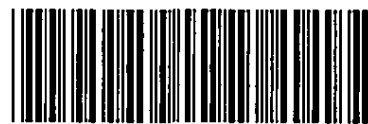




Charity No. 1059686
Company No. 3268842

FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31ST OCTOBER 2008

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Weight Concern

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Weight Concern

Legal and Administrative Information

The trustees (who are the directors for the purposes of Company Law) through out the year and at the date of signing the accounts were:

Professor Jennifer Hornsby
Professor John Weinman
Mr Nicholas Attenborough
Professor Martin Jarvis
Professor Wendy Atkin
Helen Gould

Secretary Professor J Wardle

Company status Company limited by Guarantee - Number 3268842

Charity status Registered charity - number 1059686

Accountants Kingston Smith LLP
Devonshire House
60 Goswell Road
London EC1M 7AD

Solicitors Mr Graham Jackson
Interchange Studio
Dalby Street
London
NW5 3NQ

Bankers Barclays Bank Plc
Bloomsbury & Tottenham Court Road Branch
PO Box 3AT
London
W1A 3AT

CAF Bank Ltd
25 Kings Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Weight Concern Trustees' Report For the year ended 31 October 2008

The Trustees (who are also the Directors under Company Law) present their report and accounts for the year ended 31st October 2008.

The information contained on page 1 forms a part of this report.

In fulfilment of their responsibilities under Company and Charity law, the Trustees prepared statements of accounting policies, practices and financial statements. These statements were submitted to the appointed Accountants.

Background

Weight Concern was incorporated as a private limited company on 24th October 1996 and registered as a charity. At that date, the group which had planned the charity's inception was designated the Planning Committee of Weight Concern.

Weight Concern relies on funds received from charitable donations, or from voluntary fundraising activities, which includes applications for grants or scholarships for the funding of its research work or staff. Income is also generated from the running of training courses for health professionals.

Weight Concern aims to engage the public, policy makers, health professionals and scientists in an effective, co-ordinated effort to slow and reverse the obesity epidemic.

Company status

The charitable company is limited by guarantee, incorporated on 24th October 1996 under company number 3268842 and registered with the charity commission, number 1059686. The company was established under the Memorandum of Association, which established the objects and powers of the charitable company, and is governed under its Articles.

Organisation

The charity is managed by a Council of Management consisting of the Trustees. All provide their services voluntarily. The Council establishes and convenes meetings of Committees and sub-committees, as appropriate, to further its work. These committees report directly to Council. Where individuals wish to assist in the planning and running of the charity, they may apply for membership.

'Friends' of Weight Concern support the charity's objectives with a financial donation.

New Trustees are appointed in accordance with the terms of the company's Articles. There must be a minimum of 3 trustees, and a maximum of 8, in office at any given time.

Principal Activities

The principal activities for which Weight Concern is established are:

- (a) to advance the knowledge of the general public about the causes, prevention and treatment of obesity;
- (b) to identify more effective treatments for obesity;
- (c) to provide education and training for health professionals in the management and prevention of obesity.

Weight Concern Trustees' Report For the year ended 31 October 2008

Review of Activities

2007/08 was a successful year for Weight Concern. Many projects were continued and developed from the previous year and a variety of new activities were undertaken, including:

Research activities

Traffic Light Programme

The randomised controlled trial of a childhood obesity treatment in collaboration with Great Ormond Street Hospital and Cancer Research UK has been completed, apart from some ongoing follow up assessments. This study started in 2003 and aims to assess the clinical viability of a treatment developed in the US by Len Epstein. Informal feedback from parents and children on their experience continues to be extremely positive. The results are currently being analysed and written up for publication.

The Big Panel

This is our national online database of individuals who are or have been overweight. The aims are to collect information about the strategies that people use to control weight, understand which are most effective, and explore how people maintain their weight in the longer-term. This was launched in early 2006 and since then has expanded rapidly with a total of 1000 individuals signed up. Research conducted in 2007/08 included:

- Survey of terms people prefer health professionals use to describe weight
- Evaluation of Cancer Research UK leaflets: *Wish you could stay in shape? Wish you knew the truth about diet and cancer?*
- Overcoming barriers to exercise
- Overweight Health Professionals giving weight management advice
- The Perceptions of Health Professionals and Overweight People (DH)
- Qualitative study of photographic images used in health promotion materials.

