

OVEREATERS ANONYMOUS GREAT BRITAIN
(A COMPANY LIMITED BY GUARANTEE)

REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2022

Company Number 3266580

Registered Charity Number 1059240

<u>Contents</u>	<u>Page</u>
Legal & Administrative Information	2
Structure, Governance and Management	3 - 4
Objectives and Activities	5 - 6
Responsibilities of the National Service Board	7
Financial Review	8
Achievements and Performance	9 - 11
Plans for Future Years	12

Appendix 1

12 Steps
12 Traditions
12 Concepts of Service

Appendix 2

Independent Examiners Report
Statement of Financial Activities (including Income & Expenditure Account)
Balance Sheet
Notes forming part of the Financial Statements

OVEREATERS ANONYMOUS GREAT BRITAIN

TRUSTEES REPORT – LEGAL AND ADMINISTRATIVE INFORMATION **FOR THE YEAR ENDED 28 FEBRUARY 2022**

The National Service Board (NSB) of Overeaters Anonymous Great Britain presents its report and financial statements for the Year Ended 28 February 2022. It should be noted that the year end date was changed prior to this financial year. Therefore, the comparative figures shown in the accounts are for an 18 month period 1 February 2019 to 28 February 2021.

Charity Name	Overeaters Anonymous Great Britain	
Registered Office	483 Green Lanes London N13 4BS	
Post Office Box	OAGB Prime Secretarial Services 483 Green Lanes N13 4BS	
Charity Registration Number	1059240	
Company Registration Number	3266580	
The National Service Board	Charlotte Williams Teresa Murrey Stella Cooke	(Oct 2019 – to date) (Oct 2019 – to date) (Oct 2021 – to date)
Former NSB members (covered by this report)	Janet Deal Sandra McCulloch Caroline Poole	(Oct 2019 – Dec 2021) (Apr 2021 – Oct 2021) (Oct 2020 – Oct 2021)
Bankers	National Westminster Bank Glossop Branch Norfolk Square GLOSSOP Derbyshire SK13 8BR	
Legal Advisors	Russell Cooke, Solicitors 2 Putney Hill LONDON SW15 6AB	
Independent Examiner	Chaweevan Williams FCCA 167 Clarence Avenue New Malden Surrey KT3 3TX	

OVEREATERS ANONYMOUS GREAT BRITAIN

STRUCTURE, GOVERNANCE & MANAGEMENT

Overeaters Anonymous Introduction – World Wide Fellowship

Overeaters Anonymous (OA) is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating. The primary purpose of the fellowship is to abstain from compulsive eating and to carry the message that OA offers to those who still suffer.

OA has members all over the world and within the World Service organisation the fellowship has set up various 'service bodies' in order to assist with carrying of the message of recovery. The National Service Board (NSB) of Great Britain is one of those service bodies and is part of 'Region 9'. Region 9 covers Africa, Europe, the Middle East, and Western Asia, including all of Russia. Regions 1 to 8 covers the United States, Canada, Mexico, and Central and South America. Region 10 consists of Southeast Asia, Australia, East Asia, New Zealand, and the Western Pacific Basin. Region 11 is the Virtual Region covering the world in its digital presence.

Overeaters Anonymous Great Britain is divided into areas known as 'Intergroups' and individual members usually belong to groups within an Intergroup. Some members only attend virtual meetings, i.e. online.

Governing Document

Overeaters Anonymous Great Britain is a charitable company limited by guarantee, incorporated on 22 October 1996 (Memorandum & Articles amended 2 July 2005 and 2 April 2011) and registered as a charity on 15 November 1996. The Trustees of this company are also elected officers of the National Service Board of Overeaters Anonymous in Great Britain. The company was established under a Memorandum and Articles of Association which established the objects and owners of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.00 each.

An amendment to the Articles was passed by a special resolution on the 2 November 2010 reducing the minimum number of directors from 5 to 3.

