

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 2024**

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

**CONTENTS  
FOR THE YEAR ENDED 31 MARCH 2024**

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	<b>Page</b>
Legal and administrative information	1
Report of the trustees and directors	2 - 5
Report of the independent examiner	6
Statement of financial activities	7
Balance sheet	8
Notes forming part of the accounts	9-12

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

**LEGAL AND ADMINISTRATIVE INFORMATION  
FOR THE YEAR ENDED 31 MARCH 2024**

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**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 2024**

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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 2024. 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).

### **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 a full time administrator who together manage the day to day operations of the charity, the administrator is assisted by two further part time employees.

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 2023-24 has seen the consolidation of the post COVID "normal" with more flexible working and a greater reliance on digital technologies which have been fully embraced by the NGVFA team. Unlike some other voluntary organisations the NGVFA has a well established and efficient digital Customer Relationship Management (CRM) system, effective and compliant data and cybersecurity and investment in IT support to protect against data breaches or cyber-attacks.

Last year the UK inflation rate reached a 41 year high of 11.1%, inflation rates this year have fallen, albeit slowly and in April 2024 the inflation rate was 2.3% - still higher than it was in April 2023. An increase in mortgage rates and rental costs continues to affect the cost of living with over half of UK adults reporting an increase in living costs month on month. Low income households are most affected by rising prices and food bank and debt advice charities are reporting an increase in demand.

Whilst the government did provide some support for households for the cost-of-living crisis over the last two years, this reduces in 2024-25.

Armed Forces pensions including War pensions increased by 10.1% in line with the Consumer Prices Index in 2023-24 and again by 6.7% for 2024-25 which does provide some relief.

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

**REPORT OF THE TRUSTEES AND DIRECTORS  
FOR THE YEAR ENDED 31 MARCH 2024**

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However, as in previous years financial hardship is 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 graphic TV news and other media reports on the war in Ukraine, as well as the war in Gaza between Israel and Hamas which also heightens tensions in the Middle East, continue to have a significant impact on veterans, including our members, especially those with mental health issues, such as Post Traumatic Stress Disorder (PTSD). Increasing anxiety, PTSD symptoms as well as feelings of guilt and helplessness.

The cost-of-living rise 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.

Staff and volunteers continue to support fundraising and awareness raising events 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 regarding war pension claims, appeal tribunals and benefit claims 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.

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

**REPORT OF THE TRUSTEES AND DIRECTORS (Continued)  
FOR THE YEAR ENDED 31 MARCH 2024**

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**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.

**Future Developments**

2023-24 has demonstrated that running costs continue to rise, though our staff are very adept at minimising this, but there is a narrowing gap between income and expense. The subdued fundraising environment reported last year continues with both a reduction in donors and reduction in the value of donations made, with a significant reduction in individual giving.

Expanding upon virtual fundraising opportunities through internet platforms and digital tools is suggested in the charity press along with more flexible giving, both are something to explore over the coming year.

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 £26,027 and our reserves stand at £101,184 in total. Of our reserves £100,702 are unrestricted. Our welfare, support and administration costs for the year totalled £106,371, as such our unrestricted reserves are within our target parameters of between six and twelve months of our general running costs.

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

**REPORT OF THE TRUSTEES AND DIRECTORS (Continued)  
FOR THE YEAR ENDED 31 MARCH 2024**

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**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.

**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.

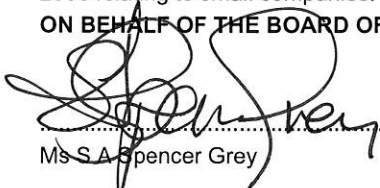
In preparing these accounts, the trustees are required to :

- 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: 17 June 2024

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

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I report on the accounts of the company for the year ended 31 March 2024, 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 : 17 June 2024

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**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 2024**

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
<b>Incoming resources</b>					
Donations, grants and similar	2	64,595	-	64,595	75,033
Memberships		4,855	-	4,855	5,100
Specific grants received		-	-	-	-
Respite and open days contributions		-	-	-	800
Fundraising		8,886	-	8,886	13,232
Interest receivable on deposits		3,372	-	3,372	1,810
<b>Total incoming resources</b>		<b>81,708</b>	<b>-</b>	<b>81,708</b>	<b>95,975</b>
<b>Resources expended</b>					
<b>Costs of generating funds</b>					
Fundraising costs		1,364	-	1,364	1,553
<b>Charitable expenditure</b>					
Respite and open days costs		-	-	-	618
Specific grants awarded		-	-	-	-
Tribunal costs		-	-	-	-
Counselling costs		-	-	-	-
Welfare support and administration	3	106,371	-	106,371	105,815
<b>Total resources expended</b>		<b>107,735</b>	<b>-</b>	<b>107,735</b>	<b>107,986</b>
<b>Net incoming resources</b>		<b>(26,027)</b>	<b>-</b>	<b>(26,027)</b>	<b>(12,011)</b>
<b>Net movement in funds</b>		<b>(26,027)</b>	<b>-</b>	<b>(26,027)</b>	<b>(12,011)</b>
Fund balances at 1 April 2023		126,729	482	127,211	139,222
<b>Fund balances at 31 March 2024</b>		<b>100,702</b>	<b>482</b>	<b>101,184</b>	<b>127,211</b>

