

WEIGHT CONCERN

Charity No. 1059686
Company No. 3268842

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31ST OCTOBER 2013

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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) throughout the year and at the date of signing the accounts were:

Professor Jennifer Hornsby
Mr Nicholas Attenborough
Professor Martin Jarvis
Helen Croker

Secretary Professor J Wardle

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

Weight Concern Trustees' Report For the year ended 31 October 2013

The Trustees (who are also the Directors under Company Law) present their report and accounts for the year ended 31st October 2013.

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 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 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.

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.

Weight Concern Trustees' Report For the year ended 31 October 2013

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.

Review of Activities 2012/13:

During the 2012/13 period, Weight Concern maintained key relationships and projects, and developed new opportunities for future work.

Weight Concern's principal activities fall in to three broad categories: research, information and support.

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. Over the current period, Weight Concern allowed academic researchers to access the Panel three times to collect members' views on weight-related research topics. This also helped to generate £1250 for the charity via access fees.

Weight Concern plans to expand upon current contact with the Big Panel, strengthening our position as a patient representative organisation and by diversifying its membership. Weight Concern submitted grant applications specifically for this purpose although we were unsuccessful (Sanofi Patient Bursary scheme May 2013).

Upbeat

Upbeat is an intervention to improve pregnancy outcomes in obese pregnant women and is being run by Kings College London in collaboration with University College London, Newcastle University and Guy's and St Thomas Hospital. The programme aims to help women make changes to their diet and physical activity levels in order to improve their glucose sensitivity. Weight Concern has produced patient resources and provided guidance and training for the health professionals involved in the delivery of the intervention. Weight Concern has continued to provide a small amount of support into the project in relation to clinical supervision for those delivering the intervention; the project is due to be completed in Spring 2014.

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

Weight Concern has been working in partnership with an NHS service to develop an adapted Shape-Up manual for people with mild to moderate learning disabilities. Rates of overweight and obesity issues are significantly elevated in people with learning disabilities, yet there is a lack of evidence-based treatment programmes available. In conjunction with researchers from the Health Behaviour Research Centre at UCL, a successful application to the NIHR Research for Patient Benefit Programme was made to obtain funding for a pilot intervention using this adapted version of Shape-Up. The study is underway and groups using the adapted Shape-Up programme are currently being delivered. Following the pilot intervention, there is the possibility to apply for funding of a full randomised controlled trial. Weight Concern has played an active role on the Trial Steering Committee for this project – results are not yet known.

Ten Top Tips

Ten Top tips is a programme based on the principle of helping people adopt behaviours which will lead to the development of healthy habits to facilitate weight loss and was originally developed in collaboration with Cancer Research UK. Weight Concern is collaborating with the Health Behaviour Research Centre on a 5 year project funded by the MRC/NPRI to evaluate Ten Top Tips as a weight

Weight Concern Trustees' Report For the year ended 31 October 2013

management intervention in Primary Care. During this reporting period, Weight Concern has provided participant resources and materials to standardise the delivery of the intervention, as well as providing training to the practice nurses who will deliver the intervention. The project is in its 3rd year and Weight Concern has trained 14 nurses to date. The trial is due to finish in March 2015 and Weight Concern delivered a session of refresher training to nurses in April 2013. Weight Concern also continues to serve as a member of the Ten Top Tips Trial Steering Committee.

Tiny Tastes

Tiny Tastes is a scientifically tested and highly successful method of introducing new foods into young children's diets. Based on the principles of 'taste exposure', the Tiny Tastes procedure involves giving children very small amounts of a new or disliked food to taste every day for up to 14 days. If the child complies, a sticker is given as a reward. Weight Concern and UCL have recently developed materials based on this research, comprising a stand-alone Tiny Tastes pack containing full instructions together with monitoring charts and stickers. The packs have been trialed in a sample of over 200 mothers participating in the Gemini study with extremely encouraging results and very positive feedback from parents. Weight Concern worked with Dr Lucy Cooke and UCLB (University College London Business division) to finalise a marketable Tiny Tastes pack for public dissemination during 2013. Weight Concern secured £5000 funding from UCLB as part of a 'proof of concept' fund, (part of the funding came from a programme in partnership with UnLtd, the foundation for Social Entrepreneurs). The funding was to aid the financial impact of producing and disseminating this new resource. Work has steadily continued on the production and dissemination of Tiny Tastes and a new retail version was launched in September 2013.