The Board finalised the revision of these Articles to take account of current legal requirements by a resolution passed on 2 April 2011 and these have been filed with the Charities Commission and Companies House.

Recruitment and Appointment of National Service Board Members of Great Britain

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as OAGB National Service Board (NSB) members. Prospective National Service Board members are initially nominated by their OA Intergroup and then run for election at the annual OAGB National Assembly, normally held in October of each year. The Company AGM immediately follows the OAGB National Assembly (usually held the next day) and the newly elected NSB members are ratified by the existing Company members as NSB members and elected as Company members (Directors and Trustees). The OAGB National Assembly have a separate format of by-laws that the fellowship must adhere to at that National Assembly and which the prospective NSB members must comply with before being put forward for election (e.g. one year of abstinence from compulsive eating and two years of experience serving beyond the 'group level' as well as faithful adherence to the 12 Steps and 12 Traditions of OA (see Appendix 1 and 2). Under the requirements of the Memorandum and Articles of Association of the Company the members of the NSB are elected to serve for a period of two years. A member who has already served may stand for re-election for a further term. A member who has just completed four (4) consecutive years of service may stand for re-election only after an interval of two (2) years.

Distribution of Board positions (roles for which each NSB member is responsible) is carried out at the first Board meeting each year (which, as stated above, normally immediately follows the OAGB National Assembly). This Board meeting is normally deemed the AGM of the Company (Overeaters Anonymous Great Britain Ltd).

OVEREATERS ANONYMOUS GREAT BRITAIN

STRUCTURE, GOVERNANCE & MANAGEMENT (continued)

Trustees Induction and Training

All Trustees are familiar with the OA Service Structure and how the OAGB fits into this structure, having been OA members in recovery and having given service above group level. At the first meeting of the trustees each year (in October) the new NSB members are given access to a Principles and Procedures manual containing all necessary company and structural information as well as job descriptions for all NSB roles. New Trustees are asked to read this and NSB members are continually asked to familiarise themselves with its contents. (The manual is updated continually by the Chair and Secretary.) NSB positions are distributed by discussion and common consent at this meeting. The Trustee occupying a role in the previous year then commits to 'handing over' that role over a period of two months (between October and January) to the new Trustee now taking on that role. During this time, trustees either meet to discuss and hand over files and materials or mail these documents and liaise by e-mail, telephone & virtual media. (Trustees can often live at opposite ends of Great Britain, and thus meeting in person is not always practical between Board meetings.) Any further training or enquiries take place as and when necessary by mutual consent.

Some roles occupied by NSB members require specialist training and in this respect the trustees consider what is necessary and organise such training as is required (e.g. the Company Secretary can attend a day of training either organised by the Company Solicitors or by an external training agency).

Risk Management

The NSB considers that the main risk to which the charity is exposed is the limited number of NSB members and the apparent lack of numbers of members 'putting themselves forward' for election to the NSB. When there are fewer members on the NSB, it is more difficult to get the required work done. Also, according to our Memorandum and Articles of Association, if the NSB were to fall below 3 members then it would have to be dissolved. The NSB members have therefore continued with a campaign to constantly inform the fellowship of this position. According to our by-laws, if a member of the NSB resigns before his or her term of office has been completed, then any Intergroup can arrange to 'co-opt' a member onto the NSB until the end of the resigning members term of office. This allows for temporary new members to join the Board and assist with the work of the NSB when a member resigns mid-term without having to wait for elections at the National Assembly.

A further significant risk is the fluctuating financial contributions from the fellowship to fund the charity, since Overeaters Anonymous does not accept contributions from outside sources, in accordance with the 7th Tradition of Overeaters Anonymous (see Appendix 2). In this respect, the NSB sets an annual budget, has set up an adequate prudent reserve and regularly informs the OA fellowship of the need for such contributions.

