#### **WEIGHT CONCERN**

Charity No. 1059686 Company No. 3268842

# UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2016



### Weight Concern

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### Weight Concern Legal and Administrative Information

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

Professor Jennifer Hornsby Professor Martin Jarvis

Helen Croker

Professor Dame Til Hilary Margaret Wykes (appointed 5 July 2017)

Dr. Rebecca Jane Beeken (appointed 5 July 2017)

Company status Company limited by Guarantee - Number 3268842

Charity status Registered charity - Number 1059686

Registered address 1 - 9 Torrington Place

£.

University College London

London WC1E 7HB

Independent Examiners 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

The Trustees (who are also the Directors under Company Law) present their report and accounts for the year ended 31<sup>st</sup> October 2016.

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 24<sup>th</sup> 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 and from the sales of its adult weight management programme Shape-Up.

Weight Concern aims to address the physical and psychological needs of overweight people and to guide the development of more effective programs of prevention and treatment. It also aims to provide a 'voice' for those who have first-hand experience of being overweight in the UK.

#### **Company status**

The Company is Limited by Guarantee, number 3268842, and does not have any share capital. It is also registered as a charity with the Charity Commissioners, number 1059686.

#### **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 subcommittees, 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. The current trustees may appoint any member of the Company as a trustee provided that the maximum number is not exceeded. At any one point, there must be a minimum of three and a maximum of eight trustees on the Board.

Every year, one-third of the trustees retire from office, those being the trustees who have been longest in office since their last election or appointment, and stand for reappointment.

Trustees are given training as and when necessary and are frequently reminded of the responsibilities that go with their position.

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

#### **Principal Activities**

The principal activities for which Weight Concern was established are:

- to increase public knowledge about the causes, consequences and treatment of weight problems;
- to improve access to weight management information and programmes for different patient groups:
- to provide a 'voice' for those who have first-hand experience of being overweight in the UK;

- to provide education and training for health professionals in the care of overweight patients;
- to engage with the public on weight-related issues and support and empower people to live a healthy lifestyle.

#### **Public Benefit**

The charity primarily exists to improve the prevention and management of obesity within health promotion and treatment contexts. This includes improving services and the skills of professionals delivering programmes or providing other input for overweight individuals, and also improving how interventions and initiatives are experienced by overweight individuals themselves. It provides clear, evidence-based information to support and empower people to live a healthy lifestyle. This benefits people at an individual, community and public health level, with the aim of reaching out to the public as widely as possible. The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit including the guidance 'public benefit: running a charity (PB2)'.

#### **Review of Activities 2015/16:**

During the 2015/2016 period, Weight Concern maintained key relationships and projects. It was necessary to focus our limited resources on this rather than developing new opportunities.

Weight Concern's principal activities fall into three broad categories: research, information and support and will be reviewed as such.

#### Research activities

#### The Big Panel

The Big Panel is our national online database of individuals who are or have been overweight. We regularly contact the panel with short surveys or questionnaires on issues related to obesity, which helps to ensure that Weight Concern continues to represent and support the needs of our user audience, by providing a 'voice' for their views. Weight Concern continued to collaborate with the Department of BSH to offer The Big Panel opportunities to take part in research studies, for example, in January 2016, The Big Panel were invited to take part in a research study run by Imperial College.

#### **LEAP**

Weight Concern continued to support the LEAP study (dissemination of the UPBEAT intervention in Sure Start Centres in Lambeth, this intervention aims to help obese women to make lifestyle changes with the aim of improving pregnancy outcomes and the long term health of mothers and infants). We provided training for the Health Trainers delivering the intervention in November 2015 and provided other ongoing support.

Adaptation of the Shape-Up Programme for people with learning disabilities

We continue to collaborate with researchers in the Department of Behavioural Science and Health to pilot the adapted Shape-Up Programme for people with learning disabilities with young people in a special school setting. Data continues to be collected for this evaluation.

#### Ten Top Tips (TTT)

Leading on from the successful completion of and publication of results from the randomised controlled trial of the TTT programme, Weight Concern continues to be involved in an offshoot from the study. We part-funded the development of an app version of TTT, this is currently being piloted by a PhD student with a view to disseminating it in the future.