This unique user perspective has been invaluable in informing our work, and also the work of other colleagues working in the sector.

Shape Up Sister

Shape-Up Sister is an internet based online healthy lifestyle programme designed specifically for African and Caribbean women. Shape-Up Sister aims to help reduce the risk of diabetes, heart disease and some cancers by promoting weight loss, healthy eating and physical activity. It is a behavioural approach to managing eating and physical activity that includes information on culturally appropriate food examples and cooking techniques.

At present, Shape-Up Sister is being evaluated in a research study involving 220 black British women.

Cancer Research UK

We undertook an independent evaluation of Cancer Research UK leaflets: *Wish you could stay in shape? Wish you knew the truth about diet and cancer?* on a consultancy basis. This combined quantitative research with the Big Panel and a series of focus groups conducted across the UK. The result of this work were a series of recommendations for Cancer Research UK's two new leaflets.

Department of Health

On behalf of the Department of Health we undertook a preliminary investigation into the experience and beliefs of overweight health care providers who provide weight management advice and the views and perception of information of patients receiving weight-related information from overweight health

Weight Concern Trustees' Report For the year ended 31 October 2008

practitioners. It used interviews with health care providers and two questionnaires (one for overweight health professionals, one for the Big Panel). This was included in the Department of Health publication *'Healthy Weight, Healthy Lives: A toolkit for developing local strategies'*.

Weight Feedback project

This project, which was funded by the BHF, was successfully completed. The results were published in the peer-reviewed journal 'Pediatrics' in September 2008.

Information activities

Website

The Weight Concern website continues to be developed to reflect the information needs of its various user groups, which include health professionals, policy makers and the media in addition to individuals seeking information about weight issues. New additions include guidance about waist circumference and information about increasing physical activity for people with limited mobility.

Media work

The charity continued to respond to many requests for comment from the media on various aspects of adult and child obesity.

Booklets and Shape-Up manual

Weight Concern's range of publications continues to be very popular.

Ten Top Tips campaign

Weight Concern continued its partnership with Cancer Research UK to develop and pilot 'Ten Top Tips', a programme based on the principle of helping people adopt behaviours which will lead to the development of healthy habits to facilitate weight loss. Developments in 2007/08 included a reformatted version of Ten Top Tips aimed at men.

Newsletter

Dr Susan Carnell continues to edit the Weight Concern newsletter, producing 3 publications per year.

Support activities

Training

The two training courses offered by Weight Concern were well-attended during the year. A variety of health professionals including representatives from a number of Primary Care Trusts from across the country were trained in Shape-Up group facilitation techniques and this expanded the number of Shape-Up Groups being run in different areas of the country. Attendees on the 2007/08 programmes widened to include prison staff, occupational health nurses and police officers.

The charity's three-day course on the behavioural treatment of childhood obesity was also very well received.

British Heart Foundation Training

Weight Concern worked with the British Heart Foundation to develop and deliver a two day staff training programme (with additional ongoing support) focusing on behaviour change and motivational techniques. This was for telephone helpline staff who would be working with callers to provide information and guidance on a new service, the 'Heart Health Lifestyle Assessments'.

Shape-Up Groups

Numerous PCTs are now running Shape-Up groups with over 700 facilitators trained across the UK. A qualitative evaluation of active PCTs was undertaken which will be used to develop further support mechanisms for facilitators.

Weight Concern

Trustees' Report

For the year ended 31 October 2008

Shape-Up weight maintenance programme

Weight Concern developed and piloted a weight maintenance programme, a project being run in partnership with Camden PCT. The aims of this are to provide support to people who have attended a Shape-Up group in the longer-term.

Financial Review

We continued to receive funding from the Department of Health and the Central Office of Information and additionally received project funding from Cancer Research UK.

Incoming resources this year have decreased slightly however to £144,636 (2007: £161,414), which is largely due to a reduction in incoming grant funding; the UCL grant received in 2007 was a one off grant for us to input into the Shape-Up Sister project over the course of its 3 year duration and the final year of the Department of Health core funding was for a reduced amount compared to previous years.