Organisational Structure

The National Service Board of Great Britain has 3 members who meet quarterly and are responsible for the direction of the charity. They are heavily directed by the fellowship of OA members in Great Britain as a whole and as such are required to follow the by-laws of that fellowship and any proposals put forward for changes to those by-laws and major actions to be carried out by the NSB are agreed by the fellowship for action by the NSB members. The NSB members are drawn from the fellowship at large and from the various Intergroups in Great Britain, providing that they meet the fellowship requirements (as detailed above).

The NSB members are each responsible for one or more 'roles' which assist in carrying the message of OA in Great Britain. Sometimes these NSB members are assisted by other OA members on a sub-committee. (These sub-committees are made up of OA members but are not NSB members. They are chaired by NSB members or an NSB member acts as the link person. The NSB have agreed that these sub-committee members must not act for more than five years.)

The Company employs one member of staff in its literature service. This employee reports to the NSB via a nominated NSB member.

OVEREATERS ANONYMOUS GREAT BRITAIN

OBJECTIVES AND ACTIVITIES

The objectives of OAGB as described in the Company Memorandum and Articles of Association are: to relieve sickness and preserve and protect the physical, mental and emotional health of people suffering from compulsive eating and to advance public education about compulsive eating and methods of recovery.”

National Service Board Mission and Objectives

The Board of Trustees/Directors of OAGB are responsible for the day to day running of the Company – Overeaters Anonymous Great Britain Ltd – and thus seeks to provide a service in Britain to individual OA members, groups

and Intergroups in order to facilitate support given to compulsive eaters by the fellowship. The Board exists as part of the service structure within OA (see above).

This is achieved by various objectives, including:

- a) Acting as a channel of communication for OA members and prospective members in Great Britain, Region 9 and World Service Office. This includes: providing lists of meetings; informing members of current developments at all levels; responding to queries about OA from prospective members, health professionals and the media; carrying public information activities through which the message of recovery in OA is brought to the attention of prospective members; and where possible sending delegates to business conferences at other levels of service (the Region 9 Assembly and World Service Business Conference, both of which are held annually).
- b) Providing a means by which individual members, groups and Intergroups can contribute to the policy and activity of OA in Great Britain.
- c) Providing a structure of by-laws to ensure that the principles of OA are met in Great Britain.
- d) Providing an OA literature service in Great Britain.

The NSB continues to try to achieve its objectives by the most efficient and cost-effective methods possible.

National Service Board Meetings in 2021/2022

The Board of Trustees of the National Service Board met 5 times since 1st March 2021. All these meetings have been held virtually via Zoom due to travel restrictions and social distancing guidance from the government. Selection of meeting places is usually based on the location of trustees, taking into account travel costs and the practicalities of travelling for all NSB members.

At the first meeting of the year, in October 2021, the NSB members dealt with the legal requirements of trustees elected by the National Assembly and those retiring; allocation of positions on the NSB for the coming year and to fix meeting dates and places for the rest of the year. The handover of positions took place between the meeting and January 2022. Between meetings the NSB continued contact with each other by e-mail, WhatsApp, Zoom and telephone throughout the year. Contact with sub-committees is also carried out by e-mail & Zoom.

As is customary, the NSB invited the Intergroup chairs (or their alternates) to the June 2021 NSB meeting. Representatives from 9 Intergroups attended this meeting. This annual meeting gives the NSB an opportunity for Intergroups to update the NSB about the Intergroups’ activities and ability to carry out these activities and also gives the Intergroups the opportunity to feedback on how well they feel the NSB are serving the fellowship. The NSB and Intergroup chairs also discussed the National Assembly set for October 2021 and reviewed the proposed bylaw amendments and proposals for NSB action at this meeting.

As a result of a decision made in the June 2021 board meeting, Intergroup chairs were also invited to the January 2022 board meeting. Again, this was an opportunity to share their experience strength and hope of service, learn from each other and inform the NSB of their experience of our work.

OVEREATERS ANONYMOUS GREAT BRITAIN

OBJECTIVES AND ACTIVITIES (continued)

Number of Board Members

Our governing document allows for a maximum of 10 board members. Following the 2021 National Assembly the number of members serving was 3. One member was elected and two finished their term of office. In order to maintain OA service work, as in recent years, the NSB has relied on volunteers from the fellowship, mainly in the areas of the Literature Service and Communications and the Board wish to thank these members on behalf of the fellowship.