#### Adaptation of Shape-Up for cancer survivors

Weight Concern continues to collaborate with researchers and a PhD student in the Department of BSH to adapt the Shape-Up Programme for survivors of endometrial cancer. The materials are currently being piloted with patients from University College London Hospital and are being received extremely positively.

#### Information activities

#### Website

The website remains our main source of information for the general public. We have been able to carry out limited updating.

#### **Shape Up and Tiny Tastes**

Weight Concern continues to work with Places for People Leisure who won a large bid for delivering weight management services in Rotherham, this includes running Shape Up groups. We did some training with their work force and provide the manuals.

We attended the First Steps Nutrition Trust conference in April 2016- Weight Concern had a stand and was able to promote Tiny Tastes (and shape Up to a lesser extent).

#### **Ten Top Tips**

We provided input for CRUK for the updating of the TTT materials on their website.

#### Support activities

#### NICE

Weight Concern remains a registered stakeholder for NICE.

#### Shape-Up courses

We undertook a major update of the Shape Up manual, updating it in line with the latest healthy eating guidance from Public Health England (The eatwell Guide) and guidelines on food labelling, as well as new guidance on alcohol consumption.

We ran a Shape-Up training course at Peckham Pulse (delivered by Dr Victoria Lawson on behalf of Weight Concern) in October 2016, this was well attended and evaluated positively. We also continued to work with Places for People Leisure who are delivering Shape Up nationally across their leisure centres, we delivered a training course for them in October 2016.

#### Financial Review:

Our income was substantially reduced compared to the previous year (£21,718 compared to £55,360 for the year ended October 2015). This income was primarily through Shape Up (sales of the manuals and training). Our outgoings were £43,485 (an increase on the previous year) and this was largely due to part-funding the development of a weight loss app based on the 'Ten Top Tips' and funding a reprint of Shape Up. Undertaking this reprint was essential as our stocks were low and financially we rely on sales of this publication, we took the decision (in discussion with our distributor) to undertake a large print run as this substantially reduced the unit cost. The funding of the app development was

taken from a restricted fund- money that had been specially provided to fund this off-shoot study. Outside of these substantial costs, we have continued to manage our outgoings as per previous years. We continue to closely monitor our financial situation but it is clear from this report that our current financial state is not sustainable.

#### **Future Plans:**

Weight Concern has managed to keep afloat for another year, albeit with decreased revenue. We have managed to deliver on our commitments and this is thanks to numerous individuals who kindly volunteer their time to the charity. It has however continued to be challenging to develop new projects and work streams. It is clear that steps need to be taken to address this situation. We have started to do this with the recruitment of two new Trustees (and another in progress) with a range of skills to offer the charity. We are hopeful that we can take more positive steps over the coming year but clearly if the situation does not significantly change, we will need to rethink the viability of the charity. We will continue to be vigilant over the charity's financial state.

#### Funding

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 31<sup>st</sup> October 2016 were £31,301 of which £25,242 were considered to be free (i.e. not earmarked for particular purposes). As noted above, the Trustees are considering how to address the current level of reserves.

#### 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.

Trustees are recruited on the basis of either their expertise relevant to the charity's aims and objectives or with wider skills that they could bring to the Board. It is important for the charity to have trustees from a broad range of backgrounds (both professional and other).

#### Statement of trustees' responsibilities

The trustees (who are also directors of Weight Concern for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice.)

Company law requires trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable 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 as independent examiners to the charity.

#### Risk

The charity acknowledges the risks it faces, particularly in relation to financial stability. It is clear that funding has become increasingly more difficult to secure across the voluntary sector as several grant applications have been unsuccessful (Department of Health, IESD Voluntary Sector Fund; Children in Need funding). Strategies to minimise the risks have been considered and include the maintenance of strong reserves.

#### Small company rules

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the Board of Trustees on

and signed on their behalf by:

Helen Croker, Trustee

### Independent Examiner's Report to the Trustees of Weight Concern

I report on the accounts of the company for the year ended 31 October 2016, which comprise the Statement of Financial Activities, Balance Sheet and related notes.

