The Linda Tremble Foundation

known as

SupportED
the Community Eating Disorder Charity

(a Scottish Charitable Incorporated Organisation)

Registered Charity – SC045002

Annual Report and Accounts
For the year ended 31 March 2025

www.supportedscotland.org

The Linda Tremble Foundation
SupportED – the Community Eating Disorder Charity

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Reference and Administrative Details

Registered Charity Name:
The Linda Tremble Foundation

Name the Charity is known as:
SupportED

Registered Charity No:
SC045002

Principal Address:
77 Kirk Brae, Edinburgh EH16 6JN

Email: secretary@supportedscotland.org

Current Trustees at date of approval:

Anne Tremble	Treasurer
Christine Gentles	
Ciara Weatherup	
Ellie Johnstone	Secretary from 19 March 2025
Innes Morgan	
Jo Skead	
Len Rayne	Chair to 19 March 2025
Louiza Everly-Grant	Co-chair from 19 March 2025
Michael Brown	Secretary to 19 March 2025; Co-chair from 19 March 2025

Other Trustees during the period ending 31 March 2025:

Janice Malone	1 April 2024 – 31 October 2024
Julie Lonsdale	1 April 2024 – 31 March 2025

Independent Examiner
Elaine Alsop ACA DChA FCIE
EA Independent Ltd
5 South Charlotte Street
Edinburgh EH2 4AN

A Message from Len Rayne, Chair (to 19 March 2025)

SupportED enjoyed another year of steady growth in our support services throughout 2024/25. In the final weeks of the period we did face some staff changes, including the early retirement of our Operations Director and the departure of two other colleagues. While these transitions brought challenges, they also created opportunities to strengthen our team and build on the year's successes.

This was certainly a difficult time, but thanks to the dedication and responsiveness of our Board of Trustees, the huge commitment and effectiveness of our remaining staff and our amazing volunteers, the charity was able to quickly stabilise our operations and maintain service delivery throughout.

I am therefore proud to report that our core service provision is again strong, ensuring the continuity of very much needed support for those affected by eating disorders, and their families.

Through our befriending programme, group support, and caring for carers service, we have continued to provide compassionate, community-based support at a time when demand has never been greater. Our work remains vital in filling the gap left by limited NHS provision — offering accessible, person-centred help that is otherwise difficult to find.

Looking forward, we are entering a new phase of growth to build on our year-on-year expansion of recent years. In May 2025, we welcomed a highly experienced new Development Manager, alongside two new excellent employees, who will help us continue to strengthen and increase our capacity as we progress through 2025/26.

This year also marks a personal transition, as I step down from my role as Chair. It has been a privilege to serve SupportED during a pivotal time in its development. I do so with full confidence in the future direction of the organisation, now under the leadership of our newly appointed Joint Chairs. Their combined vision, experience, and energy will serve SupportED well as it continues its mission across Scotland.

I would like to take this opportunity to express my deep appreciation to our staff, volunteers, and trustees. Your ongoing commitment has ensured that SupportED remains a lifeline to many — and I am confident that, together, you will continue to strengthen and grow this vital work.

Len Rayne
Outgoing Chair

Trustees' Report for the year ended 31 March 2025

The trustees present their report and receipts and payments accounts of the charity for the year ended 31 March 2025.

Structure, governance and management

Governing document
The charity is a Scottish Charitable Incorporated Organisation (SCIO). It is governed by the rules of its constitution which establishes its objects and powers. The organisation is a two-tier SCIO with both members and a board of trustees. 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 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 Colin and Anne Tremble, in memory of their daughter Linda Tremble, who sadly lost her battle with anorexia nervosa in 2011.

The charitable purpose of the organisation as stated in its constitution is:

> **To promote the mental and physical health and wellbeing of individuals diagnosed with an eating disorder, of their families and of their carers.**

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.

Summary of the main activities in relation to these objectives

The charity holds support groups for people throughout Scotland 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 also at face-to-face meetings in Glasgow, Edinburgh and Fife.

The charity also provides a one-to-one 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 First Aid.

Annual Review of Achievements and Performance

This review provides a summary of our performance and impacts during the period from 1 April 2024 to 31 March 2025.

It is structured according to our four key aims as laid down in our rolling Five Year Strategic Plan:

1. Growing the number of people whom we support:
Increase our visibility and improve our accessibility for potential service users through effective marketing and awareness raising.

2. Growing the quality and impact of the services that we provide:
Engage, enable and empower all those affected by eating disorders in our areas of service provision.

3. Growing the number and effectiveness of our volunteers:
Provide high quality volunteering opportunities and experiences for students, people interested in eating disorder support and people with lived experience of eating disorders.

4. Growing our income to enable our other three key aims:
Develop strategic partnerships to secure sustainable funding and expand the range and quality of our services.

