The Linda Tremble Foundation

(Trading as SupportED)

A Scottish Charitable Incorporated Organisation

Scottish Charity No SC045002

Annual Report and Accounts for the Period 1 April 2021 to 31 March 2022

www.supportedscotland.org

Message from Len Rayne Our Chair

In February 2022 I was appointed as our Chair in succession to Caroline Macgregor who stepped down from the Board due to work and family commitments.

I'm delighted to be appointed as Chair of SupportED. There is a growing need to provide mental health support in Scotland, and charities such as SupportED provide a much-needed service to help people on the road to eating disorder recovery. I'm very fortunate to be working with an excellent group of trustees and volunteers, and our 2 full time employees, Diane Waugh, our Operations Director, and Jane Fraser our Volunteer Services Manager. I'm very much looking forward to helping build on the many successes of all those involved in the charity's recent growth.

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 8 June 2022
Robert Davidson (Secretary)
Michael Brown (Treasurer)
Ellie Johnstone
Len Rayne (Chair)
Janice Malone
Christina Mackay
Vijaykumar Balraj
Pauline Gordon

Other Trustees during the period ending 31 March 2022

Carol Ruddock - 1 April 2021 to 27 September 2021

Andrew Macmillan - 1 April 2021 to 26 August 2021

Janice Laurie - 1 April 2021 to 1 September 2021

Caroline Macgregor- 1 April 2021 to 16 February 2022

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 Annual General Meeting of Members held on 23 March 2022.

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. All Trustees are unpaid volunteers.

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 Annual General Meeting, 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.

Since 2019 we have expanded to become Scotland's leading community eating disorder charity. In 2020 we took the decision to rebrand the charity as SupportED to better reflect the work of the charity, encompassing specific areas of support within the community to anyone affected by an eating disorder.

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 "

Our vision

To be the leading community-based support charity in Scotland improving the health and well-being of people experiencing eating disorders and their families, through the provision of community-based and other support, awareness raising, information and training

Summary of the main activities in relation to these objects

The charity holds support groups for people with an eating disorder (aged 18+) and for families and carers, living with or caring for someone with an eating disorder. These are run online and at face-to-face meetings.

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

Both services are run by volunteers many of whom have lived experience and a real understanding of eating disorders. Our volunteers receive full training including The New Maudsley Method as well as Safeguarding and Mental Health

Achievements and performance

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

SERVICE DELIVERY

We have seen a steady increase in referrals from NHS services including GP's, Community Links and Eating Disorder Specialist Units. This has resulted in an 80% increase in people attending our existing online groups. Our telephone befriending service now has more than double the active service users getting weekly/fortnightly support. We also set up a new online and in person Edinburgh Group and started a new Face to Face Group for Carers in Forth Valley and an Eating Disorder Face to Face Group in Glasgow.

We have delivered on all our outcomes for service users by reducing social isolation, increasing confidence and improving self-management skills over the last 12 months. Feedback has been very positive.

VOLUNTEERS

We successfully recruited a part time Volunteer Coordinator in April 2021 and increased this to a full time Volunteer Services Manager post in January 2022 following a successful application to The Scottish Government's Volunteer Support Fund.

This has helped us to expand our Volunteer Team to 35 active volunteers, delivering our services and supporting our Brand and Marketing Team and our Trustees.

Training for Volunteers and Carers has been excellent, with feedback on Mental Health First Aid and New Maudsley Method training top of the list.

ADVISORY GROUP

Our Advisory Group goes from strength to strength, and we have over 20 members attending on a quarterly basis. This enables us to look at our practice in service delivery, recruitment of volunteers and development of needs led services.

STAKEHOLDER EVENT

We held our first ever Stakeholder Event in February 2022 to enable active and meaningful consultation for our new 5 Year Strategy which has just been completed. We are grateful to all our stakeholders who participated by attending the event and also through our stakeholder survey.

THE FUTURE

We are going into the new financial year in a strong position both financially and with confidence in the quality of the services we provide for all those affected by eating disorders in Scotland.