Your attention is drawn to the fact that the charity has prepared the accounts (financial statements) in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 November 2015.

#### Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
   to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

#### Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. 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 seeking explanation from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### Independent examiner's statement

In connection with 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 386 of the Companies Act 2006; and

to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS 102 Charities SORP), effective 1 January 2015.

have note 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.

Sandra De Lord, Partner

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For and on behalf of Kingston Smith LLP, Independent Examiner

Chartered Accountants Devonshire House 60 Goswell Road London EC1M 7AD

Date: 25.07,17

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## Weight Concern Statement of Financial Activities For the year ended 31st October 2016

|                                       | Note     | Unrestricted<br>Funds<br>£ | 2016<br>Restricted<br>Funds<br>£ | Total<br>Funds<br>£ | Unrestricted<br>Funds<br>£ | 2015<br>Restricted<br>Funds<br>£ | Total<br>Funds<br>£ |
|---------------------------------------|----------|----------------------------|----------------------------------|---------------------|----------------------------|----------------------------------|---------------------|
| INCOME AND EXPENDITURE                |          |                            |                                  |                     |                            |                                  |                     |
| Income from:<br>Donations             | 3        | 1,344                      | -                                | 1,344               | 4.005                      | 15,000                           | 19,005              |
| Investment Charitable Activities      | 4        | 20,374                     | -<br>-                           | 20,374              | 192<br>36,163              | ,                                | 192<br>36,163       |
| Total income                          | •        | 21,718                     |                                  | 21,718              | 40,360                     | 15,000                           | 55,360              |
| Expenditure on: Charitable activities |          | 29,061                     | 14,424                           | 43,485              | 20,659                     |                                  | 20,659              |
| Total resources expended              | 5        | 29,061                     | 14,424                           | 43,485              | 20,659                     | <u>.</u>                         | 20,659              |
| Net (expenditure)/income              |          | (7,343)                    | (14,424)                         | (21,767)            | 19,701                     | 15,000                           | 34,701              |
| Transfers between funds               |          |                            | -                                | <u>-</u>            |                            | <u>-</u>                         |                     |
| Net movement in funds after t         | ransfers | (7,343)                    | (14,424)                         | (21,767)            | 19,701                     | 15,000                           | 34,701              |
| Total funds brought forward           |          | 32,586                     | 20,483                           | 53,069              | 12,885                     | 5,483                            | 18,368              |
| Total funds carried forward           | 11,12    | 25,242                     | 6,059                            | 31,301              | 32,585                     | 20,483                           | 53,069              |

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

### Weight Concern Balance Sheet as at 31st October 2016

|                                | Note         | 2016<br>£ | 2016<br>£    | 2015<br>£ | 2015<br>£ |
|--------------------------------|--------------|-----------|--------------|-----------|-----------|
| Fixed Assets                   | 0            |           |              |           |           |
| Tangible assets                | 8            |           | <del>-</del> |           | -         |
| Current Assets                 |              |           |              |           |           |
| Debtors                        | 9            | 7,780     |              | 930       |           |
| Cash at bank and in hand       | <del>-</del> | 28,790    |              | 56,904    |           |
|                                |              | 36,570    |              | 57,834    |           |
| Creditors: Amounts falling due |              |           | •            |           |           |
| within one year                | 10 _         | (5,269)   |              | (4,765)   |           |
| Net Current Assets             |              |           | 31,301       |           | 53,069    |
| Total Assets                   |              |           | 31,301       |           | 53,069    |
| Funds                          |              |           |              |           |           |
| Restricted                     | 11,12        |           | 6,059        |           | 20,483    |
| Unrestricted                   | 11,12        |           | 25,242       |           | 32,586    |
|                                |              |           | 31,301       |           | 53,069    |

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

#### The directors state:

- (a) For the year ended 31 October 2016 the charity was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.
- (b) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
- (c) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.
- (d) The accounts have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) published on 16 July 2014.