Progress against each of these key aims is provided below.

1. Growing the number of people whom we support:

Increase our visibility and improve our accessibility for potential service users through effective marketing and awareness raising.

We recognise that the number of people in Scotland who could benefit from our services is very large – likely in the many thousands - and growing all the time.

Our challenge is to reach as many of those as we possibly can, by promoting awareness of our services as widely as we can. To achieve this, we have a growing range of marketing, social media and awareness raising activities.

While there is far to go to ensure that we can reach high proportions of those who can benefit from our services, **the past year again saw significant growth in our key measure:**

- **The average monthly number of our active service users grew sharply over 2023-24, by 38%** - a reflection both on the large and expanding demand for our services, and our growing capability to provide the support that's needed.

In addition:

- **We had 163 new referrals to our services (both Support Groups and Befriending).**
- **The total attendance at our Support Groups reached 339.**
- **The number of people we support through our Befriending service grew to 54 (of whom 47 suffer from an eating disorder and 7 are carers).**
- **We also provided up to 8 hours of free counselling to 25 people (of whom 20 suffer from an eating disorder and 5 are carers).**
- **The number of individual support interactions (provided by both volunteers and staff) reached 936**.

A central part of our operational plan for 2025-26 is that these numbers continue to grow significantly.

Finally, another important part of building our profile and raising awareness of our services is through our collaboration with other relevant agencies and organisations:

- In 2024-25, the Advisory Group that we launched in 2021 continued to hold meetings involving our volunteers, trustees, service users, our staff team and other healthcare professionals and clinicians.
- We continued to be active members of the Scottish Government's Eating Disorder Network.

2. Growing the quality and impact of the services that we provide:

Engage, enable and empower all those affected by eating disorders in our areas of service provision.

Our aim is to ensure we are continuously improving the quality of service that we provide through our volunteers and staff, in turn ensuring we bring greater benefit to all those whom we support.

In order to continuously improve what we do, and to find new ways of supporting people, we seek full feedback from our service users on an annual basis. We want to know what they think of our services, how they have been supported, the impact on their lives and what they think we can do better or differently.

Getting that feedback isn't easy. Not everyone has the time or inclination, especially if they are really struggling in their day-to-day lives. Having undertaken a big effort to secure a round of extremely positive feedback in 2023-24, reported in last year's Annual Review, we therefore decided to conduct our next feedback round about 18 months later in 2025-26. We'll report on the outcome of that research in our next Annual Review.

As a reminder of some highlights from our 2023-24 feedback:

- **Over 95% of respondents feel that their experience of our Support Groups and Befriending Services is either positive (over 15%) or very positive (over 80%).**
- **Over 95% of respondents say that they feel less isolated as a consequence of the support they receive from us.**
- **Over 90% of respondents say that our services have helped them cope better with their day-to-day challenges.**

3. Growing the number and effectiveness of our volunteers:

Provide high quality volunteering opportunities and experiences for students, people interested in eating disorder support and people with lived experience of eating disorders.

Matching the growth in demand for our services with an expansion in our capacity to meet that demand through skilled and committed volunteers is a delicate and challenging balancing act. We again feel that we were able to get that balance right in 2024-25 and overall had a good match between the continuing growth in demand for our services and growth in our ability to meet that demand through our ever outstanding volunteers.

- **The number of our active volunteers reached 63, up 30% on the 2023-24 peak.**
- **The number of hours of volunteer work grew by 35% to 2,349.** We continue to be especially fortunate that our amazing volunteers have overall been able to give so much more of their time over the year.

4. Growing our income to enable our other three key aims:

Develop strategic partnerships to secure sustainable funding and expand the range and quality of our services.

Reflecting the overall decline in funding conditions, and the especially good year we'd had in 2023-24, our income fell by 16% between 2023-24 and 2024-25.

Full details of the income and financials positions of SupportED are shown in the Accounts section of this Report.

2024-25 Financial Review

The financial position of the charity at the year-end provides a solid foundation for the continued support of our growing number of service users in the 2025-26 year.

However, with the overall climate for fundraising being significantly more challenging than the previous year, our income for the year fell by 16% from the previous year (2023-24 was a year of record high income for the charity, itself up 73% on 2022-23), while costs grew by 17% in line with our service delivery plans. Consequently we had a deficit for the year, against our break-even budget.

Our prudent financial management and good reserves position does enable us to accept this deficit, while continuing to fulfil our charitable purpose. However, we know we must redouble our efforts to accelerate our income growth and manage our resources accordingly, and have agreed an appropriately cautious budget for 2025-26 while maintaining our service provision.

We are cautiously optimistic that our income will resume its growth in 2025-26, for which we have a 'break-even' budget.

Our predominant sources of funding are charitable foundations and Trusts, and we thank them all for the support they give to our work.

