

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 2025**

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

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FOR THE YEAR ENDED 31 MARCH 2025**

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

**LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31 MARCH 2025**

DIRECTORS AND TRUSTEES:

Ms S A Spencer Grey
Mr J T Clifford
Mr G E Brown
Dr N H Graveston (resigned 5/11/2024)

SECRETARY:

Mrs M Rusling

REGISTERED OFFICE:

Unit 1a
K3 Business Park
200 Clough Road
Hull
East Yorkshire
HU5 1SW

**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 2025

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 2025. 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

During the financial year 2024-2025 flexible working and digital technologies that came to the fore during COVID have now become embedded into our everyday work practices, and further compliment our investment in our digital Customer Relationship Management (CRM) system, our effective and compliant data and cybersecurity and IT support to protect against data breaches or cyber-attacks.

2024-2025 has continued to be challenging and unpredictable for charities including the NGVFA and sector forecasts suggest that this will not change in the coming year. For us, these financial challenges culminated in December 2024 when our landlords of over 10 years, declared that the rent for our offices was going to double. This necessitated a search for new affordable premises, which we did find and have since moved to, but this was very stressful for staff and caused additional expense for the charity. We thank our staff, volunteers and members for the extra time and effort they made to secure the charity's new home. Through this change we also developed new collaborations and relationships with other charities and companies, it also gave us the opportunity to review and confirm that what we do is unequivocally needed and appreciated.

Surveys in 2024 confirmed that the number of people living in financially vulnerable circumstances in the UK had risen by 16% since 2022 to 20.3 million people. High levels of debt have also increased by 59% to 3.5 million people using unsecured loans and buy now pay later to stay afloat.

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

REPORT OF THE TRUSTEES AND DIRECTORS FOR THE YEAR ENDED 31 MARCH 2025

Low-income households are still the most affected by rising prices and food bank and debt advice charities are reporting an increase in demand for their services.

Whilst the government did provide some support for households for the cost-of-living crisis over the last 2 years, this reduced in 2024-2025. However, £421m was made available to County Councils and Unitary Authorities in England to support those most in need with the cost of essentials via the Household Support Fund ("The Fund").

Armed Forces pensions, including war pensions, increased by 10.1 % in line with the Consumer Price Index (CPI) in 2023-24 and there was a further increase in 2024-25 of 6.7%. However, from April 2025 pensions will increase by only 1.7%, in line with the annual increase in the CPI up to September 2024.

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 continuing conflicts in Ukraine and Russia, and in Gaza between Israel and Hamas which also heightens tensions in the Middle East, continues 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 maintain the office and staffing.

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.

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

REPORT OF THE TRUSTEES AND DIRECTORS (Continued) FOR THE YEAR ENDED 31 MARCH 2025

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 reviewed the provision of a respite break in 2023-24 and as a result respite has not and will not be reinstated. We continue to develop ways and opportunities to engage with and invest in our membership around the country. We continue to support our members with more emphasis than before on social media, telephone and video contact.

Future Developments

2024-25 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 (resigned 5/11/2024)

Ms S A Spencer Grey

Mr J T Clifford

Mr G Brown

Financial Review

The Statement of Financial Activities shows net income for the year of £2,839 and our reserves stand at £104,023 in total. Of our reserves £103,541 are unrestricted. Our welfare, support and administration costs for the year totalled £107,687, as such our unrestricted reserves are within our target parameters of between six and twelve months of our general running costs.

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

REPORT OF THE TRUSTEES AND DIRECTORS (Continued) FOR THE YEAR ENDED 31 MARCH 2025

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.

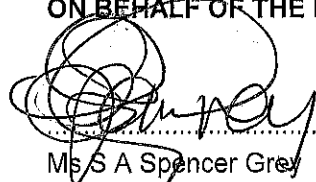
In preparing these accounts, the trustees are required to :

- 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: 28 July 2025

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 2025, 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 : 28 July 2025