In the last financial year, the charity put aside funding to support work in putting applications together for longer term projects such as the Big Panel project as well as continue our work for Shape-Up Sister. We have continued to provide a substantial amount of input for Shape-Up Sister and significantly developed our work using the Big Panel. Small amounts of funding were received from the Department of Health and Cancer Research UK to support this work, but we have not been able to make progress with other funding applications, which we were not unduly surprised about given the current economic climate. Over the next financial year we plan to concentrate on developing a training strategy as we plan to extend the range of courses that we run and invest in work on working with PCTs regarding the commissioning of training. This is important as the provision and commissioning of training is currently undergoing significant changes which will impact on our future work in this area.

The maintenance of strong reserves will allow us to undertake the projects which have been outlined and to better fulfil one of the charity's core aims and objectives which is to provide education and training for health professionals in the management and prevention of obesity. We are particularly keen to expand the range of training available for health professionals and other individuals working in this area, and to develop a strategy to support this work.

Funding

The continuation of the three-year grant was awarded to Weight Concern by the Department of Health under its Section 64 programme and assisted the charity in continuing and expanding its activities.

Weight Concern is grateful to all its funders and supporters for their contributions to the charity's work.

Reserves Policy

The organisation requires free reserves to counter the contingent effects involved in a winding up of the charity. The level of reserves which the trustees believe to be appropriate represents a minimum of 6 months of anticipated operating costs.

The total charity reserves at 31st October 2008 were £144,060 (2007: £135,955), of which £109,004 (2007: £82,393) were considered to be free (i.e. not earmarked for particular purposes). The Trustees are satisfied with the current position.

Trustees' interest

The Board of Trustees do not have any interest, financial or otherwise, in any contract with the company. All Trustees serve on a voluntary basis to promote the charity's activities.

Weight Concern

Trustees' Report

For the year ended 31 October 2008

Statement of trustees' responsibilities

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Accountants

Kingston Smith LLP have indicated their willingness to continue in office and in accordance with the provisions of the Companies Act it is proposed that they be re-appointed accountants for the ensuing year.

Small company rules

These accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

Approved by the Board of Trustees on 5.8.09
and signed on their behalf by:

Jennifer Hornsby

Professor J. Hornsby, Trustee and Chairman of Trustees

N. B. Attenborough
Mr N Attenborough, Trustee and Hon Treasurer

Accountants' Report to the Trustees on the Unaudited Accounts of Weight Concern

We have examined without carrying out an audit, the accounts of Weight Concern for the year ended 31 October 2008, which comprise the Statement of Financial Activities, Balance Sheet and related

This report is made solely to the charitable company's members, as a body, in accordance with section 249(c) of the Companies Act 1985. Our work has been undertaken for no purpose other than to draw to the attention of the charitable company's members those matters which we are required to include in a report made under section 249(c) addressed to them. To the fullest extent permitted by law, we do not accept or assume any responsibility to any party other than the charity and the charity's members as a body, for our review work, for this report, or for the opinions we have formed.

Respective Responsibilities of Trustees and Reporting Accountants

As described on page 5 the company's charitable trustees (who are directors of Weight Concern for the purposes of company law) are responsible for the preparation of the accounts, and they believe that the company is exempt from an audit. It is our responsibility to examine the accounts and, based on our examination, to report our opinion, as set out below, to the members.

Basis of Opinion

Our work was conducted in accordance with the Statement of Standards for Reporting Accountants, and so our procedures consisted of comparing the accounts with the accounting records kept by the company, and making such limited enquiries of the officers of the company as we considered necessary for the purposes of this report. These procedures provide only the assurance expressed in

Opinion

In our opinion:

- (a) the accounts are in agreement with those accounting records kept by the company under s.221 Companies Act 1985;
- (b) having regard only to, and on the basis of, the information contained in those accounting records:
 - (ii) the accounts have been drawn up in a manner consistent with the accounting requirements specified in s.249C(6) of the Act, so far as applicable to the company; and
 - (ii) the company satisfied the conditions for exemption from an audit of the accounts for the year, specified in s.249A(4) of the Act, and did not fall within any of the categories of companies not entitled to the exemption, specified in s.249B(1), at any time within that year.



