The Linda Tremble Foundation

known as

SupportED

the Community Eating Disorder Charity

(a Scottish Charitable Incorporated Organisation)

Registered Charity – SC045002

Annual Report and Accounts
For the year ended 31 March 2026

www.supportedscotland.org

The Linda Tremble Foundation
SupportED – the Community Eating Disorder Charity

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The Linda Tremble Foundation
SupportED – the Community Eating Disorder Charity

Charity Information: Reference and Administrative Details

Registered Charity Name:
The Linda Tremble Foundation

Name the Charity is known as:
SupportED

Registered Charity No:
SC045002

Principal Address:
77 Kirk Brae, Edinburgh EH16 6JN

Email: secretary@supportedscotland.org

Current Trustees at date of approval:

Anne Tremble	
Ciara Weatherup	
Ellie Johnstone	Secretary
Fionnuala Shakespeare	
Jo Skead	
Louiza Everly-Grant	Co-Chair
Michael Brown	Co-Chair; Interim Treasurer from 10 February 2026
Tom Ogilvie	

Other Trustees during the period ending 31 March 2026:

Christine Gentles	1 April 2025 – 31 March 2026
Innes Morgan	1 April 2025 – 31 March 2026
Len Rayne	1 April 2025 – 31 March 2026

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

From our Co-Chairs, Louiza Everly-Grant and Michael Brown

2025-26 was a re-energising year for the charity - SupportED enjoyed a year of new developments, expansion, challenge and change. In May 2025, we welcomed our outstanding new Director, Julie Hogg-Weld. This was followed by the arrival of two excellent new employees: Support Services Manager, Isabella Sumsion, and Engagement Manager, Alyxs Shaw. Our former Befriending Co-ordinator, Cybele, sadly left in 2025, but we have been extremely fortunate to find Leah Porteous as our Befriending Manager.

This new talent not only greatly strengthened our core team but gave us a perfect opportunity to review our activities directly with service users and to continue to ensure that their needs and voices were heard. And, together with our amazing 60+ volunteers, we have again been able to successfully build on the foundations of previous years.

And so, along with the dedication and responsiveness of our Trustees, the charity was able to navigate change very effectively. We were able to efficiently maintain and develop our service delivery, while becoming more responsive, dynamic and resilient. All this meant that we were able to continue the delivery of our greatly needed support services to those affected by eating disorders, their families and carers.

Through our befriending programme, group support, and 'caring for carers' services, we have provided compassionate, community-based support at a time when demand has never been greater. Our work remains absolutely vital in filling the gaps left by limited NHS provision — offering accessible, person-centred emotional and practical help that is difficult, and often impossible, to find. Our energetic team enables us to increase capacity further through the start of 2026-27. A terrific example is our new funding to deliver work in the TayCities (Dundee, Perth, Kinross) to support young people (aged 16-18).

The year also brought other developments. Our inspirational co-founder, Anne Tremble, stepped down from her role as Treasurer but continues to bring us her energy as a Trustee. We also welcomed a new part-time Finance Manager, Katy Mitchell. While we find a new Treasurer, Michael acts as interim Treasurer, as well as his role as a Co-Chair.

With all this re-energising, we believe that SupportED has never been stronger. We are quietly confident in the direction and the growing potential of the charity, and the degree to which, with Julie's leadership, it can make an accelerating impact in meeting the very significant needs of an ever-expanding number of service users across Scotland.

Finally, we'd like to give thanks. To our many funders, Trusts and Foundations, and to the volunteer community fundraisers who held danceathons, KiltWalked, walked immense distances with their dog and friends, and abseiled great heights to raise funds- without you our work would not be possible. Our deep appreciation also to our wonderful staff, volunteers, and fellow Trustees. Your ongoing commitment has ensured that SupportED remains a key lifeline to many — and we are confident that, together, you will continue to strengthen and grow this vital work. And, perhaps most importantly, a special thank you to our service users who put their trust in us to help - when they most needed us.

