  
**for the Year Ended**  
**5 April 2020**

## **Reference and Administrative Details**

### **Charity Name**

The Linda Tremble Foundation, trading as Supported.

### **Registered Charity No**

SC045002

### **Principal Address**

Cash Mill, Auchtermuchty, Cupar, Fife KY14 7EP

### **Current Trustees**

Andrew Macmillan (Secretary)	Trustee for whole year
Janice Laurie	Appointed - 6 November 2019
Robert Davidson (Chair)	Appointed – 22 January 2020
Fiona Macmillan	Appointed – 22 January 2020
Carol Ruddock	Appointed – 17 February 2020
Michael Brown (Treasurer)	Appointed – 15 June 2020
Ellie Johnstone	Appointed – 22 July 2020
Caroline MacGregor	Appointed – 21 October 2020
Len Rayne	Appointed – 9 December 2020

### **Other trustees during the year**

Val Matheson	6 April 2019 – 18 January 2020
Carol Weir	6 April 2019 – 20 January 2020
Blanche Golder	6 Apr 2019 – 17 Oct 2019, 6 Nov 2019 – 21 Jan 2020
Sharon Finlay	6 Apr 2019 – 21 Jan 2020
Anne Tremble	6 Apr 2019 – 21 Jan 2020
Colin Tremble	6 Apr 2019 – 21 Jan 2020

## **Structure, governance and management**

### **Type of governing document**

The Linda Tremble Foundation is a Scottish Charitable Incorporated Organisation, established under a Constitution in a form appropriate for a SCIO which established the objects and powers of the charity and its governance.

### **Trustee recruitment and appointment**

The charity regularly advertises for trustees via Volunteer Scotland, Fife Voluntary Action and via its website. It interviews prospective trustees and takes up two references before they are appointed as trustees if the Board of Trustees agrees at a meeting of the Board. During the year, the charity undertakes and updates its Board skills audit. In making any such appointment, the Board considers the diversity of skills required to run the charity successfully.

At the next AGM, all trustees need to stand for election. Any other member of the charity can stand for election to the Board at this time.

Ongoing training is provided to the trustees as required.

### **Objectives and activities**

The charity exists to promote the mental and physical health of individuals with an eating disorder and of their families and carers.

The charity's work is underpinned by five core values and they guide how we behave and make decisions:

*Supportive, Accessible, Inclusive, Dedicated and Professional*

More detail on these values is set out on our website – [www.supportedscotland.org/about-us/our-beliefs-and-values/](http://www.supportedscotland.org/about-us/our-beliefs-and-values/)

### **Summary of the main activities in relation to these objects**

The charity holds support groups for people with an eating disorder and for their families and carers. These groups were held face to face prior to Covid-19 and since lockdown have been held online.

The charity also commenced a one-to-one telephone befriending service during the year to support its service users.

## **Achievements and performance**

Summary of the main achievements of the charity during the financial period:

### **A transformational year for the charity**

This has been a successful and transformational year for the charity. A key element of the Board's strategy was to raise sufficient funding to recruit the charity's first employee to help more people with eating disorders and their families by growing the charity and expanding into different areas.

### **Increasing our Income to support our service users.**

Our fundraising strategy was successful, and thanks to donations particularly from our major funders, The Robertson Trust, National Lottery and Comic Relief, as well as generous funding from other charitable trusts and sponsorship events, we were able to employ our first Development Manager in November 2019.

This recruitment allowed the co-founders, Anne and Colin Tremble, and several other trustees to retire in January 2020. On behalf of the charity, may I thank them all for their hard work over the years.

### **Strengthening our Board of Trustees and Governance**

Since then, we have recruited new trustees and now have a team of nine trustees with a broad range of skill sets, ranging from practical experience as a nutritionist with people with eating disorders to corporate governance, human resources, management, finance, legal, customer services, personnel development, charity and company secretarial experience. The Board has adopted the Scottish Governance Code for the Third Sector and has reviewed and strengthened its policies.

### **Expanding our services to meet the challenges of Covid-19**

We started a new support group in Forth Valley prior to the Coronavirus lockdown and recruited and trained a further nine volunteers in February 2020. As a result of Covid-19, we have had to suspend our face-to-face support meetings, and recognise the additional difficulties which Coronavirus has brought for people with eating disorders.

To meet this greater need, since the year end, we have more than tripled the support available to people with eating disorders, their parents, carers and families and are running up to 10 video conferencing support groups per month as well as our one-to-one befriending telephone services.

We have also expanded the number of geographical areas in which we support people from three to eight and currently support people in Ayrshire, Fife, Forth Valley, Glasgow, Highland, North Lanarkshire, Perth and Tayside. Once we can do so, our aim is to restart our face-to-face support meetings and to expand into Edinburgh.

### **Building our Capacity and Relationships to Address Growing Need**

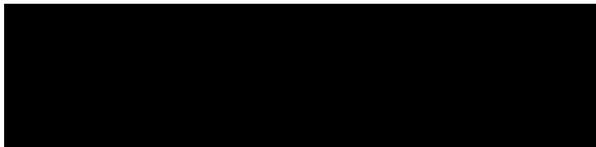
We have run specialist training workshops for carers in the world renowned New Maudsley Method to help to equip parents and carers with the skills which they require to help to support their loved ones.

We have built close links with and receive referrals from NHS mental health service and GPs and work together with other experts and charities in the eating disorders field, both in Scotland and the rest of the UK, such as SEDIG, BEAT and Anorexia and Bulimia Care, as well as colleges and universities. We are also able to provide information and signpost people to specialist resources and support services.