Kingston Smith LLP
Chartered Accountants

Devonshire House
60 Goswell Road
London EC1M 7AD

Date: 28 August 2009

Weight Concern
Statement of Financial Activities
For the year ended 31st October 2008

	Note	Unrestricted Funds £	Restricted Funds £	2008 Total Funds £	2007 Total Funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income	2	42,510	16,155	58,665	112,415
Investment income		3,984	-	3,984	2,142
Incoming resources from charitable activities					
Membership fees		70	-	70	182
Other income	3	81,917	-	81,917	46,675
Total incoming resources		<u>128,481</u>	<u>16,155</u>	<u>144,636</u>	<u>161,414</u>
RESOURCES EXPENDED					
Charitable activities					
Education and research activities		99,535	34,661	134,196	74,638
Governance costs		<u>2,335</u>	<u>-</u>	<u>2,335</u>	<u>2,435</u>
Total resources expended	4	<u>101,870</u>	<u>34,661</u>	<u>136,531</u>	<u>77,073</u>
Net movement in funds		26,611	(18,506)	8,105	84,341
Fund balances brought forward		<u>82,393</u>	<u>53,562</u>	<u>135,955</u>	<u>51,614</u>
Fund balances carried forward	11, 12	<u>109,004</u>	<u>35,056</u>	<u>144,060</u>	<u>135,955</u>

The notes on pages 10 to 13 form a part of these financial statements.

Weight Concern

Balance Sheet as at 31st October 2008

	Note	2008 £	2008 £	2007 £	2007 £
Fixed Assets					
Tangible assets	8		-		-
Current Assets					
Debtors	9	15,853		13,852	
Cash at bank and in hand		<u>134,610</u>		<u>126,295</u>	
		150,463		140,147	
Creditors: Amounts falling due within one year	10	<u>(6,403)</u>		<u>(4,192)</u>	
Net Current Assets			<u>144,060</u>		<u>135,955</u>
Total Assets less Current Liabilities			<u><u>144,060</u></u>		<u><u>135,955</u></u>
Funds					
Restricted	11, 12		35,056		53,562
Unrestricted	11, 12		<u>109,004</u>		<u>82,393</u>
			<u><u>144,060</u></u>		<u><u>135,955</u></u>

The notes on pages 10 to 13 form a part of these financial statements.

These accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

The directors state:

- (a) For the year ended 2008 the charity was entitled to exemption under Section 249A(1) of the Companies Act 1985.
- (b) No notice from Trustees requiring an audit has been deposited under Section 249B(2) of the Companies Act 1985.
- (c) The directors acknowledge their responsibilities for:
 - (i) ensuring that the charity keeps accounting records which comply with Section 221 of the Companies Act 1985, and
 - (ii) preparing accounts which give a true and fair view of the state of affairs of the charity as at the end of the financial year, and of its profit and loss in the financial year, in accordance with the requirements of Section 226 of the Companies Act 1985, and which otherwise comply with the requirements of the Companies Act 1985 relating to accounts, so far as applicable to the charity.
- (d) The accounts have been prepared in accordance with the special provision in part VII of the Companies Act 1985 relating to small companies and in accordance with the provisions of the Financial Reporting Standard for Smaller Entities (effective January 2007).

Approved by the Trustees, authorised for distribution, on 5.8.09
and signed on their behalf by:

Jennifer Hornsby

Professor Jennifer Hornsby
Chairman

Helen Gould

Helen Gould
Trustee

Weight Concern

Notes to the Financial Statements

For the year ended 31st October 2008

1 Accounting Policies

(a) Basis of accounting

These accounts have been prepared under the historical cost convention and in accordance with the Companies Act 1985 and the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2005) and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

(b) Fund accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objects of the charity.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the SOFA when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Incoming resources from charitable trading activity are accounted for when earned.

(d) Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Cost of generating funds comprise the costs associated with attracting voluntary income.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the external accountants review fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

(e) Fixed assets

Fixed assets are stated at cost less accumulated depreciation. Depreciation is provided as rates calculated to write off the costs of each assets over its estimated useful life, which in all cases is estimated at 1 year.