LEN RAYNE
CHAIR
Date: 8 June 2022

FINANCIAL REVIEW FOR THE YEAR ENDED 31 MARCH 2022

The financial position of the charity at the 2021-22 year end again provides a good foundation for the continued growth in our services and impact in the 2022-23 year.

The Trustees and staff have a commitment to build on this foundation, based on the great and growing need for our services. This therefore requires continued expansion in our funding, 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 increased by 44% over the previous year, while costs grew by 35%. We have been able to take forward a surplus given our intent to increase our services, reinforce 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.

It can be seen from the accounts that we are carrying forward £48,241 of our restricted funds to 2022-23. This is because more than 80% of our restricted donations were received late in the financial year after 1 October 2021. All carried forward funds will be put to work in 2022-23 in line with our commitments to our donors.

Reserves policy

The Trustees' policy is to retain between three- and six-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, our unrestricted reserves stood at £38,384 - equivalent to 5.6 months' expenditure based on our year end running costs.

1. Statements of Receipts & Payments and of Balances for the year 1 April 2021 to 31 March 2022

	2021/22 Unrestricted	2021/22 Restricted	2021/22 Total	2020/21 Total	
Receipts					
Donations	53,463	53,971	**107,434**	74,322	
Fundraising Activities	-	-	-		
Other income	-	-	-	495	Note 1
Total	53,463	53,971	**107,434**	74,817	
Payments					Note 2
Fundraising activities	16,500	-	**16,500**	10,860	
Charitable Activity	21,144	44,952	**66,096**	50,156	
Preparation of Annual Accounts	-	-	-	164	
Governance Costs	150	-	**150**	-	
Total	37,794	44,952	**82,746**	61,180	
Surplus / (Deficit)	15,669	9,019	**24,688**	13,637	
Statement of Balances, 31 March 2022					
Cash Funds					
Opening cash and bank account	23,998	39,952	**63,950**	50,313	
Surplus/deficit from Receipts & Payments	15,669	9,019	**24,688**	13,637	
Cash and bank account at end of year	39,666	48,971	**88,637**	63,950	
Investments			-	-	
Other assets					

Laptops / other equipment (estimated)			533	800	
Liabilities					
Fundraising fee	1,500	-	1,500	-	
PAYE / NIC / NEST	-	-	-	139	
Payroll agency fees	62	-	62	437	
Bookkeeping fees	-	-	-	164	
Training fees	-	-	-	500	
Contingent liabilities			-	-	
Unrestricted reserves at year end	38,105				
Note 1. Refund on office rent					
Note 2. There was no Trustee remuneration or connected person payments made in 2021/22. Trustee expenses reimbursement totalled £758.52. This comprises: Bob Davidson (Secretary) £287.76 (Annual Zoom subscriptions for the charity), £189.97 (mobile phone for Operations Director). Len Rayne (Chair) £74.99 (Gifts for Volunteers), £46.00 (to Facebook for social media marketing), £30 (Christmas cards, flowers for Volunteers). Vijay Kumar: £129.80 (London-Edinburgh travel expenses for Board Meeting).					

