



Eating Disorder Service Plymouth

Trustees Report

2025 - 2026

Celebrating 30 Years

The 2025-26 year has been a landmark period for Eating Disorder Support (EDS). As we celebrated our 30th anniversary, the service continued to demonstrate exceptional resilience, adaptability, and clinical excellence. Under the leadership of our Director, Caragh Sanders-Wright, we have not only maintained our essential community provision but have also taken significant steps to future-proof the charity.

Leadership and Service Delivery

The Leadership Team has remained fully focused on ensuring that our clients are heard, safe, and supported. A key development in our clinical approach has been the comprehensive review of our care pathways, particularly regarding hospital referrals. Working closely with our psychology team, we have successfully built a new, robust pathway that streamlines how we manage those with more complex needs.

Furthermore, we are pleased to have expanded our reach by offering direct support to family members, recognising that caring for someone with an eating disorder is a journey that affects the whole household. We have also begun working with local GP practices to provide specialised training, helping to improve the early identification and support of patients within primary care.

Governance & Delivery

The Board of Trustees has remained active in supporting the team. This has included formalising our governance by drawing up an organisational risk register, ensuring we have a clear-sighted view of potential challenges. Trustees have also provided oversight as we investigate ways to modernise our physical infrastructure, including the ongoing repainting of our building and feasibility studies for structural work to increase the flexibility and capacity of our treatment spaces.

This year, three trustees joined the board and three trustees left mid year. We welcome those who have joined, and are very grateful to those who have stepped back, some of them after a number of years of service to the board.

Financial Performance and Sustainability

Financially, we continue to rigorously manage our budgetary responsibilities. While we have submitted several fundraising bids, with a successful lottery bid now supporting our vital dietetic assistant, we continue to actively explore diverse income streams. This has included preliminary discussions around the potential to offer services to private patients.

To ensure long-term stability, EDS holds on average 4.3 months of operating costs in reserve. To maximise this asset, we have conducted research into higher-interest savings accounts to ensure our reserves are working as hard as possible for the charity. Expenditure remains tightly managed: 82% of our budget is invested in our staff, 10% in our building, and the remaining 8% covers running costs, therapy resources, and insurance.

As part of our commitment to our team, all staff appraisals were completed this year, and salaries were successfully re-banded to align with NHS Agenda for Change scales.

Activity & Impact

Referrals remain high, reflecting the ongoing need for our services. While we are seeing a higher volume of new referrals, it is noteworthy that we have very few patients returning after discharge, which speaks to the effectiveness of our screening and treatment programmes. To ensure our reach remains as wide as possible, we have launched a new social media programme and invested in significant website upgrades, with the intention of making it easier for the community to access information and advice.

Looking Forward

Our 30th anniversary was marked by a wonderful garden party that celebrated the many lives touched by our service, and we look to the future with confidence. We are currently in discussions with other local providers to develop integrated staffing models that will strengthen the entire care pathway across the region.

We remain a unique, specialised provider in the local healthcare environment, and our focus for the coming year is to continue our growth through innovation, infrastructure investment, and proactive partnership working.

Acknowledgements

Finally, I would like to extend my deepest gratitude to the entire EDS team. Your dedication, compassion, and professionalism remain the cornerstone of this organisation. I would also like to thank all the Trustees for their tireless volunteer efforts, expertise, and unwavering commitment to our mission. Working together, the staff and board have ensured that EDS remains a vital, effective, and enduring asset for the Plymouth community.

Mark Gale

On behalf of the Eating Disorder Support (Plymouth) Trustees

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