Information activities

The Information Standard

Weight Concern successfully achieved accreditation with The Information Standard after a pre-assessment and two-day assessment. The Information Standard stipulates a number of principles to ensure the quality of public-facing information products, this includes having a defined and documented process for producing information, basing products on evidence, user-testing information, and having a feedback and review process.

Website

The website acts as one of our main sources of information for the general public. Editing website material is a continual process, but the overall aim is to simplify and update content, widening access to patient groups and increasing the relevancy of information for health professionals. Weight Concern also continues to regularly communicate via its Twitter and FaceBook accounts.

Conferences

Weight Concern organised an extremely successful and well attended one day conference (Perils and Promises of Dieting, UCL) in November 2012.

Weight Concern exhibited at 'Commissioning for Healthcare 2013' London, in October 2013. This event gave Weight Concern the opportunity to interact with hundreds of health professionals, budget holders and decision-makers interested/working in the area of obesity and weight management. Exhibiting at this show allowed the charity to highlight its relevant services in this domain. The feedback from attending this event was positive from both delegates and Weight Concern staff, who felt the primary objectives of promoting Weight Concern and raising awareness of what we do were achieved.

Weight Concern attended the new Public Health England Conference in September 2013. Dr Laura McGowan attended the event with the purpose of raising the awareness of Weight Concern and in particular its Shape-Up weight management programme and building new contacts.

Shape-Up

The Shape-Up manual continues to be very popular. A new edition was published during this period, with minor updates to text and a revised format to allow a reduction in printing costs. The manuals distributed during the reporting period represented a substantial source of income for the charity.

Weight Concern

Trustees' Report

For the year ended 31 October 2013

Weight Concern is working with Anglian Community Enterprise (ACE) to evaluate Shape-Up; including a 6 month and 1 year follow-up for people using Shape-Up with ACE. Weight Concern has also developed two online forums which are due to be launched in 2014; one is for facilitators and one is for participants. These will provide an opportunity for people who are either delivering or following Shape-Up to access support and share experiences etc. with others; we will also use it to make resources available to facilitators.

Newsletter

Weight Concern has continued to produce a bi-annual newsletter which is distributed to all Friends of Weight Concern and Big Panel members. The newsletters are also accessible on the website, helping to demonstrate the charity's impact.

Media work

The charity continued to respond to many requests for comments from the media on various aspects of adult and child obesity, highlighting the charity by name where possible.

Support activities

Shape-Up Groups

Weight Concern continued to provide training for organisations (based at UCL and in-house company training), and to individuals with regard to facilitation of the Shape-Up group programme. Weight Concern delivered Shape-Up facilitator training to 40 adults over the course of three training days at UCL from November 2012 to September 2013.

Weight Concern was asked to visit the Victoria Medical Practice Patient Participation Group who were keen to learn more about the work of the charity and the Shape-Up programme in particular. Dr Kate Evans and Dr Laura McGowan presented the work of the charity to the practice GP's in the summer of 2012 and as a result the practice sent someone from their Patient Representative Group to attend the Shape-Up facilitator training day in November 2012. Weight Concern supported the practice to run their first Shape-Up group during 2013 which was considered a success by all. The practice is now running groups independently.

Consultancy work

Weight Concern provided extensive consultancy and training for David Ramsey at Barnsley Weight Management Services in South West Yorkshire. The weight management service was struggling to retain clients and achieve weight loss so Weight Concern provided psychological and dietetic advice to strengthen their in-house programme. This generated £4000 for the charity.

Children's Food Campaign

Weight Concern continues to support and regularly attend meetings at the Children's Food Campaign, co-ordinated by the charity Sustain. They are particularly interested in the development of Tiny Tastes and Dr Lucy Cooke continued to attend all meetings to represent it.

Health Promotion activities

Weight Concern was asked to return to a successful student health promotion event ('Wise Up') at the University of East London in November 2012 at the Docklands campus. At this event, Weight Concern engaged directly with over 100 students, discussing healthy lifestyle messages in a fun and interactive way.

