

CHARITY REGISTRATION NO: 1074867

COMPANY REGISTRATION NO: 3731497 (England and Wales)

**THE M.M. NATIONAL GULF VETERANS AND
FAMILIES BENEVOLENT ASSOCIATION**

(A COMPANY LIMITED BY GUARANTEE)

**DIRECTORS' AND TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023**

**THE M.M. NATIONAL GULF VETERANS AND
FAMILIES BENEVOLENT ASSOCIATION**

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FOR THE YEAR ENDED 31 MARCH 2023**

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**THE M.M. NATIONAL GULF VETERANS AND
FAMILIES BENEVOLENT ASSOCIATION**

**LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31 MARCH 2023**

DIRECTORS AND TRUSTEES:

Dr N H Graveston
Ms S A Spencer Grey
Mr J T Clifford
Mr G E Brown

SECRETARY:

Mrs M Rusling

REGISTERED OFFICE:

Office L11
Base Business Space
Chamberlain Road
Hull
East Yorkshire
HU8 8HL

**ACCOUNTANTS AND
INDEPENDENT EXAMINER :**

KTC Accountants Limited
80 West View
Barlby Road
Selby
North Yorkshire
YO8 5BD

BANKERS:

Virgin Money
214 Holderness Road
Hull
East Riding
HU9 2AA

THE M.M. NATIONAL GULF VETERANS AND FAMILIES BENEVOLENT ASSOCIATION

REPORT OF THE TRUSTEES AND DIRECTORS FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report and the accounts for the year ended 31 March 2023. The accounts comply with the Charities Act 2011, the Companies Act 2006 and 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) (effective 1 January 2019).

Objects of the charity, principal activities and organisation of our work

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association. The charity was incorporated on the 9 March 1999.

The charity's objectives and its principal activities continue to be those of providing immediate and on going support to veterans and their families who have served in the Gulf Conflict 1990-1991, Iraq 2003-2009 and Afghanistan 2001-2014. We offer this support to persons who do not have any illnesses or to those persons who are, or have been, suffering medical or psychiatric disorders since their service in any of these conflicts.

The charity is organised so that the trustees meet regularly to manage its affairs. The charity has a full time general manager and one full time administrator who manage the day to day operation of the charity, the administrator is assisted by two further employees, one full time and one part time.

Appointment of trustees is governed by the Articles of the Company and the Board is authorised to fill vacancies arising through resignation or death of an existing trustee on a temporary basis until the next Annual General Meeting.

Developments, activities and achievements during this year

The financial year 2022/23 has seen the end of COVID restrictions and a shift into a second "new normal" that takes a more flexible approach to work patterns, on the whole, compared to before the pandemic, as well as a greater reliance on digital connections. For the charity this has required an upgrade to our IT kit to accommodate the use of Skype and MS Teams for video meetings e.g. tribunal hearings and communication with our members.

This year has also seen the rise in cost of living continue, reaching 11.1% in October 2022, the highest rate of inflation in 41 years. Domestic gas and electricity prices increased by 129% and 67% respectively and the inflation rate for food and non-alcoholic beverages rose to 19.2% in March 2023, with nearly half (48%) of the adult population buying less food.

It is also noted that financial hardship was more commonly seen in those with profiles very similar to many of our members :

- those with moderate to severe depressive symptoms
 - those not in work, not seeking work and not retired
 - those living in the most deprived areas of England
 - disabled people
-

THE M.M. NATIONAL GULF VETERANS AND FAMILIES BENEVOLENT ASSOCIATION

REPORT OF THE TRUSTEES AND DIRECTORS FOR THE YEAR ENDED 31 MARCH 2023

The war in the Ukraine continues with no sign of resolution and the associated media coverage is still having a significant impact on many veterans including our members.

The rise in the cost of living affects members and staff alike, this has had an impact on the charity both in respect of increased workload i.e. providing direct support and signposting to other services, and also in respect of running costs e.g. electricity and gas to heat and power the office.