OVEREATERS ANONYMOUS GREAT BRITAIN

RESPONSIBILITIES OF THE NATIONAL SERVICE BOARD

Company law requires that the NSB prepares financial statements for each financial year which give a true and fair view of the state of the affairs of the charity/company as at the balance sheet date and of its incoming resources and application resources, including income and expenditure for the financial year. In preparing these financial statements, the NSB should follow best practice and:

- Select suitable accounting policies and then apply them consistently and prudently
- Make judgements and estimates that are reasonable and prudent
- Prepare the financial statements on an ongoing concern basis unless it is inappropriate to assume that the company will continue on that basis.

The NSB is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any given time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. The NSB is 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.

Members of the National Service Board

Members of the NSB, who are directors for the purpose of company law and Trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 2.

OVEREATERS ANONYMOUS GREAT BRITAIN

FINANCIAL REVIEW

The Statement of Financial Activities and Balance Sheet and Notes are in the Appendix 2 to this report. These Accounts show net resources at the start of this period of £63,655. Our recommended prudent reserve is not less than £35,000. These funds arose over many years, mainly from contributions from members, groups and Intergroups exceeding our expenditure and surpluses of income over expenditure arising from our sales of literature.

Our Income for the year exceeded our expenditure by £1,773 leaving us with funds at the year end of £65,428.

These are some points worthy of comment in this period's accounts:

- Contributions received from members were £33,342 (18 Months to 28 Feb 2021 £51,069 and 12 Months to 31 August 2019 £15,625). The two years to Feb 2022 are very unusual. OA groups and service bodies have in previous years incurred costs for meeting rooms etc. Such costs (met from 7th Tradition contributions from members) have been much reduced due to the pandemic and social distancing. Groups have thus contributed far more funds to OAGB in these past two years. Some groups will now move to face to face settings and their direct costs of meetings will go up, leaving them with less money to contribute to service levels beyond. This fluctuation will be considered when budgeting.
- Income from sales of literature was £23,122 (18 Months to 28 Feb 2021 £44,920 and 12 Months to 31 August 2019 £38,488).
- The sale of literature resulted in a deficit of £(1,535) (18 Months to 28 Feb 2021 surplus of £1,118 and 12 Months to 31 August 2019 surplus of £1,815). The sales and costs have all been affected by the pandemic. The fellowship is also making some of its literature available electronically, which has an effect on sales of physical literature. The NSB are considering ways to reduce the costs of the literature service and will continue to monitor this as the pandemic comes to an end.
- Contributions made by OAGB to Region 9 were £16,927 (18 Months to 28 Feb 2021 £21,150 and 12 Months to 31 August 2019 £2,200). The fluctuations are as a result of the pandemic.
- Contributions made by OAGB to OA World Service Office were £8,520 (18 Months to 28 Feb 2021 £10,920 and 12 Months to 31 August 2019 £1,000). Again, the fluctuations are as a result of the pandemic.

Investment Policy

Aside from retaining a prudent reserve each year, most of the charity funds are to be spent in the short term so there are few funds for long term investment. This policy is in line with our 12 Concepts, number 12(b) which states that "sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle."

Reserves Policy

The NSB has examined the charity's requirements for reserves in the light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be approximately 12 months of expenditure. This is for its routine running costs. Our filed Annual Accounts state that at the present time this is to be not less than £35,000.

Each year following the charity's AGM, the Treasurer formulates a budget for the coming year, based on the previous year's expenditure, and taking into account known financial commitments for the year ahead and a percentage of predicted inflation agreed upon by the Board. The funds held at the end of this year exceeded these needs and is being used subsequently for the benefit of our members recovery, assisting Overeaters Anonymous in Europe and Worldwide.