Louiza Everly-Grant and Michael Brown

Trustees' Report for the year ended 31 March 2026

The trustees present their report and receipts and payments accounts of the charity for the year ended 31 March 2026.

Structure, governance and management

Governing document

The charity is a Scottish Charitable Incorporated Organisation (SCIO). It is governed by the rules of its constitution which establishes its objects and powers. The organisation is a two-tier SCIO with both members and a board of trustees. A revised constitution was adopted by a Special Resolution passed at the Annual General Meeting of Members held on 23 March 2022.

Trustee recruitment and appointment

Each year, the charity updates its Board skills audit to identify the diversity of skills required to run the charity successfully. All Trustees are unpaid volunteers.

The charity advertises for Trustees via Volunteer Scotland, Fife Voluntary Action, Goodmoves and via its website. It interviews prospective Trustees and takes up two references before they are appointed, if the Board of Trustees agrees at a meeting of the Board. All Trustees undergo a PVG check.

At each Annual General Meeting, all Trustees need to stand for re-election. Any other member of the charity can stand for election to the Board at this time.

All new Trustees undergo a structured induction. Ongoing training is provided to the Trustees as needed.

No valid decisions can be taken at a board meeting unless a quorum is present. The quorum for board meetings is four Trustees, or 50% of charity Trustees (whichever is the greater), present in person, or by phone or video conferencing or other form of online or electronic communication.

Objectives and activities

The charity was set up in 2014, by Colin and Anne Tremble, in memory of their daughter Linda Tremble, who sadly lost her battle with anorexia nervosa in 2011.

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

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

Since 2019, we have expanded to become Scotland's leading community eating disorder charity.

In 2020, we took the decision to rebrand the charity as SupportED to better reflect the work of the charity, encompassing specific areas of support within the community to anyone affected by an eating disorder.

Summary of the main activities in relation to these objectives

The charity holds support groups for people throughout Scotland with an eating disorder, and for family members and carers who live with or care for someone with an eating disorder. These are run online and also at face-to-face meetings in Glasgow, Edinburgh and Fife, with new services to start in Dundee and in Perth and Kinross.

The charity also provides an increasingly popular one-to-one Befriending service Scotland-wide, together with a training service for GPs, NHS Health Boards, universities, schools and other third sector bodies.

All of our services are run by volunteers and a small, dynamic team of staff - many of whom have lived experience and a genuine understanding of the experience of having an eating disorder.

Our volunteers all receive full training including the New Maudsley Method, as well as Safeguarding and Mental Health First Aid.

The Director and one of our Co-Chairs are safeguarding leads, with a further staff member soon to be trained in order that she can qualify to deliver in-house training.

Annual Review of Achievements and Performance

This review provides a summary of our performance and impacts during the period from 1 April 2025 to 31 March 2026.

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

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

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

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

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

Progress against each of these key aims is provided below.

1. Growing the number of people whom we support:

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

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

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

In 2025-26, we again succeeded in reaching new audiences:

- We had 181 new referrals to our services (both Support Groups and Befriending), an 11% increase on the previous year.
- The number of people we support through our Befriending service grew so significantly that we had to close our waiting list on more than one occasion given that demand was outstripping our resources. Some of the one-to-one befriending is now for a period of six months rather than 12 so that we can provide meaningful support to more people, while the support will continue to be flexible enough to reflect each person's befriending needs.
- SupportED played a central role in boosting the profile in Scotland of the annual Eating Disorder Awareness Week. This was the most effective effort ever, helping awareness reach over three million people. We also delivered the City of Glasgow EDAW Presentation.
- We delivered the Stirling University TED Talk, together with a higher number than ever of social media campaigns around prevention, early intervention and ongoing recovery from eating disorders.
- Six High School teams across Scotland chose SupportED for their Youth and Philanthropy Initiative (YPI).
- An expansion in our range of volunteer resource toolkits, while continuing to add support material to our website, further developing our book club, and launching eating disorder self-management tools.

A central part of our operational plan for 2026-27 is that these numbers and activities continue to grow significantly.