Fundraising events have restarted including a number of Armed Forces events throughout the UK.

The staff, volunteers and members have continued to provide unwavering support, commitment and generosity to the charity as have our donors - and we, the trustees give our heartfelt thanks for all their sustained help and support.

The charity is a Public Benefit Entity and continues to provide services in line with its obligations :

Prevention or relief of poverty

The charity continues to provide a wide range of advice regarding available benefits and other financial issues to its members. The charity provides support and representations to its members at Appeal Tribunals in order for them to receive the best possible remuneration.

Education

The charity has produced a range of information, in both written and electronic form to advise not only its members and their families but also other individuals particularly in health care and social services.

Advancement of health

The vast majority of veterans who are members of the charity have significant health problems, the charity provides them with advice and support regarding this so that they can be proactive in improving their own health and also be able to inform individuals in the caring professions about their problems.

Over the last few years there has been significant investment in mental health services for veterans and their families in the NHS and voluntary sector and we continue to signpost our members to appropriate services.

Social wellbeing

The charity was unable to provide a respite break in 2021 or 2022 and we canvassed our members with a view to resuming this in 2023 or to consider alternative options. The survey suggested there was still interest in respite, but this did not materialise into bookings so a decision was made not to reinstate respite but to look at other ways to engage with and invest in our membership around the country. We recognise that circumstances have changed for many of our membership and the rise in fuel/cost of living and having many of our members with progressive illnesses makes travel and staying away from home less feasible now than it may have been in the past.

We continue to support our members with more emphasis than before on social media, telephone and video contact.

**THE M.M. NATIONAL GULF VETERANS AND
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**REPORT OF THE TRUSTEES AND DIRECTORS (Continued)
FOR THE YEAR ENDED 31 MARCH 2023**

Future Developments

The research in 2020/21 suggested that a subdued fundraising environment was likely to continue into 2022 and beyond, and that inflation will increase charities operational costs and reduce donations - both a reduction in donors and reduction in the value of donations made, and this has proved to be the case. It is also evident that the economic crisis has also increased the demand for our services, and unfortunately increased the cost of these in some instances too.

The charity continues to be vigilant regarding the needs of its members and the cost of its services, we continually monitor and evaluate what we do to ensure that our members are at the heart of everything we do and the decisions that are made.

We will continue to develop relationships with potential funders and to provide assurances around good governance and best practice. We will continue to promote our public profile nationally and locally supporting volunteers and members to help us do this effectively.

Fundamentally our objectives remain the same, to help support our members together with the wider armed forces and veteran populations.

Trustees

Trustees, who are also the Directors for the purposes of company law, who served during the year were:

Dr N H Graveston
Ms S A Spencer Grey
Mr J T Clifford
Mr G Brown

Financial Review

The Statement of Financial Activities shows net expenditure for the year of £12,011 and our reserves stand at £127,211 in total. Of our reserves £126,729 are unrestricted. Our welfare, support and administration costs for the year totalled £105,815, as such our unrestricted reserves are just above our target parameters of six to twelve months of our general running costs.

Reserves Policy

The trustees have established a policy whereby the charity aims to hold unrestricted reserves of an amount equivalent to between six and twelve months general running costs, thus allowing time for alternative funding to be sought should any major source of current funding be lost.

Risk Management

The trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions.

**THE M.M. NATIONAL GULF VETERANS AND
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**REPORT OF THE TRUSTEES AND DIRECTORS (Continued)
FOR THE YEAR ENDED 31 MARCH 2023**

Our Volunteers

The charity benefits from the support of a small pool of regular volunteers to whom we would like to express our ongoing gratitude. The volunteers assist in raising awareness of the charity and our fundraising activities.

Trustees' responsibilities in relation to the accounts

The trustees are responsible for preparing the Report of the Trustees and Directors and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the charity trustees to prepare accounts for each year which give a true and fair view of the state of 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.