Reserves
The Trustees' policy is to retain between four and six months of expected running costs 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 £60,564 (2023-24: £94,980) - equivalent to 4.1 months' expenditure for the charity based on our 2025-26 Budget. Given that a significant part of our expenditure continues to be covered by and aligned to restricted project funding, the Trustees are satisfied that the unrestricted reserves are sufficient to enable the charity to continue its work and plans to expand.

Approved by the Trustees and signed on their behalf

L. G. Every-Grant

Louiza Every-Grant and Michael Brown, Co-chairs
21 August 2025

Independent Examiner's Report for the year ended 31 March 2025

I report on the accounts of the charity for the year ended 31 March 2025, which are set out on pages 11 and 12 and the related notes on pages 13 to 16.

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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006(as amended) ("the 2006 Regulations"). The charity's Trustees consider that the audit requirement of Regulation 10(1) (d) of the 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 2006 Regulations. 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 view given by the accounts.

Independent examiner's statement
In the course of 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 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Regulations
   - 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.

E Alsop.

Elaine Alsop ACA DChA FCIE
EA independent Ltd
5 South Charlotte Street
Edinburgh
EH2 4AN
2 September 2025

Receipts and Payments Account for the year ended 31 March 2025

	Notes	Unrestricted 2025 £	Restricted 2025 £	**Total 2025 £**	Total 2024 £
Receipts					
Grants and donations	2	64,311	111,195	**175,506**	209,792
Invoice services		-	-	**-**	620
Investment income		1,478	-	**1,478**	1,162
		65,789	111,195	**176,984**	211,574
Payments					
Fundraising activities	3	21,048	-	**21,048**	20,421
Charitable activities	4	78,407	97,785	**176,192**	145,592
Governance costs	5	750	-	**750**	625
Purchase of equipment		-	40	**40**	2,596
Total payments		100,205	97,825	**198,030**	169,234
Net receipts/(payments) before transfers		(34,416)	13,370	**(21,046)**	42,340
Transfers		-	-	**-**	**-**
Net receipts/(payments) for the year		(34,416)	13,370	**(21,046)**	42,340
Opening funds at 1 April		94,980	27,222	**122,202**	79,862
Closing funds at 31 March		60,564	40,592	**101,156**	122,202

The notes on pages 13 to 16 form part of these accounts

Statement of Balances as at 31 March 2025

	Notes	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
Cash and bank balances					
Opening balance at 1 April		94,980	27,222	**122,202**	79,862
Net receipts/(payments) for year		(34,416)	13,370	**(21,046)**	42,340
Closing balance at 31 March		60,564	40,592	**101,156**	122,202
Represented by charity funds	7	60,564	40,592	**101,156**	122,202

Other assets

	£	£
Laptops and equipment at cost	**4,473**	4,473
Furniture at cost	**903**	903
	5,176	5,176

Creditors

	£	£
Fundraising fee	**1,740**	1,680
Other fees	**-**	103
Independent examination	**750**	750
	2,490	2,533

Approved by the Trustees on 21 August 2025 and signed on their behalf by:

L. G. Everly-Grant

Louiza Everly-Grant and Michael Brown, Co-chairs

The notes on pages 13 to 16 form part of these accounts

Notes to the Accounts for the year ended 31 March 2025

1. Accounting policies

Basis of accounting
The accounts have been prepared on a Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

Fund accounting
Unrestricted Funds are those funds that can be expended at the discretion of the trustees in furtherance of the objects of the charity.

Restricted Funds are those that may only be used for specific purposes. Restrictions arise when specified by the donor, or when funds are raised for specific purposes. The purposes of the funds of the charity are shown in Note 7.

VAT
The charity is not registered for VAT and, accordingly, expenditure includes VAT where appropriate.

Resources expended
Expenditure incurred has been classified on a basis appropriate to the charity's circumstances. All expenditure relates to the charitable activities.

Governance costs are included in "Other costs" and are separately identified in the relevant note to the accounts.

2. Receipts from grants and donations

	Unrestricted 2025 £	**Restricted 2025 £**	**Total 2025 £**	Total 2024 £
Social Isolation & Loneliness (SG)	-	22,695	**22,695**	14,543
Garfield Weston	20,000	-	**20,000**	-
Awards for All – YP project	-	17,300	**17,300**	-
Health & Social Care Alliance	-	15,000	**15,000**	36,000
Walter Scott Partners – Under 18's	-	15,000	**15,000**	-
Robertson Trust	14,000	-	**14,000**	14,000
Volunteer Support Fund (SG)	-	10.950	**10,950**	13,000
Peoples' Postcode Lottery	-	-	**-**	20,675
Comm. Health & Wellbeing (FVA)	-	-	**-**	14,223
Corra Foundation	-	-	**-**	12,019
Edward Gostlin Foundation	-	-	**-**	10,000
Allen Lane Foundation	-	-	**-**	10,000
Other grants and donations	25,826	30,250	**30,250**	60,690
Donations via Enthuse and similar	4,485	-	**4,485**	4,642
	64,311	111,195	**175,506**	209,792