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

2.1 Donations received

Trust/Foundation	£ received	Unrestricted	Restricted
Albert Hunter Trust	£ 1,000	£ 1,000	
Alexander Moncur Trust	£ 2,000		£ 2,000
Allister Charitable Trust	£ 600		£ 600
Arnold Clark Community Foundation	£ 1,000	£ 1,000	
Bank of Scotland Foundation	£ 11,000	£ 11,000	
Barrack Charitable Trust	£ 2,500		£ 2,500
Conundrum Charitable Trust	£ 5,000		£ 5,000
Cordis Charitable Trust	£ 2,000	£ 2,000	
David Family Foundation	£ 2,000	£ 2,000	
EC Hendry Charitable Trust	£ 1,000	£ 1,000	
Forteviot Charitable Trust	£ 2,000		£ 2,000
Foyle Foundation	£ 5,000	£ 5,000	
George Mclean's Trust	£ 500	£ 500	
Henry Duncan Grants	£ 8,000	£ 8,000	
Hospital Saturday Fund	£ 2,000	£ 2,000	
Hugh Fraser Foundation	£ 2,000	£ 2,000	
Inchrye Trust	£ 500	£ 500	
Ireland Rodden Trust	£ 500	£ 500	
Irving Memorial Trust	£ 2,000	£ 2,000	
JK Young Endowment Fund	£ 500	£ 500	
John Scott Charitable Trust	£ 2,000	£ 2,000	
JTH Charitable Trust	£ 1,000	£ 1,000	
Leng Trust	£ 1,000		£ 1,000
Mbili Charitable Trust	£ 500	£ 500	
Nancie Massey Charitable Trust	£ 2,000		£ 2,000
Nimar Charitable Trust	£ 4,000	£ 4,000	
Penpont Charitable Trust	£ 500	£ 500	
People's Postcode	£ 12,471		£ 12,471
Robertson Trust	£ 13,000		£ 13,000
Russell Trust	£ 1,000		£ 1,000
Schuh Trust	£ 3,000		£ 3,000
Scottish Govt Volunteer Support Fund	£ 4,000		£ 4,000
Tay Charitable Trust	£ 1,000	£ 1,000	
Thales Charitable Trust	£ 750	£ 750	
Thistledown Trust	£ 1,000	£ 1,000	
Uni of St Andrews Dance Club	£ 500	£ 500	
Warburtons Community Grant	£ 400		£ 400
Ward Family Charitable Trust	£ 1,500	£ 1,500	
Weir Charitable trust	£ 5,000		£ 5,000
WM Mann Foundation	£ 500	£ 500	
Anonymous	£ 400	£ 400	
Other Donations	£ 813	£ 813	
	£ 107,434	**£ 53,463**	**£ 53,971**

2.2 Payments relating to charitable activities

	2021-22			2020-21
	Unrestricted	Restricted	Total	
Salaries / PAYE / pension etc	15,281	35,452	50,733	28,105
Volunteer training	-	7,841	7,841	8,218
Marketing	2,957	125	3,082	4,211
Professional fees-non fundraising	1,432	-	1,432	3,363
Telephone and IT	640	650	1,290	2,571
Specialist support	-	-	-	1,935
Office supplies	167	395	562	997
Office rent	-	-	-	348
Travel and subsistence	21	230	251	-
Equipment	57	133	190	317
General	589	125	714	91
	21,144	44,952	66,096	50,156

3. Breakdown of Restricted Funds, 31 March 2022

	Carried forward from 2020/21	Donations received 2021/22	Payments towards charitable activities, 2021/22	Carried forward to 2022/23
Agnes Hunter Trust	5,000	0	4,270	730
Alexander Moncur Trust	0	2,000	0	2,000
Allen Lane Foundation	7,718	0	7,718	0
Allister Charitable Trust	500	600	500	600
Anton Jurgens Charitable Trust	3,000	0	3,000	0
Barrack Charitable Trust	0	2,500	2,500	0
Conundrum Charitable Trust	0	5,000	0	5,000
Corra Foundation (Comic Relief)	1,333	0	1,333	0
Forteviot Charitable Trust	0	2,000	2,000	0
Green Hall Foundation	1,000	0	1,000	0
Hospital Saturday Fund	2,000	0	2,000	0
Leng Trust	0	1,000	1,000	0
Nancie Massey Charitable Trust	0	2,000	0	2,000
People's Postcode	0	12,471	0	12,471
Robertson Trust	13,000	13,000	13,000	13,000
Russell Trust	0	1,000	230	770
Schuh Trust	0	3,000	0	3,000
Scottish Govt Volunteer Support Fund	0	4,000	0	4,000
Walter Scott & Partners	1,000	0	1,000	0
Warburtons Community Grant	400	400	400	400
Weir Charitable Trust	5,000	5,000	5,000	5,000
	39,951	53,971	44,952	48,971

Presented to and Approved by the Board of Trustees on 28 July 2022

Len Rayne

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
01	04	2021	to	31	03	2022

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:** 25.08.22

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