OVEREATERS ANONYMOUS GREAT BRITAIN

ACHIEVEMENTS AND PERFORMANCE

OAGB Chair

Sandra McCulloch was appointed Chair at the April 2021 board meeting. Teresa Murray was elected Chair at the October 2021 board meeting. The primary responsibility of the Chair is to formulate an agenda for each NSB meeting and to facilitate or 'chair' these meeting as well as chairing the 2021 National Assembly, which was held virtually via Zoom hosted by Caledonian Intergroup.

During the year the Chair carried out numerous tasks to do with the running of Board affairs and was pivotal in regular contact being maintained with Board members, member groups and Intergroups. Chair also answered many queries from members, groups and Intergroups as well as providing advice and support to the rest of the Board.

Company Secretary

Sandra McCulloch was appointed as Company Secretary in April 2021. This role was transferred to Teresa Murray at the October 2021 AGM. During the year Teresa filed Accounts and Annual Return and kept up to date the Company Register and maintained contact with and responded to other NSB members by email and telephone as required.

Treasurer

Janet Deal was elected as Treasurer in October 2019. Stella Cooke was elected Treasurer at the Annual General Meeting in October 2021. . Janet and Stella's responsibilities were to manage our funds, prepare budgets and forecasts for the Board, deal with contributions received and payment of authorised costs and expenses. The Treasurer also submits accounts and information and explanations to our Independent Examiner.

The Financial Report is presented above on page 6.

OAGB Secretary

Teresa Murray was elected at Secretary in October 2020. This post was vacated in October 2021. The main functions of this role are to produce the agenda for each NSB meeting in consultation with the Chair and to take minutes at each NSB meeting (or to organise a volunteer member or contracted minute taker to take them) and distribute these to the other NSB members. During the period of this report OAGB employed a confidential minute taking service. The Secretary liaised with the service to ensure accurate recording of our board meetings. The Secretary organised the updating of our Procedures Manual as well as ensuring our Intergroup information was correct.

Region 9 Assembly and World Service Business Conference (WSBC) Representative

Teresa Murray served as our representative at the Region 9 Assembly in October 2021 and Charlotte Williams attended the World Service Business Conference in May 2021. Both events were held via Zoom.

Region 9 serves members in Africa, Europe, the Middle East, and Western Asia, including all of Russia and the WSBC brings together members from all over the world. Region 9 and WSBC representatives ensure that we are up to date and involved in all aspects of the world-wide activities ensuring the growth and wellbeing of our organisation, as well as voting on our behalf on important issues affecting OA as a whole.

Communications Officer

Charlotte Williams was elected in October 2019. The purpose of the role is to enable effective communications with members of OA, and with potential members who want to know more about the Fellowship. It involves overseeing the volunteers who respond to email and telephone enquiries, and the creation of our quarterly newsletter, as well as the emails that are sent out to our mailing list.

OVEREATERS ANONYMOUS GREAT BRITAIN

ACHIEVEMENTS AND PERFORMANCE (continued)

Web Site Officer

This role was taken forward by Charlotte Williams in her capacity of communications officer. This role involves monitoring the OA volunteers who update our website, and providing cover when volunteers are unavailable. It also includes resolving any technical issues with the functioning of the website and our email accounts, which is done with the support of an outside company to deal with more complex or technical issues.

The website is visited by an average of around 250 people per day. It has information for current members, for those considering coming to OA, and also for healthcare and media professionals who want to know more about what we do.

Twelfth Step Within Officer

There was no Twelve Steps Within Officer from October 2015 up to date. The purpose of this post is to help OA members who are not able to achieve or maintain abstinence. In previous years the Board has been involved in running weekend workshops whereby members go through the Twelve Steps in a weekend, contributing to the World Service Office 12 Step Within Committee, and by maintaining a speaker list for groups and Intergroups to access.

