The Linda Tremble Foundation

(trading as **SupportED**)

A Scottish Charitable Incorporated Organisation

Scottish Charity No SC045002

Annual Report and Accounts

for the period

6 April 2020 to 31 March 2021

www.supportedscotland.org

Reference and Administrative Details

Charity Name
The Linda Tremble Foundation

Registered Charity No
SC045002

Principal Address
14 Crichton Way, Cupar, Fife KY15 5YJ
Email: secretary@supportedscotland.org

Current Trustees as at 6 October 2021
Robert Davidson (Secretary)
Michael Brown (Treasurer)
Ellie Johnstone
Caroline MacGregor (Chair)
Len Rayne (Vice Chair)
Janice Malone
Christina Mackay
Vijaykumar Balraj

Other Trustees during the period ending 31 March 2021

Carol Ruddock - whole year

Andrew Macmillan - whole year

Janice Laurie - whole year

Fiona Macmillan - 6 April 2020 to 30 March 2021

Trish Young - 22 July 2020 to 8 August 2020

Russell Figgis - 15 June 2020 to 7 October 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. A revised Constitution was adopted by a Special Resolution passed at the AGM of Members held on 30 March 2021.

Trustee recruitment and appointment

Each year, the charity updates its Board skills audit to identify the diversity of skills required to run the charity successfully.

The charity advertises for Trustees via Volunteer Scotland, Fife Voluntary Action, Goodmoves 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. All Trustees undergo a PVG check.

At each AGM, all Trustees need to stand for re-election. Any other member of the charity can stand for election to the Board at this time.

All new Trustees are invited to undergo an induction course. Ongoing training is provided to the Trustees as required.

No valid decisions can be taken at a board meeting unless a quorum is present; the quorum for board meetings is four charity Trustees, or 50% of charity Trustees (whichever is the greater), present in person, or by phone or video conferencing or other form of online or electronic communication.

Objectives and activities

The charity was set up in 2014 by her family in memory of Linda Tremble, who sadly lost her battle with anorexia nervosa in 2011.

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"

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.

The charity also provides a one-to-one telephone befriending service.

Both services are run by volunteers who receive training in the Maudsley Method as well as Safeguarding and Mental Health First Aid.

Achievements and performance

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

The Challenges of Covid

Prior to the first lockdown our support groups services had been provided in face-to-face groups held in a number of centres in central Scotland. Board meetings were also held face to face.

Following lockdown all our support services and Board meetings moved online allowing us not only to operate without any disruption to services but also to increase the number of support groups held each month. We have more than tripled the support available to people with eating disorders, their parents, carers and families and are running up to 10 online support groups per month as well as our one-to-one befriending telephone services.

Recruitment of new Development Manager

Our first Development Manager left at the end of October 2020 to take up another position in the Third Sector. An open recruitment process was held resulting in the appointment of an experienced replacement, Diane Waugh, on 1 December 2020. Diane has more than 20 years' experience working in the Voluntary Sector at both local and national levels. She has worked for a variety of condition-specific charities as a Services and Development Manager and Volunteer Services Manager. Her passion for working with vulnerable people and their families comes from her own experience as a Carer for her daughter who has complex disabilities.

Recruitment of Volunteer Coordinator

Following a services and operational review our second employee, a Volunteer Coordinator, was recruited in March 2021 to recruit, induct and support volunteers from diverse backgrounds and walks of life, and to develop a training programme to enable volunteers to develop their skills and knowledge about eating disorders and the impact that having an eating disorder can have on all those affected.

Launch of New Website and Rebranding

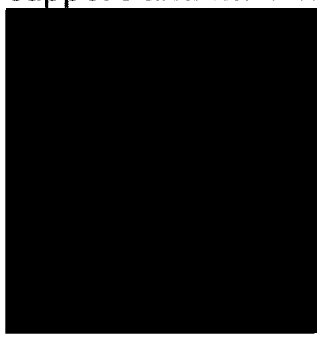
In December 2020, we launched a new website to coincide with adopting the trading name "SupportED - The Community Eating Disorder Charity" which better reflects our core activity - www.supportedscotland.org.

Advisory Group

We established an Advisory Group chaired by our Development Manager:

- To provide a regular meeting that brings together key stakeholders, health care professionals and other interested groups from Scotland's eating disorders community.
- To provide an opportunity to share learning, best practice and information that helps service users and service providers to engage in a meaningful way.
- To provide a bridge between health and social care services and third sector organisations to build relationships and understand how best we can provide high quality services that meet the needs of service users in the community.
- To provide a safe space for service users to talk about their lived experience and feedback on the services they use, what works well and areas where services can be improved.