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

- We continued to be an active member of the Scottish Government's Eating Disorder Network.
- We are the representative agency for Scotland in the Regional Eating Disorder Charities Alliance and Network (REDCAN), the umbrella organisation that brings together eating disorder groups from across the UK to work on specific projects, share learning and good practice, campaign for change, challenge stigma, and raise awareness of the mental health challenges of eating disorders. Anne Tremble, our co-founder and Trustee of SupportED, is now the Chair of REDCAN.

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

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

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

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

Getting that feedback isn't easy. Not everyone has the time or inclination, especially those who are really struggling in their day-to-day lives. Having undertaken a substantial effort to secure a round of extremely positive feedback in 2024, reported in that year's Annual Review, and to allow our team of new employees the opportunity hone our service user feedback processes, we decided to conduct our next feedback round in 2026. We will report on the outcome of that research in our 2026-27 Annual Review.

Anecdotally, we know that our growing number of service users overwhelmingly find our services have a significant and positive impact on them. Just a couple of examples:

"Before I was matched with my befriender, I was lost, … she created a safe space for me, … she listened without judgement, … I felt happier. I feel I have changed as a person; I am more confident in all aspects of my life, I am privileged to have met her."

"I just wanted to express my gratitude about how much your Befriending service has helped me and I'm so grateful for all the support from all at SupportED. My Befriender has been there for me at some of my lowest points and her friendly reassurances and never-ending patience has brought me strength and hope".

As a reminder of some highlights from our earlier feedback:

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

3. Growing the number and effectiveness of our volunteers:

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

Matching the growth in demand for our services with an expansion in our capacity to meet that demand through skilled and committed volunteers is a delicate and challenging balancing act. We again feel that we were able to get that balance right in 2025-26 and overall had a good match between the rapidly growing demand for our services and growth in our ability to meet that demand through our ever outstanding volunteers.

The number of our active volunteers reached 66, up 5% from 2024-25 and up 38% from 2023-24. The number of hours of volunteer work grew correspondingly.

We continue to be especially fortunate that our amazing volunteers have overall been able to give so much more of their time over the year.

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

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

Reflecting the continuing adverse funding environment, together with the fact that we had fewer fundraising resources (our professional fundraiser of several years retired in 2025), our income fell by 17% between 2024-25 and 2025-26.

[Encouragingly, our position at mid-year 2026-27 is suggesting that our income for that year will increase on our both of our previous two years.]

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

2025-26 Financial Review

The financial position of the charity at the year-end again provided a solid foundation for the continuing provision of support to our growing number of service users in the 2026-27 year, and subsequent years.

Despite the fall in income of 17% (see the previous section for the context for this), we succeeded in arriving at a surplus on the year of just over £11,000. Through the efforts of our new staff team and the Board, we are already seeing, at the time of writing, that the income prospects for the organisation are improving.

We are therefore optimistic that our income will resume its history of year-on-year growth in 2026-27, for which we have a budget that again produces a small surplus.

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

Reserves
The Trustees' policy is to retain between four and six months of expected running costs to ensure we can fulfil our business plan, meet all our commitments and to cover any unexpected expenditure.

At year end, our unrestricted reserves stood at £60,589 (2024-25: £60,564) - equivalent to 4.6 months' expenditure for the charity based on our 2026-27 Budget. Given that a significant part of our expenditure continues to be covered by and aligned to restricted project funding, the Trustees are satisfied that the unrestricted reserves position is sufficient to enable the charity to continue its work and its plans to expand.

Approved by the Trustees and signed on their behalf

L. G. Every-Grant

Louiza Every-Grant and Michael Brown, Co-Chairs, 29 October 2026

Independent Examiner's Report to the Trustees of SupportED for the year ended 31 March 2026

I report on the accounts of the charity for the year ended 31 March 2026, which are set out on pages 11 and 12 and the related notes on pages 13 to 16.