Notes to the Accounts for the year ended 31 March 2025

3. Payments for fundraising activities

	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
Fees for Professional Fundraiser	20,760	-	**20,760**	19,948
Postage, platform fees and similar	288	-	**288**	473
	21,048	-	**21,048**	20,421

4. Payments for charitable activities

	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
Salary costs	55,577	84,186	**139,763**	125,522
Professional fees	1,953	110	**2,063**	3,700
Travel & subsistence	2,255	2,626	**4,881**	3,096
Training	1,125	2,432	**3,557**	6,526
Wellbeing	6,080	2,760	**8,840**	1,345
Phone, IT & website	7,816	2,430	**10,246**	2,371
Office supplies & postage	930	-	**930**	682
Marketing	1,679	1,050	**2,729**	426
Venue hire and subscriptions	775	823	**1,598**	1,692
Events	217	1,368	**1,585**	232
	78,407	97,785	**176,192**	145,592

5. Payments for governance activities

The cost of the Independent Examination for the year to 31 March 2025 is £750 (2024: £750) and is included in the Statement of Balances.

6. Payments to Trustees and Related Parties

No remuneration was paid to trustees during the year (2024: £Nil). No travel expenses were paid to any trustees in the year (2024: £Nil).

There were no related party transactions in the year.

Notes to the Accounts for the year ended 31 March 2025

7. Funds

	Balance at 1 April 2024 £	Receipts £	Payments £	Transfers £	Balance at 31 March 2025 £
Unrestricted Funds					
General fund	94,980	65,789	(100,205)	-	**60,564**
Restricted Funds					
Befriending	1,200	12,000	(8,725)	-	**4,475**
Carers fund	6,000	15,000	(18,238)	-	**2,762**
Young people project	-	17,300	(6,969)	-	**10,331**
Under 18's Family Support Service	-	15,000	(5,097)	-	**9,903**
Social Isolation & Loneliness	-	22,695	(22,695)	-	**-**
Mental Health & Wellbeing	14,223	-	(14,223)	-	**-**
Volunteer support fund	-	10,950	(10,950)	-	**-**
Volunteering	-	2,000	(230)	-	**1,770**
Walter Scott Giving - groups	1,124	-	(1,124)	-	**-**
Groups	-	1,250	(1,250)	-	**-**
Glasgow groups	-	10,000	(3,426)	-	**6,574**
Edinburgh groups		5,000	(3,629)	-	**1,371**
Regional - Fife	3,406	-	-	-	**3,406**
Conference	1,269	-	(1,269)	-	**-**
	27,222	111,195	(97,825)	-	**40,592**
Total Funds	**122,202**	**176,984**	**(198,030)**	**-**	**101,156**

Notes to the Accounts for the year ended 31 March 2025

Nature and purpose of Restricted funds

Befriending	Funding provided towards our Befriending Project
Carers - fund	This includes a dedicated support service for carers of those with an eating disorder, funded by the Scottish Government, this funding was fully spent in the year and other small pots of funding brought forward to support the carers' service.
Young people project	Awards for All funding from the National Lottery to support young people. The balance of this funding will be used in the 2025-26 year.
Under 18's family support service	Funding from Walter Scott Partners to support young people and their families. The balance of this funding will be used in the 2025-26 year.
Social Isolation & Loneliness	Scottish Government funding received and fully spent in the year to engage with people affected by eating disorders and deliver services which reduce their social isolation and loneliness.
Mental Health & Wellbeing	Funding brought forward from the prior year to provide peer support services aimed at reducing stress and anxiety and increasing wellbeing. This has been fully spent in the year.
Volunteer support fund	Funding provided to cover staffing costs for the Volunteer Coordinator.
Volunteering	Funding via Turcan Connell Conundrum to support volunteering projects.
Walter Scott Giving Group - face to face groups	Funding brought forward from the previous year to contribute to running costs of our face-to-face groups including staff, volunteer and venue costs. This has been fully spent.
Groups	Funding via Office Travers Smith to run groups which has been fully spent.
Glasgow Groups	Funding from Bellahouston Bequest and Merchants House of Grant for group work in Glasgow. The balance will be spent in 2025-26.
Edinburgh Groups	Funding from University of Edinburgh to deliver face to face groups. The balance will be spent in 2025-26
Regional – Fife	Funding for support groups in St Andrews. The balance will be spent in 2025-26.
Conference	To celebrate 10 years of making a positive difference to the lives of people in Scotland living with an eating disorder. This has been fully spent.
Transfers between funds	There were no transfers between funds during the year.