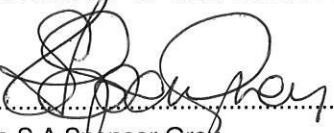
In preparing these accounts, the trustees are required to :

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the accounts.
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable it to ensure the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

ON BEHALF OF THE BOARD OF TRUSTEES:


.....
Ms S A Spencer Grey

Date: 18 May 2023

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE M.M. NATIONAL GULF VETERANS AND FAMILIES BENEVOLENT ASSOCIATION

I report on the accounts of the company for the year ended 31 March 2023, which are set out on pages 7 to 12.

Respective responsibilities of trustees and examiner

The trustees' (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities 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 Charities Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities 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 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 financial statements, and seeking explanations 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 to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



.....
Michael Joseph Shepherd F.C.C.A.
KTC Accountants Limited
80 West View
Barlby Road
Selby
YO8 5BD

Date : 18 May 2023

**THE M.M. NATIONAL GULF VETERANS AND
FAMILIES BENEVOLENT ASSOCIATION**

**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE
ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Incoming resources					
Donations, grants and similar	2	75,033	-	75,033	91,130
Memberships		5,100	-	5,100	5,260
Specific grants received		-	-	-	-
Respite and open days contributions		-	800	800	-
Fundraising		13,232	-	13,232	7,669
Interest receivable on deposits		1,810	-	1,810	15
Total incoming resources		95,175	800	95,975	104,074
Resources expended					
Costs of generating funds					
Fundraising costs		1,553	-	1,553	1,018
Charitable expenditure					
Respite and open days costs		-	618	618	-
Specific grants awarded		-	-	-	-
Tribunal costs		-	-	-	-
Counselling costs		-	-	-	246
Welfare support and administration	3	105,815	-	105,815	102,700
Total resources expended		107,368	618	107,986	103,964
Net incoming resources		(12,193)	182	(12,011)	110
Net movement in funds		(12,193)	182	(12,011)	110
Fund balances at 1 April 2022		138,922	300	139,222	139,112
Fund balances at 31 March 2023		126,729	482	127,211	139,222

BALANCE SHEET
AS AT 31 MARCH 2023

	Notes	2023		2022	
		£	£	£	£
Fixed Assets					
Tangible assets	7		1,687		1,984
Current assets					
Debtors	8	1,998		1,929	
Cash at bank and in hand		<u>127,388</u>		<u>138,325</u>	
		129,386		140,254	
Creditors: amounts falling due within one year	9	<u>3,862</u>		<u>3,016</u>	
Net current assets			125,524		137,238
Total assets, less current liabilities			<u>127,211</u>		<u>139,222</u>
Income funds					
Restricted funds	11		482		300
Unrestricted funds			126,729		138,922
			<u>127,211</u>		<u>139,222</u>

For the year ended 31 March 2023 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 the Companies Act 2006.

The trustees acknowledge their responsibility 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.

On behalf of the Trustees


.....
Ms S A Spencer Grey - trustee


.....
Mr J T Clifford - trustee

Approved by the board on: 18 May 2023

**THE M.M. NATIONAL GULF VETERANS AND
FAMILIES BENEVOLENT ASSOCIATION**

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023**

1 Accounting policies

1-1 Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the 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) and the Companies Act 2006. The charity meets the definition of a public benefit entity under FRS 102.

1-2 Incoming resources

Income is recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable the income will be received and the amount can be measured reliably.

1-3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable settlement will be required and the amount can be measured reliably.

1-4 Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Office equipment - 15% on reducing balance

1-5 Leasing commitments

Rentals payable under operating leases are charged to the Statement of Financial Activities over the period they are incurred.

1-6 Fund accounting

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the donor.