**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 2025**

	Notes	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Incoming resources					
Donations, grants and similar	2	92,951	-	92,951	64,595
Memberships		5,155	-	5,155	4,855
Specific grants received		-	-	-	-
Respite and open days contributions		-	-	-	-
Fundraising		12,519	-	12,519	8,886
Interest receivable on deposits		1,261	-	1,261	3,372
Total incoming resources		111,886	-	111,886	81,708
Resources expended					
Costs of generating funds					
Fundraising costs		1,034	-	1,034	1,364
Charitable expenditure					
Respite and open days costs		-	-	-	-
Specific grants awarded		-	-	-	-
Tribunal costs		326	-	326	-
Counselling costs		-	-	-	-
Welfare support and administration	3	107,687	-	107,687	106,371
Total resources expended		109,047	-	109,047	107,735
Net incoming resources		2,839	-	2,839	(26,027)
Net movement in funds		2,839	-	2,839	(26,027)
Fund balances at 1 April 2024		100,702	482	101,184	127,211
Fund balances at 31 March 2025		103,541	482	104,023	101,184

BALANCE SHEET
AS AT 31 MARCH 2025

	Notes	2025	2024
		£	£
Fixed Assets			
Tangible assets	7	1,219	1,434
Current assets			
Debtors	8	2,970	2,004
Cash at bank and in hand		<u>103,360</u>	<u>101,190</u>
		106,330	103,194
Creditors: amounts falling due within one year	9	<u>3,526</u>	<u>3,444</u>
Net current assets		102,804	99,750
Total assets, less current liabilities		<u>104,023</u>	<u>101,184</u>
Income funds			
Restricted funds	10	482	482
Unrestricted funds		103,541	100,702
		<u>104,023</u>	<u>101,184</u>

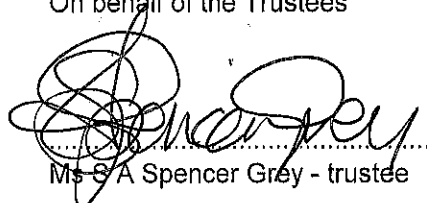
For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

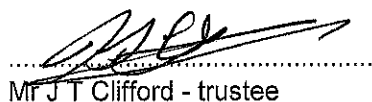
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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: 28 July 2025

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

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

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

	2025 £	2024 £
Running cost grants	89,250	58,800
General donations	3,701	5,795
	<u>92,951</u>	<u>64,595</u>
Running cost grants:		
ABF The Soldiers' Charity	45,000	40,300
Veterans' Foundation	18,500	18,500
Queen Mary's Roehampton Trust	15,000	-
The Grocers Charity	5,000	-
The Inman Charity Trust	3,750	-
Souter Charitable Trust	2,000	-
	<u>89,250</u>	<u>58,800</u>

**THE M.M. NATIONAL GULF VETERANS AND
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**NOTES TO THE ACCOUNTS (Continued)
FOR THE YEAR ENDED 31 MARCH 2025**

3 Welfare support and administration

	2025 £	2024 £
Staff costs : Welfare, support and advocacy	42,845	41,948
Staff costs : Administration	16,168	15,829
Staff costs : Promoting awareness and events	21,827	21,370
Telephone, internet and I.T.	7,916	7,817
Postage, stationery and advertising	1,252	1,353
Repairs and renewals	104	-
Accountancy	2,520	2,520
Legal fees	69	48
Rent, power and service charges	12,351	12,902
Insurance	1,744	1,569
Depreciation of tangible assets	215	253
Event costs and sundry expenses	676	762
	<u>107,687</u>	<u>106,371</u>

4 Net incoming resources

The surplus of income over expenditure is stated after charging:

	2025 £	2024 £
Depreciation of tangible assets - owned by the charity	215	253
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:

	2025 £	2024 £
Wages and salaries	79,842	78,355
Social security costs	998	792
	<u>80,840</u>	<u>79,147</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:

	2025 Number	2024 Number
Management, administration and provision of services	<u>4</u>	<u>4</u>

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

**NOTES TO THE ACCOUNTS (Continued)
FOR THE YEAR ENDED 31 MARCH 2025**

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 2024	29,247	29,247
Additions	-	-
Disposals	-	-
At 31 March 2025	29,247	29,247
Depreciation:		
At 1 April 2024	27,813	27,813
Charge for year	215	215
Disposals	-	-
At 31 March 2025	28,028	28,028
Net book value:		
At 31 March 2025	1,219	1,219
At 31 March 2024	1,434	1,434

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

	2025 £	2024 £
Prepayments and accrued income	2,970	2,004
	2,970	2,004

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

	2025 £	2024 £
PAYE and social security	1,537	1,408
Trade creditors and accrued expenses	1,989	2,036
	3,526	3,444

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

**NOTES TO THE ACCOUNTS (Continued)
FOR THE YEAR ENDED 31 MARCH 2025**

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 2024 £	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
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.