Literature Liaison Officer

Caroline Poole was elected in October 2020. When Caroline finished her service, Teresa Murrey took over the role. The Literature Liaison Officer is responsible for liaising with the Literature Sub-committee and the Administrator (who is a paid employee). The sub-committee is made up of a number of volunteer packers who deal with responding to and posting out literature orders and an accounts advisor.

The literature service has a dedicated Print Liaison Officer, who liaises with printers to obtain quotes for printing certain literature in this country, thus reducing our costs considerably.

The aim of the Literature Service is to supply OA literature within Great Britain, spreading the word of what OA can offer to the suffering compulsive eater.

From August 2014 the literature service rented a Storage Unit and moved in most of the stocks held in employee/volunteers/ homes. This facility enables the literature service to increase the amount of pamphlets and OA books printed in the U.K.

During this year OAGB has moved to a web-based accountancy program for the literature service. This enables board members, our literature admin worker and accountant to have real time access to the literature accounts and stock levels. We now have monthly performance reports regarding sales per packer, and a monthly bank reconciliation.

On the 28th February 2022 our treasurer undertook a stock take for the literature service with the help of the packers and the literature admin worker.

Public Information Officer

There was no formal Public Information Officer since October 2017 up to date. The aim of the Public Information committee is to increase awareness of OA. At the National Assembly held in October 2021 a resolution was passed to create a fund for use by the NSB and Intergroups for Nationwide Public Information/Professional Outreach.

OVEREATERS ANONYMOUS GREAT BRITAIN

ACHIEVEMENTS AND PERFORMANCE (continued)

Professional Outreach Officer

There was no formal Professional Outreach Officer from October 2015 up to date. The aim of the Professional Outreach committee is to increase awareness of OA in the professional community. This committee was resurrected in April 2021 chaired by Teresa our secretary at the time. This meets monthly on the second Tuesday of the month. This group has made a formal representation to the National Institute of Clinical Excellence, regarding their weight management review. It has produced a webinar for health professionals, responded to a variety of local and national press enquiries. Representatives from the group have attended sessions with The All-Party Parliamentary Group for 12 Step fellowships.

OVEREATERS ANONYMOUS GREAT BRITAIN

PLANS FOR FUTURE YEARS

The charity plans to continue with the activities outlined above in the forthcoming years, subject to the group conscience of the fellowship in Great Britain, as well as having a satisfactory number of members of the National Service Board. The NSB continue to be concerned with the number of Board members and are always seeking ways to encourage more members to join in the coming years.

Now the number of Board members is small it is the objective of those involved to focus on ensuring compliant policies and procedures are in place and to supply the priority needs of our members in particular concerning the literature service and the recovery aspects, together with involvement with the broader group conscience of OA at Region 9 & WSBC.

Approved by the National Service Board on 18/6/2022 and signed on its behalf by:

Signed:

J. Murray

Director, Trustee and Chair

Date:

18/6/2022

OVEREATERS ANONYMOUS GREAT BRITAIN.
(A COMPANY LIMITED BY GUARANTEE)

REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD FROM 1 MARCH 2021 to 28 FEBRUARY 2022

The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

OVEREATERS ANONYMOUS GREAT BRITAIN

The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
 - a. No OA committee or service body shall ever become the seat of perilous wealth or power;
 - b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
 - c. No OA member shall ever be placed in a position of unqualified authority;
 - d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
 - e. No service action shall ever be personally punitive or an incitement to public controversy; and
 - f. No OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action.

Overeaters Anonymous, Inc
World Service Office
6075 Zenith Ct. NE, Rio Rancho, NM 87144 – 6424 USA
Mail address: PO Box 44727, Rio Rancho, NM 87144 – 6424 USA
Tel: 1 – 505 – 891 – 2664 Fax: 1 – 505 – 891 – 4320
info@oa.org www.oa.org

Appendix 2

OVEREATERS ANONYMOUS GREAT BRITAIN

INDEPENDENT EXAMINER'S REPORT

Independent examiner's report to the trustees of The Overeaters Anonymous Great Britain, company no: 3266580 and charity no: 1059240

I report on the financial statements of the above charity (a company limited by guarantee) for the year ended 28 February 2022, which comprise the statement of Financial Activities, the Balance Sheet and the related notes 1-7.