2 Donations, grants and similar

	2023 £	2022 £
Running cost grants	68,800	66,500
General donations	6,233	7,659
Government Grants - Coronavirus Job Retention Scheme	-	16,971
	<u>75,033</u>	<u>91,130</u>
Running cost grants:		
ABF The Soldiers' Charity	40,300	38,000
Royal Air Force Benevolent Fund	5,000	-
Queen Mary's Roehampton Trust	5,000	10,000
Veterans' Foundation	18,500	18,500
	<u>68,800</u>	<u>66,500</u>

**THE M.M. NATIONAL GULF VETERANS AND
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**NOTES TO THE ACCOUNTS (Continued)
FOR THE YEAR ENDED 31 MARCH 2023**

3 Welfare support and administration

	2023	2022
	£	£
Staff costs : Welfare, support and advocacy	41,003	40,071
Staff costs : Administration	15,473	15,121
Staff costs : Promoting awareness and events	20,888	20,413
Telephone, facsimile, internet and I.T.	7,917	8,551
Postage, stationery and advertising	1,764	1,519
Accountancy	2,520	2,682
Legal fees	48	48
Rent, power and service charges	12,654	11,710
Insurance	2,299	1,914
Depreciation of tangible assets	297	358
Event costs and sundry expenses	952	313
	<u>105,815</u>	<u>102,700</u>

4 Net incoming resources

The surplus of income over expenditure is stated after charging:

	2023	2022
	£	£
Depreciation of tangible assets - owned by the charity	297	358
Operating lease rentals	11,507	11,507
Independent examiner fees - external scrutiny	300	300
Independent examiner fees - accountancy and payroll services	2,220	2,382

5 Employees

No remuneration or expenses were paid to the trustees.

The costs of the remaining staff were:

	2023	2022
	£	£
Wages and salaries	76,529	74,402
Social security costs	835	1,449
	<u>77,364</u>	<u>75,851</u>

No employee received remuneration of more than £60,000 in either year.

Number of employees

The average monthly number of employees during the year was:

	2023	2022
	Number	Number
Management, administration and provision of services	<u>4</u>	<u>4</u>

**THE M.M. NATIONAL GULF VETERANS AND
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**NOTES TO THE ACCOUNTS (Continued)
FOR THE YEAR ENDED 31 MARCH 2023**

6 Taxation

The charitable company is exempt from corporation tax on its charitable activities.

7 Tangible fixed assets

	Office equipment £	Totals £
Cost:		
At 1 April 2022	29,247	29,247
Additions	-	-
Disposals	-	-
At 31 March 2023	29,247	29,247
Depreciation:		
At 1 April 2022	27,263	27,263
Charge for year	297	297
Disposals	-	-
At 31 March 2023	27,560	27,560
Net book value:		
At 31 March 2023	1,687	1,687
At 31 March 2022	1,984	1,984

**8 Debtors: Amounts falling due
within one year**

	2023 £	2022 £
Prepayments and accrued income	1,998	1,929
	1,998	1,929

**9 Creditors: Amounts falling due
within one year**

	2023 £	2022 £
PAYE and social security	1,707	1,249
Trade creditors and accrued expenses	2,155	1,767
	3,862	3,016

**THE M.M. NATIONAL GULF VETERANS AND
FAMILIES BENEVOLENT ASSOCIATION**

**NOTES TO THE ACCOUNTS (Continued)
FOR THE YEAR ENDED 31 MARCH 2023**

10 Restricted funds

The income funds of the charity include restricted funds, comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Respite and Open Days	300	800	618	482
	<u>300</u>	<u>800</u>	<u>618</u>	<u>482</u>

Respite and Open Days

The balance will fund future respite and open day costs.

11 Statutory Information

The charity is a private limited company, limited by guarantee, registered in England and Wales where the company's registered number is 3731497, the registered office address is detailed on page 1.

12 Related Party Transactions

The charity undertook no related party transactions during the year.

13 Going Concern

At the reporting date the trustees believe there are no material uncertainties about the charity's ability to continue for a period of at least 12 months, as such the accounts are prepared on a going concern basis.