Approved by the Trustees, authorised for distribution, on 218 and signed on their behalf by:

Helen Croker Trustee

**COMPANIES HOUSE NO.: 3268842** 

## Weight Concern Notes to the Financial Statements For the year ended 31st October 2016

#### 1 Accounting Policies

#### (a) Accounting Convention

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) published on 16 July 2014. The company is a public benefit entity and a registered charity established as a company limited by guarantee and therefore has also prepared its financial statements in accordance with the Statement of Recommended Practice applicable to Charities, preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (The FRS 102 Charities SORP), the Companies Act 2006 and Charities Act 2011.

FRS 102 has been applied for the first time when preparing these financial statements. The transition date to FRS 102 was 1 November 2015 and the last financial statements prepared under the previous financial reporting framework were prepared for the year ended 31 October 2015. There have been no effects to the financial statements on transition, other than to include governance costs within charitable support costs rather than identifying them separately on the sofa.

The financial statements are prepared in sterling, which is the functional currency of the charity. Amounts presented are rounded to the nearest pound.

#### (b) Going Concern

The trustees have assessed whether the use of going concern and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. In particular, the trustees have considered the charitable company's forecasts and projections and have taken account of pressures on income. After making enquiries, the trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. The charitable company therefore continues to adopt the going concern basis in preparing its financial statements.

#### (c) 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 subject to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

#### (d) Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when there is evidence of entitement, the receipt is probable and the amount can be measured reliably. The following specific policies are applied to particular categories of income:

Donations income is voluntary income 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 activities are accounted for when earned.

## Weight Concern Notes to the Financial Statements For the year ended 31st October 2016

#### 1 Accounting Policies (continued)

#### (e) 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, now included within expenditure on charitable activities, 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.

#### (f) Financial instruments

#### (i) Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at the amount receivable and subsequently adjusted for any impairment or other change in consideration expected to be received on settlement.

#### (ii) Basic financial liabilities

Basic financial liabilities, including trade and other payables are initially measured at the amount payable and subsequently adjusted for any change in consideration expected to be paid on settlement.

#### (g) Cash and cash equivalents

Cash and cash equivalents are cash at bank and in hand and short term deposits with a maturity date of three months or less.

#### (h) Fixed assets

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

#### 2 Net Outgoing Resources

3

| The net outgoing resources for the period are stated after charging: | 2016  | 2015  |
|--|-------|-------|
|  | £     | £     |
|  |       |       |
| Independent Examiner's fee (governance costs)                        | 2,640 | 2,640 |

|              |               | 2016              |   |  | 2015   |
|--------------|---------------|-------------------|---|--|--|
| Unrestricted | Restricted    | Total             | Unrestricted  | Restricted   | Total  |
| £            | £             | £                 | £   | £  | £  |
| 823          | -             | 823               | 3,454   | -  | 3,454  |
| 516          | -             | 516               | 551   |  | 551  |
| -            |               | · <b>-</b>        | _   | 15,000   | 15,000   |
| 5            | -             | 5_                |   |  |  |
| 1,344        | -             | 1,344             | 4,005   | 15,000   | 19,005   |
|              | £ 823 516 - 5 | 516 -<br>-<br>5 - | Unrestricted £         Restricted £         Total £           823         -         823           516         -         516           -         -         -           5         -         5 | Unrestricted £         Restricted £         Total £         Unrestricted £           823         -         823         3,454           516         -         516         551           -         -         -         -           5         -         5         - | Unrestricted £         Restricted £         Total £         Unrestricted Restricted £           823         -         823         3,454         -           516         -         516         551         -           -         -         -         15,000           5         -         5         -         - |