Financial Review:

Incoming resources this year were £59,822 which represents a considerable decrease on previous years. Voluntary income was primarily research related, although also included some consultancy and training work. In particular, money from the EU-funded TEMPEST project contributed considerable funds. Funds were also raised through the sale of publications, which largely comprised sales of Shape-Up. The decrease in incoming funds over this period was primarily due to the reduced voluntary income (£30,994 compared to £64,372 in the previous year) and other income (sales of publications and course fees) were roughly equivalent. The resources expended were approximately the same as the previous year which resulted in a substantial decrease in the overall funds available

Weight Concern

Trustees' Report

For the year ended 31 October 2013

at the end of the reporting period. This places the charity in a difficult position requiring urgent attention. Several measures are being taken to address this; firstly, we will undertake a mid-year financial review in the next financial year and keep this under review with more frequent financial reviews as needed. Since staffing represents the largest outgoing for the charity, this is also currently under review and staff cuts are unfortunately likely to be required in the next financial year. Ongoing projects are also being reviewed and these will be prioritised in order to streamline the charity's work and ensure that work undertaken is in line with the principal activities of the charity.

Future Plans:

The future plans of Weight Concern are very much dependent on the outcomes of the measures outlined above to address the difficult financial position that the charity is currently experiencing. The financial climate continues to be challenging and Weight Concern needs to build upon its strengths in order to cope with it. The activities outlined above demonstrate that Weight Concern has been extremely active over this reporting period but unfortunately this was not reflected in the financial review; and the activities undertaken were not able to generate funds comparable to previous years. In future, Weight Concern must seek to undertake activities which will raise funds for the charity.

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 31st October 2013 were £18,374 of which £12,891 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;

Weight Concern Trustees' Report For the year ended 31 October 2013

- 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 and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Board of Trustees on 22/7/2014
and signed on their behalf by:


.....
Helen Croker, Trustee


.....
Professor Jennifer Hornsby, 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 2013, which comprise the Statement of Financial Activities, Balance Sheet and related notes.

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:

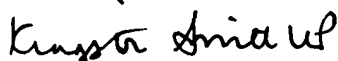
- (1) which gives me reasonable cause to believe that in any material respect the requirements:

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

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.



Sandra De Lord
For and on behalf of Kingston Smith LLP
Chartered Accountants
Devonshire House
60 Goswell Road
London EC1M 7AD

Date: 28.07.14

Weight Concern
Statement of Financial Activities
For the year ended 31st October 2013

	Note	Unrestricted Funds £	Restricted Funds £	2013 Total Funds £	2012 Total Funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income	2	30,994	-	30,994	64,372
Investment income		134	-	134	240
Incoming resources from charitable activities					
Other income	3	28,694	-	28,694	34,513
Total incoming resources		59,822	-	59,822	99,125
RESOURCES EXPENDED					
Charitable activities					
Education and research activities		98,417	31,502	129,919	126,199
Governance costs		2,944	-	2,944	2,707
Total resources expended	4	101,361	31,502	132,863	128,906
Net movement in funds before transfers		(41,539)	(31,502)	(73,041)	(29,781)
Transfers between funds		(13,115)	13,115	-	-
Net movement in funds after transfers		(54,654)	(18,387)	(73,041)	(29,781)
Fund balances brought forward		67,545	23,870	91,415	121,196
Fund balances carried forward	11, 12	12,891	5,483	18,374	91,415

The notes on pages 14 to 17 form a part of these financial statements.

Weight Concern

Balance Sheet as at 31st October 2013

	Note	2013 £	2013 £	2012 £	2012 £
Fixed Assets					
Tangible assets	8		-		-
Current Assets					
Debtors	9	4,395		3,975	
Cash at bank and in hand		<u>45,703</u>		<u>103,567</u>	
		50,098		107,542	
Creditors: Amounts falling due within one year	10	<u>(31,724)</u>		<u>(16,127)</u>	
Net Current Assets			<u>18,374</u>		<u>91,415</u>
Total Assets less Current Liabilities			<u><u>18,374</u></u>		<u><u>91,415</u></u>
Funds					
Restricted	11, 12		5,483		23,870
Unrestricted	11, 12		<u>12,891</u>		<u>67,545</u>
			<u><u>18,374</u></u>		<u><u>91,415</u></u>

The notes on pages 11 to 14 form a part of these financial statements.

The directors state:

- For the year ended 31 October 2013 the charity was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.
- The accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the provisions of the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees, authorised for distribution, on 22/7/2014
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 2013

1 Accounting Policies

(a) Basis of accounting

These accounts have been prepared under the historical cost convention and in accordance with the Companies Act 2006 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 April 2008).

(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 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.