Respective responsibilities of trustees and examiner
The charity's Trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006(as amended) ("the 2006 Regulations"). The charity's Trustees consider that the audit requirement of Regulation 10(1) (d) of the Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement
My examination is carried out in accordance with Regulation 11 of the 2006 Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement
In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
   - to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Regulations
   - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

   have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

E Alsop.

Elaine Alsop ACA DChA FCIE
EA independent Ltd
5 South Charlotte Street
Edinburgh
EH2 4AN
4 November 2026

Receipts and Payments Account
For the year ended 31 March 2026

	Notes	Unrestricted 2026 £	Restricted 2026 £	**Total 2026 £**	Total 2025 £
Receipts					
Grants and donations	2	80,796	63,875	**144,671**	175,506
Investment income		1,070	-	**1,070**	1,478
		81,866	63,875	**145,741**	176,984
Payments					
Fundraising activities	3	13,457	-	**13,457**	21,048
Charitable activities	4	67,426	52,824	**120,250**	176,192
Governance costs	5	750	-	**750**	750
Purchase of equipment		208	-	**208**	40
Total payments		81,841	52,824	**134,665**	198,030
Net receipts/(payments) before transfers		25	11,051	**11,076**	(21,046)
Transfers		-	-	**-**	-
Net receipts/(payments) for the year		25	11,051	**11,076**	(21,046)
Opening funds at 1 April		60,564	40,592	**101,156**	122,202
Closing funds at 31 March		60,589	51,643	**112,232**	101,156

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

Statement of Balances as at 31 March 2026

	Notes	Unrestricted 2026 £	Restricted 2026 £	Total 2026 £	Total 2025 £
Cash and bank balances					
Opening balance at 1 April		60,564	40,592	**101,156**	122,202
Net receipts/(payments) for year		25	11,051	**11,076**	(21,046)
Closing balance at 31 March		60,589	51,643	**112,232**	101,156
Represented by charity funds	7	60,589	51,643	**112,232**	101,156

Other assets

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

Creditors

	£	£
Fundraising fee	**-**	1,680
Payroll expenses	**3,219**	103
Independent examination	**750**	750
	2,490	2,533

Approved by the Trustees 29 October 2026 and signed on their behalf by:

L. G. Everly-Grant

Louiza Everly-Grant and Michael Brown, Co-chairs

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

Notes to the Accounts for the year ended 31 March 2026

1. Accounting policies

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

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

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

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

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

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

2. Receipts from grants and donations

	Unrestricted 2026 £	**Restricted 2026 £**	**Total 2026 £**	Total 2025 £
Social Isolation & Loneliness (SG)	-	29,375	**29,375**	22,695
Robertson Trust	14,000	-	**14,000**	14,000
Dundee Voluntary Action	12,750	-	**12,750**	-
Glasgow Health & Wellbeing	-	10,500	**10,500**	-
Edinburgh Health & Wellbeing	-	10,000	**10,000**	-
Fife Voluntary Action	10,000	-	**10,000**	-
Allen Lane Foundation	-	10,000	**10,000**	-
Stitching Anton Jurgens Fund	6,000	-	**6,000**	-
Garfield Weston	-	-	**-**	20,000
Awards for All – YP project	-	-	**-**	17,300
Health & Social Care Alliance	-	-	**-**	15,000
Walter Scott Partners – Under 18's	-	-	**-**	15,000
Volunteer Support Fund (SG)	-	-	**-**	10,950
Other grants, sponsorship & donations under £5,000 and Gift Aid	33,953	4,000	**37,953**	30,250
Donations via Enthuse and similar	4,093	-	**4,093**	4,485
	80,796	63,875	**144,671**	175,506

3. Payments for fundraising activities

	Unrestricted 2026 £	Restricted 2026 £	Total 2026 £	Total 2025 £
Fees for Professional Fundraiser	12,468	-	**12,468**	20,760
Event, platform fees and similar	989	-	**989**	288
	13,457	-	**13,457**	21,048