Respective responsibilities of trustees and examiner

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

It is my responsibility to examine the accounts under section 145 of the Charities Act, follow the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act, and 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 Commission. 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 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 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

- (1) In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:
- the accounting records were not kept in accordance with section 386 of the Companies Act (2006); or
 - the accounts do not accord with the accounting records; or
 - the accounts do not comply with the applicable requirements concerning the form and content of the accounts set out in section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
 - The accounts have not been prepared in accordance with the Charities SORP (FRS102).
- (2) I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Chaweevan Williams FCCA
Chartered Certified Accountant
Verdant Accountants Ltd

167 Clarence Avenue, New Malden, Surrey KT3 3TX

Date: 01.07.2022

Appendix 2

OVEREATERS ANONYMOUS GREAT BRITAIN
STATEMENT OF FINANCIAL ACTIVITIES (including Income & Expenditure Account)
FOR THE YEAR ENDED 28 FEBRUARY 2022

	Notes	Unrestricted Funds Year ended 28 Feb 2022 £	Unrestricted Funds Period 01 Sept 2019 - 28 Feb 2021 £
Income from:			
<i>Income resources from generated funds:</i>			
Voluntary income Donations and Fundraising		33,342	51,069
Investment income Bank Interest		2	16
<i>Income resources from charitable activities:</i>			
Income from sale of literature		23,122	44,920
Total income	1	56,466	96,005
Expenditure on:			
Charitable activities		52,884	79,871
Governance costs		1,809	3,337
Total expenditure	1 & 2	54,693	83,208
Net income /(expenditure) resources		1,773	12,797
Reconciliation of funds:			
Total funds brought forward		63,655	50,858
Total funds carried forward		65,428	63,655

The charity has no recognised gains or losses other than the results for the period as set out above.

All of the activities of the charity are classed as continuing.

The accounting period is 12 months from 01 Mar 2021 to 28 Feb 2022.

(Last accounting period has been extended to 18 months with a new accounting date 28 February 2021.)

All funds are Unrestricted.

Notes 1-7 from part of these accounts.

Appendix 2

OVEREATERS ANONYMOUS GREAT BRITAIN BALANCE SHEET AS AT 28 FEBRUARY 2022

	Notes	2022		2020-2021	
		£	£	£	£
Fixed assets					
Tangible assets	3		0		0
Current Assets					
Debtors & payment in advance	4	187		(18)	
Stock of literature		8,168		8,374	
Bank accounts & cash		62,578		60,781	
		<u>70,933</u>		<u>69,137</u>	
Creditors: Amounts falling due within one year					
Creditors & Accruals	5	<u>(5,505)</u>		<u>(5,482)</u>	
Net current assets			65,428		63,655
Net assets			<u>65,428</u>		<u>63,655</u>
Represented by Funds of the Charity					
Unrestricted funds:	6		65,428		63,655
Total funds			<u>65,428</u>		<u>63,655</u>

For the year ending 28/02/2022, the company 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 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.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Notes 1-7 form part of these financial statements.

The financial statements were approved by the Trustees on 18/6/2022 and signed on their behalf by:


Teresa Murray
Trustee


Stella Cooke
Trustee

**OVEREATERS ANONYMOUS GREAT BRITAIN
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 28 FEBRUARY 2022**

1 Accounting policies

a) General information and basis of preparation

The Overeater Anonymous Great Britain is a company limited by guarantee. In the event of The Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of The Charity.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16th July 2014 (as updated through Update Bulletin 1 published on 2nd February 2016), the Charities Act 2016, the Companies 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of The Charity.

The significant accounting policies applied in preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of The Charity and which have not been designated for other purposes.

The charity has no restricted funds in this period.

c) Income recognition

All incoming resources are recognised and included in the Statement of Financial Activities (SoFA) when The Charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Investment income (bank interest) is included when received.