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

REGISTERED NUMBER 3731497

**BALANCE SHEET**  
**AS AT 31 MARCH 2024**

	Notes	2024		2023	
		£	£	£	£
<b>Fixed Assets</b>					
Tangible assets	7		1,434		1,687
<b>Current assets</b>					
Debtors	8	2,004		1,998	
Cash at bank and in hand		<u>101,190</u>		<u>127,388</u>	
		<b>103,194</b>		<b>129,386</b>	
<b>Creditors: amounts falling due within one year</b>	9	<u>3,444</u>		<u>3,862</u>	
<b>Net current assets</b>			<b>99,750</b>		<b>125,524</b>
<b>Total assets, less current liabilities</b>			<u><b>101,184</b></u>		<u><b>127,211</b></u>
<b>Income funds</b>					
Restricted funds	11		482		482
Unrestricted funds			<b>100,702</b>		<b>126,729</b>
			<u><b>101,184</b></u>		<u><b>127,211</b></u>

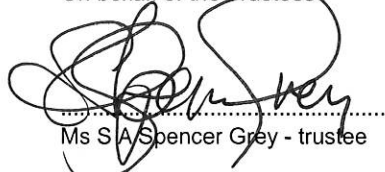
For the year ended 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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: 17 June 2024

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

**NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDED 31 MARCH 2024**

**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**

	2024 £	2023 £
Running cost grants	58,800	68,800
General donations	5,795	6,233
	<u>64,595</u>	<u>75,033</u>
<b>Running cost grants:</b>		
ABF The Soldiers' Charity	40,300	40,300
Royal Air Force Benevolent Fund	-	5,000
Queen Mary's Roehampton Trust	-	5,000
Veterans' Foundation	18,500	18,500
	<u>58,800</u>	<u>68,800</u>

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

**NOTES TO THE ACCOUNTS (Continued)  
FOR THE YEAR ENDED 31 MARCH 2024**

**3 Welfare support and administration**

	2024 £	2023 £
Staff costs : Welfare, support and advocacy	41,948	41,003
Staff costs : Administration	15,829	15,473
Staff costs : Promoting awareness and events	21,370	20,888
Telephone, internet and I.T.	7,817	7,917
Postage, stationery and advertising	1,353	1,764
Accountancy	2,520	2,520
Legal fees	48	48
Rent, power and service charges	12,902	12,654
Insurance	1,569	2,299
Depreciation of tangible assets	253	297
Event costs and sundry expenses	762	952
	<b>106,371</b>	<b>105,815</b>

**4 Net incoming resources**

The surplus of income over expenditure is stated after charging:

	2024 £	2023 £
Depreciation of tangible assets - owned by the charity	253	297
Operating lease rentals	11,507	11,507
Independent examiner fees - external scrutiny	300	300
Independent examiner fees - accountancy and payroll services	2,220	2,220

**5 Employees**

No remuneration or expenses were paid to the trustees.

The costs of the remaining staff were:

	2024 £	2023 £
Wages and salaries	78,355	76,529
Social security costs	792	835
	<b>79,147</b>	<b>77,364</b>

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:

	2024 Number	2023 Number
Management, administration and provision of services	<b>4</b>	<b>4</b>

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

**NOTES TO THE ACCOUNTS (Continued)  
FOR THE YEAR ENDED 31 MARCH 2024**

**6 Taxation**

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

**7 Tangible fixed assets**

	Office equipment £	Totals £
<b>Cost:</b>		
At 1 April 2023	29,247	29,247
Additions	-	-
Disposals	-	-
<b>At 31 March 2024</b>	<b>29,247</b>	<b>29,247</b>
<b>Depreciation:</b>		
At 1 April 2023	27,560	27,560
Charge for year	253	253
Disposals	-	-
<b>At 31 March 2024</b>	<b>27,813</b>	<b>27,813</b>
<b>Net book value:</b>		
<b>At 31 March 2024</b>	<b>1,434</b>	<b>1,434</b>
At 31 March 2023	1,687	1,687

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

	2024 £	2023 £
Prepayments and accrued income	2,004	1,998
	<b>2,004</b>	<b>1,998</b>

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

	2024 £	2023 £
PAYE and social security	1,408	1,707
Trade creditors and accrued expenses	2,036	2,155
	<b>3,444</b>	<b>3,862</b>

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

**NOTES TO THE ACCOUNTS (Continued)  
FOR THE YEAR ENDED 31 MARCH 2024**

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**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 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Respite and Open Days	482	-	-	482
	<u>482</u>	<u>-</u>	<u>-</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.