Weight Concern
Notes to the Financial Statements
For the year ended 31st October 2013 (Continued)

2	Voluntary income	Unrestricted £	Restricted £	2013 Total £	2012 Total £
	Ten Top Tips	-	-	-	11,445
	Upbeat	-	-	-	38,000
	Tiny Tastes	5,318	-	5,318	-
	Tempest Project	15,022	-	15,022	-
	British Heart Foundation Training	-	-	-	3,500
	Project Work	5,500	-	5,500	9,865
	Donations	5,154	-	5,154	1,562
		<u>30,994</u>	<u>-</u>	<u>30,994</u>	<u>64,372</u>
3	Other income			2013 Total £	2012 Total £
	Sales of publications			23,382	25,097
	Course fees			<u>5,312</u>	<u>9,416</u>
				<u>28,694</u>	<u>34,513</u>
4	Resources expended			2013 Total £	2012 Total £
	Charitable activities				
	Staff costs			92,385	101,089
	Staff administration costs			-	1,968
	Shape Up costs			10,933	9,667
	Tempest expenses			1,336	-
	Tiny Tastes			11,086	-
	Upbeat expenses			506	-
	Project Work			-	338
	Printing, postage and stationery			798	753
	Books and subscriptions			1,626	795
	Training			109	28
	Travelling			1,069	121
	Advertising			207	354
	Sundry			961	1,018
	Bad debt expense			-	4,076
	Exhibition and seminars			1,113	1,135
	Bookkeeping			1,131	1,600
	Consultancy			<u>6,659</u>	<u>3,257</u>
				<u>129,919</u>	<u>126,199</u>

Weight Concern
Notes to the Financial Statements
For the year ended 31st October 2013 (Continued)

4 Resources expended (continued)	2013	2012
	£	£
Governance costs		
Accountants fees - current year	2,940	2,700
Bank charges	<u>4</u>	<u>7</u>
	<u>2,944</u>	<u>2,707</u>

5 Staff Costs	2013	2012
	£	£
Gross pay	73,761	92,698
Employer's national insurance	<u>2,558</u>	<u>8,391</u>
	<u>76,319</u>	<u>101,089</u>
The number of employees during the year was as follows:	<u>3</u>	<u>4</u>

- 6 Trustees**
No members of the trustee board received any remuneration during the year. Travel costs amounting to £Nil (2013: £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 (2013: Nil).

- 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 Equipment
Cost	£
At 1st November 2012 and 31st October 2013	<u>2,944</u>
Depreciation	
At 1st November 2012 and 31st October 2013	<u>2,944</u>
Net Book Value	
At 1st November 2012 and 31st October 2013	<u>-</u>

Weight Concern

Notes to the Financial Statements

For the year ended 31st October 2013 (Continued)

9 Debtors	2013 £	2012 £
Trade debtors	3,357	3,975
Taxation and social security	1,038	-
	<u>4,395</u>	<u>3,975</u>

10 Creditors	2013 £	2012 £
Trade creditors	3,078	2,098
Taxation and social security	-	1,449
Accruals	28,646	12,580
	<u>31,724</u>	<u>16,127</u>

11 Funds	Balance 01.11.12 £	Incoming Resources £	Resources Expended £	Transfers £	Balance 31.10.13 £
<i>Restricted</i>					
Children's Clinic	4,263	-	-	-	4,263
African Women's Project	1,220	-	-	-	1,220
Upbeat	17,389	-	(21,170)	3,781	-
Ten Top Tips	998	-	(10,332)	9,334	-
	<u>23,870</u>	<u>-</u>	<u>(31,502)</u>	<u>13,115</u>	<u>5,483</u>
<i>Unrestricted</i>					
General	67,545	59,822	(101,361)	(13,115)	12,891
	<u>91,415</u>	<u>59,822</u>	<u>(132,863)</u>	<u>-</u>	<u>18,374</u>

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.

Upbeat: Upbeat is an intervention to improve pregnancy outcomes in obese pregnant women and is being run by Kings College London in collaboration with University College London, Newcastle University and Guy's and St Thomas Hospital.

Ten Top Tips: Ten Top tips is a programme based on the principle of helping people adopt behaviours which will lead to the development of healthy habits to facilitate weight loss.

12 Allocation of Net Assets to Funds	Unrestricted Funds £	Restricted Funds £	Total £
Net current assets	12,891	5,483	18,374
	<u>12,891</u>	<u>5,483</u>	<u>18,374</u>