Incoming resources from charitable activity (sale of literature) are accounted for when earned.

OVEREATERS ANONYMOUS GREAT BRITAIN
NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 28 FEBRUARY 2022

1 Accounting policies (continued)

d) Expenditure recognition

All expenditure is accounted for on an accruals basis, and includes VAT which cannot be recovered. All costs are allocated between the expenditure categories of the SOFA. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Costs allocation

Charitable activities expenditure includes 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 the costs of independent examination and preparing the statutory accounts, the costs of Trustees meetings and the cost of any legal advice to Trustees on governance or constitution matters.

The analysis of these costs is included in note 2.

e) Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Computer and electronic equipment	25% straight line
-----------------------------------	-------------------

f) Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

g) Taxation

The Charity is an exempt from corporation tax on its charitable activities.

h) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements and the budgeted income and expenditure is considered sufficient for the charity to be able to continue as a going concern.

Appendix 2

OVEREATERS ANONYMOUS GREAT BRITAIN
NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 28 FEBRUARY 2022

2 Total expenditure

	Charitable activities	Governance costs	Period	
			Year Ended 28 Feb 2022	1 Sept 2019 to 28 Feb 2021
	£	£	Total	Total
Charitable activities:				
Literature costs	12,447		12,447	26,183
PO Box and address fee	0		0	0
Region 9 contribution	16,927		16,927	21,150
World Service Office (WSO) contribution	8,520		8,520	10,920
WSBC and Region 9 delegate	138		138	1,457
IG Support Fund	0		0	0
National assembly delegates	0		0	0
Public information costs	0		0	0
Telephone	982		982	1,415
Wages	8,709		8,709	11,693
Admin wages	1,437		1,437	1,254
Insurance	118		118	1,679
Printing & Stationery	179		179	313
Storage	1,632		1,632	2,360
IT costs	1,018		1,018	632
Travel costs literature	0		0	15
Miscellaneous	495		495	72
Postage	258		258	410
Bank charges	24		24	113
Depreciation	0		0	205
Governance costs				
Trustees national assembly costs		0	0	1,209
Trustees board meetings costs		124	124	462
Trustees room hire		192	192	322
Other trustee costs (Parliamentarian costs for NA)		0	0	369
Legal & Professional		518	518	0
Reporting accountant's fee		975	975	975
	52,884	1,809	54,693	83,208

Appendix 2

OVEREATERS ANONYMOUS GREAT BRITAIN NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 28 FEBRUARY 2022

3 Tangible fixed assets	Computer and electronic Equipment	Year Ended 28 Feb 2022 Total £	Period
			1 Sept 2019 to 28 Feb 2021 Total £
Cost			
Cost b/fwd	819	819	819
Additions	0	0	0
Cost c/fwd	819	819	819
Depreciation			
Depreciation b/fwd	819	819	819
Charge for the year	0	0	0
Depreciation c/fwd	819	819	819
Net book value			
At end of period (2022 year)	0	0	0
At start of period (2021 year)	0	0	0
4 Debtors & payment in advance			
		Year Ended 28 Feb 2022 £	Period 1 Sept 2019 to 28 Feb 2021 £
Prepayment		187	(18)
		187	(18)
5 Creditors: amounts falling due within one year			
		Year Ended 28 Feb 2022 £	Period 1 Sept 2019 to 28 Feb 2021 £
Trade creditors		3,644	4,507
Other creditors		886	0
Accrual		975	975
		5,505	5,482
6 Movement of funds			
		Year Ended 28 Feb 2022 £	Period 1 Sept 2019 to 28 Feb 2021 £
Unrestricted fund at start of the period		63,655	50,858
Net income for the period(2022 year)		1,773	12,797
Unrestricted fund at year end		65,428	63,655
7 Transactions with trustees and related parties			

No remuneration was paid to the Trustees or any related party.

Travel expenses amounting £Nil (2021 £909) were reimbursed to Trustees during the year.