Weight Concern
Notes to the Financial Statements
For the year ended 31st October 2008 (Continued)

2	Voluntary income	Unrestricted £	Restricted £	2008 Total £	2007 Total £
	Department of Health - core grant	35,595	4,405	40,000	64,125
	Department of Health - children's obesity	1,835	-	1,835	1,289
	The Central Office of Information	4,405	-	4,405	9,359
	Industry	-	-	-	2,122
	UCL grant	-	-	-	34,000
	Cancer Research	-	11,750	11,750	-
	Donations	675	-	675	1,520
		<u>42,510</u>	<u>16,155</u>	<u>58,665</u>	<u>112,415</u>
3	Other income			2008 Total £	2007 Total £
	Sales of publications			42,094	16,752
	Course fees			<u>39,823</u>	<u>29,923</u>
				<u>81,917</u>	<u>46,675</u>
4	Resources expended			2008 Total £	2007 Total £
	Charitable activities				
	Staff costs			70,877	55,339
	Programme design and development			6,318	4,095
	Staff administration costs			5,946	-
	Shape Up costs			33,450	5,993
	Children's groups			458	-
	Shape-Up Sister (African Womens Project)			1,034	-
	Printing, postage and stationery			55	22
	Books and subscriptions			118	-
	Training			2,264	3,166
	Travelling			2,377	1,780
	Sundry			4,107	3,805
	Legal and professional			4,652	-
	Bookkeeping			<u>2,540</u>	<u>438</u>
				134,196	74,638

Weight Concern

Notes to the Financial Statements

For the year ended 31st October 2008 (Continued)

4 Resources expended (continued)	2008 £	2007 £
Governance costs		
Accountants fees - current year	2,294	2,233
Accountants fees - in respect of prior year	-	106
Bank charges	41	66
Sundry	-	30
	<u>2,335</u>	<u>2,435</u>

5 Staff Costs	2008 £	2007 £
Gross pay	67,127	50,084
Employer's national insurance	3,750	5,255
	<u>70,877</u>	<u>55,339</u>
The number of employees during the year was as follows:	<u>4</u>	<u>5</u>

6 Trustees
No members of the trustee board received any remuneration during the year. Travel costs amounting to £Nil (2007: £Nil) were reimbursed to members of the management committee.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2007: Nil).

7 Taxation
As a charity, Weight Concern is exempt from tax on income and gains falling within section 505 of the Taxes Act 1998 and of s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

8 Fixed Assets	Office Equipment £
Cost	
At 1st November 2007	2,944
Additions	-
At 31st October 2008	<u>2,944</u>
Depreciation	
At 1st November 2007	2,944
Charge for the period	-
At 31st October 2008	<u>2,944</u>
Net Book Value	
At 31st October 2008	<u>-</u>
At 31st October 2007	<u>-</u>

Weight Concern

Notes to the Financial Statements

For the year ended 31st October 2008 (Continued)

9 Debtors	2008 £	2007 £
Trade debtors	15,853	13,852
	<u>15,853</u>	<u>13,852</u>

10 Creditors	2008 £	2007 £
Trade creditors	832	355
Taxation and social security	2,486	813
Accruals	2,294	2,233
Other creditors	791	791
	<u>6,403</u>	<u>4,192</u>

11 Funds	Balance 01.11.07 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.10.08 £
<i>Restricted</i>					
Children's Clinic	7,979	-	(3,166)	-	4,813
British Heart Foundation	11,583	-	(4,596)	-	6,987
African Women's Project	34,000	-	(18,583)	-	15,417
Obesity Toolkit	-	4,405	(4,405)	-	-
Cancer Research Fund	-	11,750	(3,911)	-	7,839
	<u>53,562</u>	<u>16,155</u>	<u>(34,661)</u>	<u>-</u>	<u>35,056</u>
<i>Unrestricted</i>					
General	82,393	128,481	(101,870)	-	109,004
	<u>135,955</u>	<u>144,636</u>	<u>(136,531)</u>	<u>-</u>	<u>144,060</u>

Children's clinic: Children's weight management groups at Great Ormond Street Hospital ('Family-based behavioural treatment').

British Heart Foundation: Development of a web-based weight loss intervention for African and Caribbean women.

African Women's Project: Development of a web-based healthy living programme aimed at African and Caribbean women to promote weight loss and encourage a healthy lifestyle.

Cancer Research Fund: A project to evaluate users' views of two of Cancer Research's leaflets on Physical Activity and on Diet.

12 Allocation of Net Assets to Funds	Unrestricted Funds £	Restricted Funds £	Total £
Net current assets	109,004	35,056	144,060
	<u>109,004</u>	<u>35,056</u>	<u>144,060</u>