4. Payments for charitable activities

	Unrestricted 2026 £	Restricted 2026 £	Total 2026 £	Total 2025 £
Salary costs	52,090	49,343	**101,433**	139,763
Professional fees	819	-	**819**	2,063
Travel & subsistence	3,681	1,289	**4,970**	4,881
Training	575	1,390	**1,965**	3,557
Wellbeing	640	-	**640**	8,840
Phone, IT & website	3,409	117	**3,526**	10,246
Office supplies & postage	972	19	**991**	930
Marketing	1,828	-	**1,828**	2,729
Venue hire and subscriptions	3,232	666	**3,898**	1,598
Events	180	-	**180**	1,585
	67,426	52,824	**120,250**	176,192

5. Payments for governance activities

The cost of the Independent Examination for the year to 31 March 2026 is £750 (2025: £750) and is included in the Statement of Balances.

6. Payments to Trustees and Related Parties

No remuneration was paid to trustees during the year (2025: £Nil). No travel expenses were paid to any trustees in the year (2025: £Nil).

There were no related party transactions in the year.

7. Funds

	Balance at 1 April 2025 £	Receipts £	Payments £	Transfers £	Balance at 31 March 2026 £
Unrestricted Funds					
General fund	60,564	81,866	(81,841)	-	**60,589**
Restricted Funds					
Befriending	4,475	-	(4,475)	-	**-**
Carers fund	2,762	-	(2,720)	-	**42**
Young people project	10,331	-	(7,718)	-	**2,613**
Under 18's Family Support Service	9,903	-	(7,882)	-	**2,021**
Social Isolation & Loneliness	-	23,375	(20,802)	-	**2,573**
Glasgow Mental Health & Wellbeing	-	10,500	-	-	**10,500**
Edinburgh Mental Health & Wellbeing	-	10,000	-	-	**10,000**
Allen Lane – running costs	-	10,000	-	-	**10,000**
Impact Funding Volunteer Fund	-	6,000	-	-	**6,000**
Volunteering	1,770	-	(1,446)	-	**324**
Moncur Trust	-	4,000	-	-	**4,000**
Glasgow groups	6,574	-	(3,452)	-	**3,122**
Edinburgh groups	1,371	-	(1,371)	-	**-**
Regional - Fife	3,406	-	(2,958)	-	**448**
	40,592	63,875	(52,824)	-	**51,643**
Total Funds	101,156	**145,741**	**(134,665)**	**-**	**112,232**

Nature and purpose of Restricted funds

Befriending	Funding provided towards our Befriending Project. This has been fully spent in the year.
Carers - fund	This includes a dedicated support service for carers of those with an eating disorder, funded by the Scottish Government, a small amount remains to be spent.
Young people project	Awards for All funding from the National Lottery to support young people. The balance of this funding will be used in the 2026-27 year.
Under 18's family support service	Funding from Walter Scott Partners to support young people and their families. The balance of this funding will be used in the 2026-27 year.

Nature and purpose of Restricted funds continued

Social Isolation & Loneliness	Scottish Government funding received and mostly spent in the year to engage with people affected by eating disorders and deliver services which reduce their social isolation and loneliness.
Glasgow Mental Health & Wellbeing	Funding for the delivery of support services to people with ED and poor mental health in Glasgow.
Edinburgh Mental Health & Wellbeing	Funding for the delivery of support services to people with ED and poor mental health in Edinburgh.
Allen Lane – running costs	Funding to help with running costs of SupportED to enable them to deliver services.
Impact Funding Volunteer fund	Funding to enable us to deliver a range of support services.
Volunteering	Funding via Turcan Connell Conundrum to support volunteering projects. A small balance remains to be spent.
Moncur Trust	Funding to deliver a range of support services.
Glasgow Groups	Funding from Bellahouston Bequest and Merchants House of Grant for group work in Glasgow. The balance will be spent in 2026-27.
Edinburgh Groups	Funding from University of Edinburgh to deliver face to face groups. This has been fully spent.
Regional - Fife	Funding for support groups in St Andrews. The balance will be spent in 2026-27.
Transfers between funds	There were no transfers between funds during the year.