We are grateful to all those who support the charity whether by way of financial support or by giving of their time as a volunteer. The need to support those affected by an eating disorder continues to grow and we could not face this challenge without you. We also thank our Development Manager and Volunteer Coordinator for their continued support and hard work.



Len Rayne
Vice Chair 6 October 2021

Financial Review for the year ended 31 March 2021

The financial position of the charity at the 2020-21 year end provided a solid foundation for the 2021-22 period and underpins the business plan that the Trustees have agreed for the new financial year. However, the Trustees and staff have a clear ambition for growth, based on the great and growing need for our services. This will require a significant expansion in our funding over the coming years to enable us to provide an increasing number of services in our current areas, and an expansion of new services into other parts of Scotland.

Our income for the year was very similar to the previous year. Costs grew by 43%, reflecting our first full year of employee costs and growth in activities. Nonetheless, we again took forward a surplus given our intent to increase our services, strengthen our reserves and manage our finances in a prudent fashion.

Our predominant sources of funding are charitable foundations and Trusts, and we thank them all for the support they give to our work. In particular, the Robertson Trust support has played a substantial part in enabling us to grow our reach through the part funding of our Development Manager position.

It can be seen from the accounts that we are carrying forward £39,952 of our restricted funds. The reason that this figure appears high is that a substantial proportion of restricted donations received during the year (all but £4,000) were received after 1 October, and over half in the final two months of the year.

The Statements produced below reflect a transition adjustment to the Financial Year of the charity, formerly 6 April to 5 April, and for which future years will be 1 April to 31 March.

Reserves policy

The Trustees' policy is to retain three months' worth of normal running costs in order to ensure we can fulfil our business plan, meet all our commitments and to cover any unexpected expenditure. At year end, three months expenditure (based on our budget for 2021-22) stood at £21,688 and our reserves were in excess of this at £23,998. The objective of the Trustees is to grow our reserves to cover 4+ months of running costs over the next 1-2 years.

1. Statements of Receipts & Payments and of Balances for the year 6 April 2020 to 31 March 2021

Receipts and Payments. 6 April 2020 to 31 March 2021	2020/21 Unrestricted	2020/21 Restricted	**2020/21 Total**	2019/20 Total	
Receipts					
Donations	31,204	43,118	**74,322**	75,162	
Fundraising Activities	-	-	**-**	424	
Other income	495	-	**495**	-	Note 1
Total	31,699	43,118	**74,817**	75,586	
Payments					Note 2
Fundraising activities	10,860	-	**10,860**	10,320	
Charitable Activity	17,955	32,201	**50,156**	32,272	
Preparation of Annual Accounts	164	-	**164**	-	
Governance Costs	-	-	**-**	150	
Total	28,979	32,201	**61,180**	42,742	
Surplus / (Deficit)	2,720	10,917	**13,637**	32,844	
Balances at 31 March 2021					
Cash Funds					
Opening cash and bank account	21,278	29,035	**50,313**	17,469	
Surplus from Receipts & Payments	2,720	10,917	**13,637**	32,844	
Cash and bank account at end of year	23,998	39,952	**63,950**	50,313	
Investments			**-**	-	
Other assets					
NEST (pension) overpayment			**-**	130	
Laptops etc			**800**	-	
Liabilities					
PAYE / NIC / NEST			**139**	559	
Payroll agency fees			**437**	-	
Bookkeeping fees			**164**	-	
Training fees			**500**	-	
Contingent liabilities			**-**	-	

Note 1. Refund on office rent

Note 2. There was no Trustee remuneration, expenses or connected person payments made in the year.