Of course, we would not be able to carry on this work without our dedicated team of volunteers. We have recruited and trained many new volunteers during and following the year, both as group facilitators and as befrienders. We are very grateful to all of them for their support.

May I also thank our Development Manager for her hard work this year.

It is an exciting time for the charity, and we look forward to building on these successes, to grow the charity further and meet new challenges in the future.



Robert Davidson, Chairman  
31 December 2020

## The Linda Tremble Foundation

### Financial Review for the year ended 5 April 2020.

Reserves Policy - the charity does not have a reserves policy at present. At the period year end (5 April 2020), the Foundation held combined restricted / unrestricted funds of £49,820, of which £20,784 were unrestricted reserves.

#### Statement of Receipts and Payments for the year ended 5 April 2020 (£)

	<u>2019/20 Total</u>	<u>2019/20 Unrestricted</u>	<u>2019/20 Restricted</u>	<u>2018/19</u>
<b>RECEIPTS</b>				
Donations		28,306		2,628
Donations - Restricted			4,000	
Fundraising Activity		424		4,265
Grants		2,750		
Grants - Restricted			40,106	
Charitable Activity				280
Interest				-
	<b>75,586</b>	<b>31,480</b>	<b>44,106</b>	<b>7,173</b>
Debtors	-131	-131		-
Creditors	560	560		-
<b>PAYMENTS</b>				
Charitable Activity		28,100		8,144
Charitable Activity - Restricted			15,071	
	<b>43,171</b>	<b>28,100</b>	<b>15,071</b>	<b>8,144</b>
<b>Surplus / Deficit</b>	<b>32,844</b>	<b>3,809</b>	<b>29,035</b>	<b>-971</b>

**Statement of Balances, 5 April 2020 (£)**

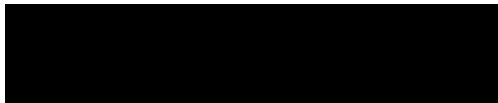
	<b>2019/20</b>	<b>2018/19</b>
Opening cash in hand	64	62
Opening Bank Balance	17,405	18,375
Surplus/Deficit	32,844	-971
Closing cash in hand	<u>0</u>	<u>64</u>

**Represented by:**

Closing Bank Balance (TSB)	<b>£50,313</b>	£17,405
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The notes to the accounts form an integral part of this document

These Accounts were approved by the Trustees on the date below and signed on their behalf by :-



Chair



Treasurer

Date: 10 February 2021

## **Notes to the Accounts for the year ending 5 April 2020**

**1. Basis of Accounting.** These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended)

**2. Nature and purpose of funds.** Unrestricted funds are those that may be used at the discretion of the trustees in the furtherance of the objects of the charity

**3. Related Party Transactions.** No remuneration was paid to the trustees or to any connected persons during the year 2019/20.

**4. Governance costs.** Independent examiner's fee for 2019/20 - £60 (same as 2018/19)



## Additional analysis

	2019/20	2019/20	2018/19
	Unrestricted	Restricted	(All Unres.)
<b>1. Charity receipts (£)</b>			
Donations	28,306		2,908
Donations - Restricted		4,000	
Fund Raising Activity	424		1,265
Grants – Restricted		40,106	
Grants	2,750		3,000
	<b>31,480</b>	<b>44,106</b>	<b>7,173</b>
<b>2. Payments relating to charitable activities (£)</b>			
Rent and Rates	1,918	444	666
Counsellors and Specialists	1,043	-	-
Printing, Stationery, Books etc	1,693	1,388	805
Telephone and Computer	857	416	926
Office Equipment, Furniture & Venue Hire	2,471	652	1,652
Travel, Accommodation & Subsistence	2,744	759	1,948
General Expenses	2,186	300	709
Training	463	1,917	578
Employment costs, salary, NI etc	1,125	9,195	-
Professional Fees (incl fundraising)	13,600	-	860
	<b>28,100</b>	<b>15,071</b>	<b>8,144</b>

<b>3. Grants Received (R – restricted; U – unres'ted) (£)</b>	<b>2019/20</b>
The Robertson Trust R	13,000
National Lottery Main Grants R	10,000
CORRA Foundation (Comic Relief) R	8,000
Forteviot Charitable Trust R	3,000
KPE4 Charitable Trust R	2,106
Hugh Fraser Foundation R	2,000
Bellahouston Bequest Fund R	2,000
Zedra Trust U	1,000
Miss E C Hendry's Charitable Trust U	1,000
JTH Charitable Trust U	750
	<b>42,856</b>

#### 4. Breakdown of restricted funds (£)

##### Grants

	Received	Payments relating directly to charitable activities	Balance to be carried forward to 2020/21
Robertson Trust	13,000	5,417	7,583
National Lottery	10,000	1,500	8,500
Corra Found'n (Comic Relief)	8,000	1,332	6,668
Forteviot Charitable Trust	3,000	1,750	1,250
KPE4 Charitable Trust	2,106	1,404	702
Hugh Fraser Foundation	2,000	1,167	833
Bellahouston Bequest Fund	2,000	1,000	1,000
<b>Sub-total</b>	<b>40,106</b>	<b>13,571</b>	<b>26,536</b>

##### Donations

Walter Scott & Partners	3,000	1,250	1,750
Russell Trust	1,000	250	750
<b>Sub-total</b>	<b>4,000</b>	<b>1,500</b>	<b>2,500</b>

<b>TOTAL</b>	<b>44,106</b>	<b>15,071</b>	<b>29,036</b>
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