#### **Weight Concern**

### Notes to the Financial Statements For the year ended 31st October 2016 (Continued)

| 4 | Income from charitable activities    |              |            | 2016<br>Total<br>£ | 2015<br>Total<br>£            |
|---|--------------------------------------|--------------|------------|--------------------|-------------------------------|
|   | Sales of publications<br>Course fees |              |            | 16,249<br>4,125    | 32,507<br>3,656               |
|   |                                      |              |            | 20,374             | 36,163                        |
| 5 | Resources expended                   | Unrestricted | Restricted | 2016<br>Total      | 2015<br>Total<br>Unrestricted |
|   |                                      | £            | £          | £                  | £                             |
|   | Charitable activities                |              |            |                    |                               |
|   | Shape Up costs                       | 21,640       | -          | 21,640             | 13,423                        |
|   | Top Ten Tips                         | •            | 14,424     | 14,424             | -                             |
|   | Tiny Tastes                          | 1,290        | -          | 1,290              | -                             |
|   | Printing, postage and stationery     | -            | -          | -                  | 107                           |
|   | Books and subscriptions              | -            | -          | -                  | 60                            |
|   | Training                             | -            | -          | -                  | 854                           |
|   | Travelling                           | 370          | -          | 370                | 66                            |
|   | Sundry                               | 351          | -          | 351                | 1,588                         |
|   | Exhibition and seminars              | 222          | -          | 222                | 841                           |
|   | Bookkeeping                          | 405          | -          | 405                | 455                           |
|   | Consultancy                          | 1,213        | -          | 1,213              | 625                           |
|   | Bad debt write off                   | 930          | -          | 930                | -                             |
|   | Governance Costs                     | 2,640        |            | 2,640              | 2,640                         |
|   |                                      | 29,061       | 14,424     | 43,485             | 20,659                        |

#### 6 Trustees

No members of the trustee board received any remuneration during the year. Travel costs amounting to £Nil (2015: £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 (2015: Nil).

No staff costs are paid by the charity (2015: £nil). All staff are volunteers and are involved in delivering any projects and training courses.

#### 7 Taxation

The charity is exempt from corporation tax under sections 466-497 of the Corporation Taxes Act 2010 as all its income is applied to charitable purposes.

| 8 | Fixed Assets  | Office<br>Equipment |
|---|---|---------------------|
|   | Cost  | £                   |
|   | At 1st November 2015 and 31st October 2016                | 2,944               |
|   | Depreciation  |                     |
|   | At 1st November 2015 and 31st October 2016                | 2,944               |
|   | Net Book Value At 1st November 2015 and 31st October 2016 |                     |

#### **Weight Concern**

### Notes to the Financial Statements For the year ended 31st October 2016 (Continued)

| 9  | Debtors                 |                          |                            |                            | 2016<br>£      | 2015<br>£                |
|----|-------------------------|--------------------------|----------------------------|----------------------------|----------------|--------------------------|
|    | Trade debtors           |                          |                            |                            | 7,780          | 930                      |
|    |                         |                          |                            |                            | 7,780          | 930                      |
| 10 | Creditors               |                          |                            |                            | 2016<br>£      | 2015<br>£                |
|    | Trade creditors         |                          |                            |                            | 2,629          | 2,125                    |
|    | Accruals                |                          |                            |                            | 2,640          | 2,640                    |
|    |                         |                          |                            |                            | 5,269          | 4,765                    |
| 11 | Funds                   | Balance<br>01.11.15<br>£ | Incoming<br>Resources<br>£ | Resources<br>Expended<br>£ | Transfers<br>£ | Balance<br>31.10.16<br>£ |
|    |                         |                          |                            |                            |                |                          |
|    | Restricted              |                          |                            |                            |                |                          |
|    | Children's Clinic       | 4,263                    | -                          | -                          | -              | 4,263                    |
|    | African Women's Project | 1,220                    | -                          | -                          | -              | 1,220                    |
|    | Ten Top Tips            | 15,000                   |                            | (14,424)                   |                | 576                      |
|    |                         | 20,483                   |                            | (14,424)                   |                | 6,059                    |
|    | Unrestricted            |                          |                            |                            |                |                          |
|    | General                 | 32,586                   | 21,718                     | (29,061)                   |                | 25,242                   |
|    |                         | 53,069                   | 21,718                     | (43,485)                   |                | 31,301                   |

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

**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.

**Ten Top Tips:** Income received to support the Ten Top Tips project, which promotes the formation of healthy eating and activity habits.

| 12 | Allocation of Net Assets to Funds | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total<br>£ |
|----|-----------------------------------|----------------------------|--------------------------|------------|
|    | Net current assets                | 25,242                     | 6,059                    | 31,301     |
|    |                                   | 25,242                     | 6,059                    | 31,301     |

#### 13 Related Party Transactions

There were no related party transactions in the year.