2. Analysis of Receipts and Payments, 6 April 2020 to 31 March 2021

1. Donations Received

	2020/21 Unrestricted	2020/21 Restricted	2020/21 Total
Agnes Hunter Trust		5,000	5,000
Allen Lane Foundation		7,718	7,718
Allister Charitable Trust		500	500
Ambergate Charitable Trust	500		500
Anton Jurgens Charitable Trust		3,000	3,000
Community Wellbeing Fund		4,000	4,000
Corra Foundation		1,500	1,500
David Family Foundation	2,000		2,000
Gordon Fraser Charitable Trust	1,000		1,000
Green Hall Foundation		1,000	1,000
Hospital Saturday Fund		2,000	2,000
Hugh Fraser Foundation	2,000		2,000
Isabella Memorial Trust	500		500
John Scott Charitable Trust	2,000		2,000
Lennox Hannay Charitable Trust	1,000		1,000
Mbili Charitable Trust	500		500
Michael Barnard Charitable Trust	1,000		1,000
Miss EC Hendry Charitable Trust	1,000		1,000
Nancy Brown Charitable Trust	500		500
Nancy Roberts Charitable Trust	500		500
Paristamen Charity	750		750
Pettigrew Charitable Trust	2,000		2,000
Reuben Foundation	250		250
RKT Harris Trust	250		250
Robertson Trust		13,000	13,000
Rock the Rovers	100		100
Scott Davidson Trust	1,000		1,000
SMB Trust	1,000		1,000
St Andrew's University	250		250
Stafford Trust	5,000		5,000
Tay Charitable Trust	500		500
Walker Family Charitable Trust	1,000		1,000
Walter Craig Trust	1,000		1,000
Warburtons Community Grants		400	400
Ward Family Charitable Trust	2,000		2,000
Weir Charitable Trust		5,000	5,000
WM Mann Foundation	500		500
Anonymous	3,000		3,000
Other donations	104		104
	31,204	43,118	74,322

2 (continued). Analysis of Receipts and Payments, 6 April 2020 to 31 March 2021

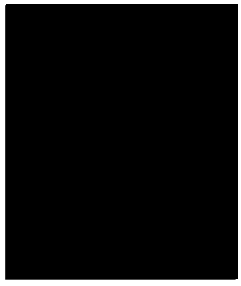
2. Payments relating to charitable activities

	2020/21 Unrestricted	2020/21 Restricted	**2020/21 Total**	2019/20 Total
Salary / PAYE / pension	8,097	20,008	**28,105**	9,741
Volunteer training	1,720	6,498	**8,218**	3,768
Marketing	4,211	-	**4,211**	-
Professional fees (excl fundraising)	1,253	2,110	**3,363**	3,280
Telephone and IT	67	2,504	**2,571**	1,273
Specialist & counselling support	1,935	-	**1,935**	1,043
Office supplies	449	548	**997**	1,693
Office rent	18	330	**348**	2,362
Equipment	114	203	**317**	3,123
General	91	-	**91**	2,486
Travel	-	-	**-**	3,503
	17,955	32,201	**50,156**	32,272

3. Breakdown of Restricted Funds, 31 March 2021

	Carried forward from 2019/20	Donations received 2020/21	Payments towards charitable activities, 2020/21	Carried forward to 2021/22
Agnes Hunter Trust	-	5,000	-	5,000
Allen Lane Foundation	-	7,718	-	7,718
Allister Charitable Trust	-	500	-	500
Anton Jurgens Charitable Trust	-	3,000	-	3,000
Bellahouston Bequest Fund	1,000	-	1,000	-
Community Wellbeing Fund	-	4,000	4,000	-
Corra Foundation (Comic Relief)	6,667	1,500	6,833	1,334
Forteviot Charitable Trust	1,250	-	1,250	-
Green Hall Foundation	-	1,000	-	1,000
Hospital Saturday Fund	-	2,000	-	2,000
Hugh Fraser Foundation	833	-	833	-
KPE4 Charitable Trust	702	-	702	-
National Lottery	8,500	-	8,500	-
Robertson Trust	7,583	13,000	7,583	13,000
Russell Trust	750	-	750	-
Walter Scott & Partners	1,750	-	750	1,000
Warburtons Community Grants	-	400	-	400
Weir Charitable Trust	-	5,000	-	5,000
	29,035	**43,118**	**32,201**	**39,952**

Presented to and Approved by the Trustees at its Board Meeting on 6 October 2021



Len Rayne
Vice Chair

Michael Brown
Treasurer

APPENDIX 3

OSCR
Scottish Charity Regulator

Independent examiner's report on the accounts v2

Report to the trustees/members of
Charity name
The Linda Tremble Foundation

Registered charity number
SC045002

On the accounts of the charity for the period

Period start date				Period end date		
Day	Month	Year		Day	Month	Year
06	04	2020	to	31	03	2021

Set out on pages (remember to include the page numbers of additional sheets)

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the 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 accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]

1. which gives me reasonable cause to believe that in any material respect the requirements:
   - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
   - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts 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: [redacted] **Date:** 11.11.21

Name: Lynn Crichton

Relevant professional qualification(s) or body (if any):

Address:
Fife Voluntary Action
Caledonia House
Pentland Park, Saltire Centre
GLENROTHES, Fife, KY6 2AL

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose