

VETERANS AT EASE

England & Wales · Charity number 1140832

Details

Other names	VETERANS @ EASE AND V@E
Status	Registered
Legal form	Other
Company number	07527322
Registered	2011-03-18
Register	View on the Charity Commission register

Contact

Address	11 Jackson Street Gateshead Tyne and Wear NE8 1EE
Phone	01912499944
Email	info@veteransatease.org
Website	www.veteransatease.org

Activities

Objects: TO RELIEVE THE MENTAL AND PHYSICAL SICKNESS OF MILITARY AND CIVIL EMERGENCY VETERANS AND THEIR FAMILIES THROUGH THE PROVISION OF SUPPORT, COUNSELLING AND OTHER ACTIVITIES; THROUGHOUT THE UNITED KINGDOM.

Activities: We help service personnel, veterans and their families deal with the psychological effects of combat.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£168,698	£166,641	-	-
2024-04-01	£128,679	£145,079	-	-
2023-04-01	£192,547	£199,444	-	-
2022-04-01	£122,498	£178,038	-	-
2021-04-01	£159,335	£93,320	-	-

Trustees

Name	Role	Appointed
PAUL ANDREW ATKINSON	Chair	2012-10-30
Christina Murrell		2017-07-28
Commander Linda Elizabeth Cairney		2024-06-27
JOHN HEAPS		2012-10-30
Saul Gowens		2019-06-14

VETERANS AT EASE

England & Wales - Charity number 1140832

Accounts

**VETERANS AT EASE LTD
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Valued

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Veterans at Ease Ltd
Reference and Administrative Details
For The Year Ended 31 March 2025

Trustees	Mr Saul Gowens
	Mr Paul Atkinson
	Mr John Heaps
	Mrs Christina Murrell
	Ms Linda Cairney
Company Secretary	Mr John Heaps
Charity Number	1140832
Company Number	07527322
Independent Examiner	Valued ACCA
	Valued
	Office 12
	Durham Workspace
	Pity Me
	County Durham
	DH1 5JZ

Veterans at Ease Ltd
Company No. 07527322
Trustees' Report For The Year Ended 31 March 2025

The trustees present their report and the financial statements for the year ended 31 March 2025.

Objectives and Activities

Aims and Objectives

Veterans at Ease (Charity number 1140832), a company limited by guarantee (company number 07527322) incorporated on 11 February 2011, is dedicated to:

- Relieving the mental and physical suffering of military and civil emergency veterans and their families.
- Providing essential support, counselling, and therapeutic activities throughout the United Kingdom.

Significant Activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Activities undertaken during the year are projects or services that help the charity deliver its objectives.

During any one year the charity administers the following tasks:

- Manage and promote public awareness and assist fundraising activities.
- Manage the charity's finance.
- Ensure compliance in all legislative matters.
- Review and update policies and procedures, in particular regarding best practice for the use of Neurolinguistic Programming in a therapy setting.
- Deal with all suppliers of services and goods, utilities and stock control.
- Maintain the charity's equipment.
- Administer training courses, travel, pay and expenses

Public Benefit

In compliance with S.4 of the Charities Act 2011, the trustees have rigorously considered the guidance on public benefit issued by the Charity Commission. We confirm that in reviewing our aims and objectives and planning all future activities, the trustees have ensured that the charity's activities contribute directly to the achievement of our charitable aims, for the public good.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Administrative Activity

The trustees have paid due regard to guidance issued by the Charity Commission in planning and executing the charity's activities. The essential tasks undertaken during the year to ensure the efficient delivery of our objectives include:

- Management and promotion of public awareness and fundraising initiatives.
- Oversight of the charity's finance and financial controls.
- Ensuring full compliance with all legislative and regulatory matters.
- Reviewing and updating key policies and procedures, with a focus on best practice for the use of Neuro-linguistic Programming (NLP) in a therapeutic setting.
- Managing supplier relationships, utilities, and stock control.
- Maintaining all charity equipment.
- Administering staff training, travel, pay, and expenses.

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Veterans at Ease Ltd Trustees' Report (continued) For The Year Ended 31 March 2025

Administrative Activity - continued

Achievements and Performance

Main Achievements

The financial year 2024/25 has been another period of significant progress for Veterans at Ease and its social enterprise. Our key priorities were centred on strengthening our clinical capacity, expanding our national reach, and consolidating internal processes to ensure the continued delivery of the excellent therapy we have provided for the past 15 years.

Key Achievements During 2024/25

- **Clinical Expansion:** We successfully updated and overhauled our CRM system to support clinical expansion and the effective management of new therapists across the country. Three new therapists joined our team, increasing our capacity to help more beneficiaries.
- **National Recognition:** We formally registered with the OSCR (Office of the Scottish Charity Regulator), reinforcing our commitment to national reach.
- **Ambassadorial Support:** We were delighted that Angus Ashworth, the Yorkshire Auctioneer, agreed to join us as an ambassador, helping to raise our profile.
- **Total Warrior Success:** We had another incredibly successful year at the Total Warrior event. Our sincere thanks go to the team at Total Warrior, all our dedicated runners, and especially Sage Group, whose continued support resulted in over 100 runners taking part on our behalf.
- **Media and Partnerships:** Our trans-Atlantic rowing team, "Team Emotive," was featured in the Kings College London publication, "Real Stories 2024, Through their Lens, Our Armed Forces Community," a testament to the dedication of our community.
- **New Strategic Partnerships:** We reinforced vital working relationships, including our partnership with AF&V Launchpad's Avondale House, providing mental health support to their residents through the Op Fortitude grant. We also began engaging with Network Rail's Armed Forces Champions to explore future collaboration.
- **Corporate Support and Social Enterprise:** Our social enterprise continued to be a perfect vehicle for corporate volunteering teams. Companies such as Equans, Amazon, Johnson Workwear, and Go North East provided invaluable volunteer days, significantly boosted shop productivity and increased profits that directly support our charitable services. Sage Group also remained a Premier North East partner, providing ongoing support through Total Warrior and dedicated charity take-over days at our shops.
- **Operational Strengthening:** Following the fast growth of recent years, we spent 2024/25 consolidating operations. We focused on strengthening head office support, tightening processes and procedures, and introducing more streamlined systems to better support both our shop staff and corporate partners. Small refurbishments were also carried out to improve our charity's image.

Fundraising activity

Most of our unrestricted income came from tin collections, street collections, members of the public donating money from fundraising events they had held on our behalf and talks and presentations our staff and trustees carry out across the year. We also received £9,714 from Total Warrior, our largest single fundraising event each year.

As always, we are very grateful to the social enterprise that provides around £30,000 per annum in in-kind donations by way of free rent, utilities, and other back-office costs, as well as providing unrestricted income from its profits.

Financial Review

Financial Position

We are pleased to report a significant increase in income during the reporting period 2024/25, with total income rising to £168,698, compared to £128,860 in the previous year (2023/24).

This positive trend was driven by strong growth in grant funding. We secured £80,201 in restricted grants, a significant rise, alongside £88,497 in unrestricted funding. We are deeply grateful for the ongoing support from trusts and foundations including Op Fortitude, Veterans Foundation, Barbour Foundation, Big Lottery, Albert Hunt Trust, Catherine Cookson Charitable Trust, and the Joicey Trust, as well as the rising support from the general public.

Veterans at Ease Ltd

Trustees' Report (continued)

For The Year Ended 31 March 2025

Reserves Policy

Our current year-end reserves stand at £57,479 compared to £56,373 in 2023/24. This figure comprises £22,819 in restricted funds and £34,660 in unrestricted funds.

The trustees note that our current unrestricted reserves represent only 3 months' running costs, which remains lower than the level required to ensure long-term stability and security for our employees and service. Increasing our unrestricted reserves remains a paramount focus.

While we continue to depend on grant funding to provide our full service, we are actively working to significantly increase our corporate support and fundraising initiatives with the general public. This will be critical as we move into a period of therapist expansion, which involves securing funding to cover the costs associated with maintaining the highest qualified psychotherapists.

Endowment Fund

The endowment fund, kindly gifted to the charity in 2015 and administered by CDCF (now Point North), has continued to grow through the reinvestment of interest/yield, monthly transfers from the charity, and personal contributions from the Chief Executive. As of 31 March 2025, the value of the fund was £27,649.

Fundraising Activity

Most of our unrestricted income was generated through tin collections, street collections, public fundraising events held on our behalf, and talks/presentations by staff and trustees.

- Our partnership with Sage Group and the Total Warrior event remains our largest single fundraising event, contributing £9,715
- Our social enterprise provides essential support, offering approximately £30,000 per annum in in-kind donations (free rent, utilities, and back-office costs) and contributed £3,450 from its profits this year as unrestricted income.

Future Plans

Our aim is to continue expanding our services to ensure we are physically located in the heart of the community we serve. This is still very much our priority. However, we will also concentrate on recruiting therapists from across the UK, irrespective of whether or not there are shops in that area and a therapy centre, as these therapists can work online, supporting the wider network of beneficiaries we are engaging with.

We need to build reserves so we can provide job security to our employees and continue to support even more reservists, veterans and family members find peace of mind.

The organisation is looking forward to a positive future.

Our key activities for 2024/25 will be:

- Continuing to provide our therapy services to include NHS staff and other front-line staff
- Strengthening the number and use of our volunteers
- Continuing the training of therapists to allow us to help more beneficiaries
- Continuing to forge partnerships with companies who offer skilled volunteering as part of their Corporate Social Responsibility
- Expanding our number of retail shops and drop-in centres, which includes Middlesbrough, Yorkshire and Gloucestershire, or any where else where there is a need, if we can secure the funding
- Expanding our therapy services where required, so we can continue to provide our service at the heart of the community that needs us
- Growing our Board of Trustees
- Continuing to comply with statutory, government, trust, foundation and other stakeholder bodies to maximise the excellent clinical reputation we have built up over the past 14 years
- Increasing our appeal to corporates for sponsorship and other resources
- Strengthening our marketing message and maximising the information contained in our CRM system

Veterans at Ease Ltd

Trustees' Report (continued)

For The Year Ended 31 March 2025

Structure, Governance and Management

Governing Document

Veterans at Ease is a registered charity and a Company Limited by Guarantee. The members/directors of the company are the charity's Trustees.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year April 2024 to March 2025 were:

- Mr P A Atkinson - Chairman
- Mr J Heaps - Secretary
- Mrs C Murrell - Treasurer
- Mr S B Gowens - Trustee
- Mrs L Cairney - Trustee

Trustee Selection Methods

New trustees are appointed by the presiding Board, with a view to achieving a beneficial mix of professional skills. Each new trustee undergoes an induction programme covering the charity's objectives, financial standing, and aims.

Our Mission and Core Values

The public support for our service is founded on the desire to ensure veterans and their families affected by Post-Traumatic Stress Disorder and other combat-related mental health issues receive the best possible treatment in the timeliest period. Our mission and core values remain unchanged:

Mission: "To offer an effective service to quickly reduce the mental suffering of veterans and their families living with trauma."

Core Value: "To make the care and safety of our beneficiaries our first concern."

In determining the long-term strategy, the Trustees consistently evaluate decisions against two key questions:

1. Do the decisions we make protect the charity and its beneficiaries?
2. Do the decisions we make add value to the charity and improve the service for our beneficiaries?

Our strategy is consistently pursued to control costs and increase income while continually improving services. The Trustees are pleased to confirm that the charity continues to deliver its stated mission, and both the short- and long-term strategic aims are being met, with the growth in the number of beneficiaries currently exceeding expected targets.

Risk Management

As part of their responsibilities, the Trustees ensure that the major risks to which the charity is exposed are regularly reviewed and that robust systems are established to mitigate those risks. Procedures covering strategic, clinical, financial, compliance, reputation, and data protection risks are in place, monitored, and reviewed annually by both the Chief Executive and the Board of Trustees. We maintain comprehensive risk assessments, a risk matrix, and workplace safety procedures.

Results and Impact

The fundamental aim of Veterans at Ease is to reduce the mental suffering of beneficiaries resulting from their time whilst serving in Her Majesty's Armed Forces.

We are pleased to report that we supported a total of 40 beneficiaries across the year with $\frac{2}{3}$ from the North East and the remaining $\frac{1}{3}$ from across the UK, reflecting our growing position as a national charity.

During this period, we have seen more beneficiaries engage with our services and move on to lead more peaceful and productive lives.

- Clinical Effectiveness: Our success rate remains strong at 80-85%, derived from the analysis of beneficiary questionnaires completed during their therapy (C.O.R.E.).
- Total Reach: We have now helped almost 500 beneficiaries since inception.
- Critical Need: Of those helped overall, around 40% presented with thoughts of suicide, underscoring the vital, life-saving nature of our mission.

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Veterans at Ease Ltd
Trustees' Report (continued)
For The Year Ended 31 March 2025

Our Mission and Core Values - continued

Our administrative endeavours have ensured the charity remains legally compliant in all aspects. All systems, policies, and procedures have been reviewed and improved. We have carefully monitored providers of services, goods, and equipment to ensure best value and cost-effectiveness. The charity's financial controls ensure continued sound financial governance with scope for further growth, and our clinical staff continue to adhere to their professional registration requirements.

Future Plans: Strengthening, Growing, Training

Our goal remains the continued expansion of our services to ensure we are physically located in the heart of the community we serve. Concurrently, we will concentrate on recruiting therapists across the wider UK, who can work online to support the increasing network of beneficiaries, irrespective of local shop presence.

Our focus is clear: we need to build reserves to provide job security to our dedicated employees and continue to support even more reservists, veterans, and family members in finding peace of mind. The organisation is looking forward to a positive future grounded in strategic expansion.

Our key activities for 2025/26 will include:

- Service Expansion: Continuing to provide our core therapy services, now extended to include NHS and other front-line staff.
- Capacity Building: Strengthening the number and effective use of our volunteers.
- Clinical Excellence: Continuing the rigorous training of therapists to enable us to help a greater number of beneficiaries.
- Corporate Partnerships: Continuing to forge new partnerships with companies offering skilled volunteering as part of their Corporate Social Responsibility (CSR).
- Physical Reach: Expanding our number of retail shops and drop-in centres in areas of identified need, which includes Middlesbrough, Yorkshire, and Scotland, dependent on securing the necessary funding.
- Strategic Growth: Expanding our therapy services where required to continue providing our service at the heart of the community that needs us.
- Governance: Growing our Board of Trustees to further enhance our strategic oversight.
- Compliance and Reputation: Continuing to comply with all statutory, government, trust, foundation, and stakeholder requirements to maximise the excellent clinical reputation built over the past 15 years.
- Income Diversification: Increasing our appeal to corporate entities for sponsorship and other resources.
- Marketing and Data: Strengthening our marketing message and maximising the vital information contained within our CRM system.

**Veterans at Ease Ltd
Trustees' Report (continued)
For The Year Ended 31 March 2025**

Other Information

Thanks and Appreciation

We could not have achieved the results of the past year without the unwavering support of our stakeholders:

- **Trusts and Foundations:** Our sincere thanks go to the numerous trusts and foundations who have demonstrated continued belief in our work, enabling us to sustain and expand our services.
- **Corporate Friends:** We are grateful for the support from our key corporate partners, including Sage Group, Fortune 100, Go North East, and Valued Accountancy. Their partnership is invaluable, and we thank their management teams and employees for their efforts.
- **Volunteers and Public:** Finally, we extend our deepest thanks to the scores of volunteers who support our operations and help us deliver our life-saving services, and to the individual members of the general public who contribute monthly, annually, and at our fundraising events.

Small Company Rules

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

The trustees' report was approved by the board of trustees and signed on its behalf by:



Mrs Christina Murrell

Trustee
27/11/2025

Veterans at Ease Ltd
Independent Examiner's Report to the Trustees of Veterans at Ease Ltd
For The Year Ended 31 March 2025

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and Basis of Report

As the charity trustees of the Company (and also its directors for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Valued

Valued ACCA

27/11/2025

Valued

Office 12

Durham Workspace

Pity Me

County Durham

DH1 5JZ

Veterans at Ease Ltd
Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	57,414	80,201	137,615	114,667
Other trading activities	4	31,004	-	31,004	14,105
Investments	5	79	-	79	88
		<u>88,497</u>	<u>80,201</u>	<u>168,698</u>	<u>128,860</u>
EXPENDITURE ON:					
Charitable activities:	7				
Fundraising		(6,406)	-	(6,406)	(10,300)
Charitable activities		(97,771)	(62,464)	(160,235)	(134,779)
		<u>(104,177)</u>	<u>(62,464)</u>	<u>(166,641)</u>	<u>(145,079)</u>
NET INCOME/(EXPENDITURE)		<u>(15,680)</u>	<u>17,737</u>	<u>2,057</u>	<u>(16,219)</u>
Other losses		-	(951)	(951)	(181)
NET MOVEMENT IN FUNDS		<u>(15,680)</u>	<u>16,786</u>	<u>1,106</u>	<u>(16,400)</u>
RECONCILIATION OF FUNDS:					
Total funds brought forward		51,472	4,901	56,373	72,773
TOTAL FUNDS CARRIED FORWARD	16	<u>35,792</u>	<u>21,687</u>	<u>57,479</u>	<u>56,373</u>

The notes on pages 12 to 18 form part of these financial statements.

Veterans at Ease Ltd
Comparative Statement of Financial Activities (including Income and Expenditure
Account)
For The Year Ended 31 March 2025

				2024
	Notes	Unrestricted funds	Restricted funds	Total funds
		£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	44,203	70,464	114,667
Other trading activities	4	14,105	-	14,105
Investments	5	88	-	88
		<u>58,396</u>	<u>70,464</u>	<u>128,860</u>
EXPENDITURE ON:				
Charitable activities:	7			
Fundraising		(10,300)	-	(10,300)
Charitable activities		(45,697)	(89,082)	(134,779)
		<u>(55,997)</u>	<u>(89,082)</u>	<u>(145,079)</u>
NET EXPENDITURE		2,399	(18,618)	(16,219)
Other losses		-	(181)	(181)
NET MOVEMENT IN FUNDS		<u>2,399</u>	<u>(18,799)</u>	<u>(16,400)</u>
RECONCILIATION OF FUNDS:				
Total funds brought forward		49,073	23,700	72,773
TOTAL FUNDS CARRIED FORWARD	16	<u>51,472</u>	<u>4,901</u>	<u>56,373</u>

The notes on pages 12 to 18 form part of these financial statements.

Veterans at Ease Ltd
Balance Sheet
As At 31 March 2025

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	11	3,007	-	3,007	27,835
Investments	12	-	27,649	27,649	26,414
		3,007	27,649	30,656	54,249
CURRENT ASSETS					
Debtors	13	7,500	-	7,500	-
Cash at bank and in hand		35,111	-	35,111	9,211
		42,611	-	42,611	9,211
Creditors: Amounts Falling Due Within One Year	14	(15,788)	-	(15,788)	(7,087)
NET CURRENT ASSETS (LIABILITIES)		26,823	-	26,823	2,124
TOTAL ASSETS LESS CURRENT LIABILITIES		29,830	27,649	57,479	56,373
NET ASSETS		29,830	27,649	57,479	56,373
FUNDS OF THE CHARITY					
Restricted Funds				21,687	4,901
Unrestricted Funds				35,792	51,472
TOTAL FUNDS	16			57,479	56,373

For the year ending 31 March 2025 the charitable 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 charitable company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

On behalf of the board



Mr Paul Atkinson

Trustee
27/11/2025

The notes on pages 12 to 18 form part of these financial statements.

Veterans at Ease Ltd

Notes to the Financial Statements

For The Year Ended 31 March 2025

1. General Information

Veterans at Ease Ltd is a company limited by guarantee, incorporated in England & Wales, registered number 07527322 and registered charity number 1140832. The registered office is .

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) "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)", Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

The charitable company is a Public Benefit Entity as defined by FRS 102.

2.2. Going Concern Disclosure

The trustees have not identified any material uncertainties related to events or conditions that may cast significant doubt about the charitable company's ability to continue as a going concern.

2.3. Incoming Resources

Donations and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

Grants are deferred where there are pre-conditions outside of the charity's control. Once these conditions have been met the grant will be recognised in the Statement of Financial Activities.

Grants are accounted for as soon as the charity is notified of its legal entitlement, the amount due is quantifiable and its ultimate receipt by the charity is probable.

Income tax recoverable on Gift Aid donations is recognised when the income is received.

2.4. Resources Expended

Charitable expenditure comprises 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.

Expenditure is recognised on an accruals basis as a liability is incurred.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

All costs are allocated between the expenditure categories of the SOFA on the basis designed to reflect the use of the resource. Costs are analysed in the notes to the accounts as requested by the trustees. This is a departure from the SORP which requires support costs to be allocated between the different activities engaged. The analysis in these accounts is thought to provide a more meaningful analysis to the readers of the accounts.

2.5. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Motor Vehicles	25% Reducing balance
Fixtures & Fittings	25% Reducing balance

2.6. Investments

Veterans at Ease Endowment Fund loss £951 (2024 loss £181)

The value of the in Endowment is £27,649 (2024 £26,414)

2.7. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

Veterans at Ease Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

2.8. Taxation

The charity is exempt from tax as all its income is charitable and applied for charitable purposes.

3. Income from Donations and Legacies

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Donations and gifts	38,102	80,201	118,303
Gift aid	19,312	-	19,312
	<u>57,414</u>	<u>80,201</u>	<u>137,615</u>

	Unrestricted funds	Restricted funds	2024 Total funds
	£	£	£
Donations and gifts	44,103	70,464	114,567
Gift aid	100	-	100
	<u>44,203</u>	<u>70,464</u>	<u>114,667</u>

4. Income from Other Trading Activities

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Income from other trading activities	<u>31,004</u>	<u>14,105</u>

5. Investment Income

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Bank interest receivable	<u>79</u>	<u>88</u>

6. Net Income/(Expenditure)

The net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets - owned	6,959	9,279
Gain/Loss on disposal of tangible fixed assets	<u>17,869</u>	<u>-</u>

Veterans at Ease Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

7. Analysis of Expenditure

	2025		
	Activities undertaken directly	Support costs (see note 8)	Total
	£	£	£
Fundraising	6,406	-	6,406
Charitable activities	-	160,235	160,235
	<u>6,406</u>	<u>160,235</u>	<u>166,641</u>
	2024		
	Activities undertaken directly	Support costs (see note 8)	Total
	£	£	£
Fundraising	10,300	-	10,300
Charitable activities	-	134,779	134,779
	<u>10,300</u>	<u>134,779</u>	<u>145,079</u>

8. Support Costs

	2025
	Charitable activities
	£
Employee costs	120,786
General administration	14,621
Depreciation	24,828
	<u>160,235</u>
	2024
	Charitable activities
	£
Employee costs	110,901
General administration	14,599
Depreciation	9,279
	<u>134,779</u>

Veterans at Ease Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

9. Staff Costs

Staff costs were as follows:

	2025	2024
	£	£
Wages and salaries	95,889	83,969
Social security costs	8,761	7,128
Other pension costs	1,978	1,908
	<u>106,628</u>	<u>93,005</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

10. Average Number of Employees

Average number of employees during the year was: 4 (2024: 3)

11. Tangible Assets

	Fixtures & Fittings
	£
Cost	
As at 1 April 2024	78,152
Disposals	(56,475)
As at 31 March 2025	<u>21,677</u>
Depreciation	
As at 1 April 2024	50,317
Provided during the period	6,959
Disposals	(38,606)
As at 31 March 2025	<u>18,670</u>
Net Book Value	
As at 31 March 2025	<u>3,007</u>
As at 1 April 2024	<u>27,835</u>

12. Investments

	Unlisted
	£
Cost or Valuation	
As at 1 April 2024	26,414
Additions	1,235
As at 31 March 2025	<u>27,649</u>
Provision	
As at 1 April 2024	-
As at 31 March 2025	-
Net Book Value	
As at 31 March 2025	<u>27,649</u>
As at 1 April 2024	<u>26,414</u>

The endowment investment has been reclassified as a restricted asset as the funds are not freely available.

Veterans at Ease Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

13. Debtors

	2025	2024
	£	£
Due within one year		
Other debtors	7,500	-

14. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Other creditors	13,600	5,304
Taxation and social security	2,188	1,783
	<u>15,788</u>	<u>7,087</u>

15. Pension Commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £1,978 (2024: £1,908).

At the balance sheet date contributions of £NIL were due to the fund and are included in creditors.

16. Movement in Funds

	As at 1 April 2024	Income	Expenditure	Gains and losses	As at 31 March 2025
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	44,577	75,653	(98,464)	-	21,766
Designated:					
Armed forces day	2,509	-	-	-	2,509
Fort Ltd T/a FO Pulltap	3,098	3,130	-	-	6,228
Total Warrior	788	9,714	(5,713)	-	4,789
Small Events	500	-	-	-	500
	<u>6,895</u>	<u>12,844</u>	<u>(5,713)</u>	<u>-</u>	<u>14,026</u>
Total unrestricted funds	<u>51,472</u>	<u>88,497</u>	<u>(104,177)</u>	<u>-</u>	<u>35,792</u>
Restricted funds					
ABF The Soldiers' Charity	1,900	-	(1,900)	-	-
Barbour Foundation	-	20,000	(15,010)	-	4,990
Durham Freemasons	-	4,500	(4,500)	-	-
Big Lottery Awards For All	-	20,000	(17,901)	-	2,099
Gateshead NHS Trust	582	-	(582)	-	-
Go North East	-	1,201	(1,201)	-	-
Catherine Cookson Trust	500	2,500	(320)	-	2,680
Veterans Foundation	2,100	25,000	(14,050)	-	13,050
Albert Hunt Trust	-	5,000	(5,000)	-	-

...CONTINUED

Veterans at Ease Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

Joicey Trust	-	2,000	(2,000)	-	-
Endowment	(181)	-	-	(951)	(1,132)
Total restricted funds	4,901	80,201	(62,464)	(951)	21,687
Total funds	56,373	168,698	(166,641)	(951)	57,479
	As at 1 April 2023	Income	Expenditure	Gains and losses	As at 31 March 2024
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	49,073	44,291	(48,787)	-	44,577
Designated:					
Armed forces day	-	2,509	-	-	2,509
Fort Ltd T/a FO Pulltap	-	3,098	-	-	3,098
Total Warrior	-	7,998	(7,210)	-	788
Small Events	-	500	-	-	500
	-	14,105	(7,210)	-	6,895
Total unrestricted funds	49,073	58,396	(55,997)	-	51,472
Restricted funds					
ABF The Soldiers' Charity	5,400	-	(3,500)	-	1,900
Barbour Foundation	1,250	-	(1,250)	-	-
Edward Gostling Foundation	1,250	-	(1,250)	-	-
Durham Freemasons	1,500	-	(1,500)	-	-
CDCF Rackley Battour Family Fund	1,550	-	(1,550)	-	-
Big Lottery Awards For All	8,250	-	(8,250)	-	-
Grocers' Charity	4,500	-	(4,500)	-	-
Atlantic Row	-	42,431	(42,431)	-	-
Gateshead NHS Trust	-	9,600	(9,018)	-	582
Go North East	-	2,933	(2,933)	-	-
Catherine Cookson Trust	-	500	-	-	500
Veterans Foundation	-	15,000	(12,900)	-	2,100
Endowment	-	-	-	(181)	(181)
Total restricted funds	23,700	70,464	(89,082)	(181)	4,901
Total funds	72,773	128,860	(145,079)	(181)	56,373

17. Transactions with Trustees

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

Veterans at Ease Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

No trustee expenses have been incurred.

18. Related Party Disclosures

During the year £3,450 was received as a donation from Veterans at Ease Enterprise Ltd.

During the year £10,000 was given as a loan to Veterans at Ease Enterprise Ltd, as at the year end £2,500 has been repaid leaving a balance of £7,500.

19. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

Veterans at Ease Ltd
Detailed Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

	2025	2024
	Total funds	Total funds
	£	£
INCOME AND ENDOWMENTS FROM:		
Donations and legacies		
Donations and gifts	114,029	90,503
Donations from organisations	3,450	13,000
Committed (regular) giving	824	11,064
Gift aid	19,312	100
	<u>137,615</u>	<u>114,667</u>
Other trading activities		
Income from other trading activities	31,004	14,105
	<u>31,004</u>	<u>14,105</u>
Investments		
Bank interest receivable	79	88
	<u>79</u>	<u>88</u>
	<u>168,698</u>	<u>128,860</u>
EXPENDITURE ON:		
Charitable Activities:		
Fundraising		
Staging fundraising events	(6,406)	(10,300)
	<u>(6,406)</u>	<u>(10,300)</u>
Charitable activities		
Wages and salaries	(95,889)	(83,969)
Employers NI	(8,761)	(7,128)
Employers pensions - defined contributions scheme	(1,978)	(1,908)
Recruitment costs	-	(1,197)
Sessional therapy workers	(960)	(6,890)
Staff training	(5,681)	(4,516)
Safeguarding	(1,550)	(2,450)
Travel expenses	(5,967)	(2,843)
Computer software, consumables and maintenance	(967)	(688)
Repairs, renewals and maintenance	(2,893)	(2,346)
Insurance	(1,334)	(1,246)
Printing, postage and stationery	(2,012)	(1,450)
Website costs	(2,200)	(2,737)
Accountancy fees	(116)	(60)
Subscriptions	(4,159)	(5,818)
Sundry expenses	(940)	(254)
Depreciation	(6,959)	(9,279)
Loss on disposal of tangible fixed assets	(17,869)	-
	<u>(160,235)</u>	<u>(134,779)</u>
	<u>(166,641)</u>	<u>(145,079)</u>
NET INCOME/(EXPENDITURE)	<u>2,057</u>	<u>(16,219)</u>

Veterans at Ease Ltd
Detailed Statement of Financial Activities (including Income and Expenditure Account)
(continued)
For The Year Ended 31 March 2025

HM Revenue & Customs

Corporation Tax Return for the accounting period ended 31 March 2025.

This is a copy of the information that will be transmitted to HM Revenue & Customs once authorised by you. The copy includes all completed supplementary pages and attachments. Before transmitting the return (or amendment) information to HM Revenue & Customs using the Corporation Tax online filing system, would you please check that the information is correct to the best of your knowledge and belief. If you give false information or conceal any income or chargeable gains you may be liable to financial penalties.

The HM Revenue & Customs IRmark number assigned to the Corporation Tax Return information is:

P63JA2AABYJCJ3YKSW4Q55MDP2CMZH4D2

This number appears on each page of this copy, which is consecutively numbered from 1 to 16

The following details comprise the information to be sent electronically.

Name

Veterans at Ease Ltd

UTR

1240319109

Where the Corporation Tax Return (or amended Return) contains a claim for repayment, your signature confirms that you have authorised HM Revenue & Customs to make any repayment arising from this return to the nominee as detailed on the form.

Signature



Date

____/____/____

Company Tax Return

CT600 (2025) Version 3

for accounting periods starting on or after 1 April 2015

**HM Revenue
& Customs**

Your Company Tax Return

If we send the company a 'Notice' to deliver a Company Tax Return it has to comply by the filing date or we charge a penalty, even if there is no tax to pay.

A return includes a Company Tax Return form, any supplementary pages, accounts, computations and any relevant information. The CT600 Guide tells you how the return must be formatted and delivered. It contains general information you may need to deliver your return, links to more detailed advice and box-by-box guidance for this form and the supplementary pages.

The forms in the CT600 series set out the information we need and provide a standard format for calculations.

Company information

1	Company name	Veterans at Ease Ltd
2	Company registration number	0 7 5 2 7 3 2 2
3	Tax reference	1 2 4 0 3 1 9 1 0 9
4	Type of company	8

Northern Ireland (NI)

Put an 'X' in the appropriate boxes below	
5 NI trading activity	☐
6 SME	☐
7 NI employer	☐
8 Special circumstances	☐

About this return

This is the tax return for the company named above, for the period below	
30 from DD MM YYYY	35 to DD MM YYYY
0 1 0 4 2 0 2 4	3 1 0 3 2 0 2 5
Put an 'X' in the appropriate boxes below	
40 A repayment is due for this return period	☐
45 Claim or relief affecting an earlier period	☐
50 Making more than one return for this company now	☐
55 This return contains estimated figures	☐
60 Company part of a group that is not small	☐
65 Notice of disclosable avoidance schemes	☐
Transfer pricing	
70 Compensating adjustment claimed	☐
75 Company qualifies for SME exemption	☐

Income – continued

175	Annual payments not otherwise charged to Corporation Tax and from which Income Tax has not been deducted	£												•		
180	Non-exempt dividends or distributions from non-UK resident companies	£												•		
185	Income from which Income Tax has been deducted	£												•		
190	Income from a property business	£												•		
195	Non-trading gains on intangible fixed assets	£												•		
200	Tonnage tax profits	£												•		
205	Income not falling under any other heading	£												•		

Chargeable gains

210	Gross chargeable gains	£												•		
215	Allowable losses including losses brought forward	£												•		
220	Net chargeable gains – box 210 minus box 215	£												•		

Profits before deductions and reliefs

225	Losses brought forward against certain investment income	£												•		
230	Non-trade deficits on loan relationships (including interest) and derivative contracts (financial instruments) brought forward set against non-trading profits	£												•		
235	Profits before other deductions and reliefs – net sum of boxes 165 to 205 and 220 minus sum of boxes 225 and 230	£												•		

Deductions and reliefs

240	Losses on unquoted shares	£												•		
245	Management expenses	£												•		
250	UK property business losses for this or previous accounting period	£												•		
255	Capital allowances for the purposes of management of the business	£												•		
260	Non-trade deficits for this accounting period from loan relationships and derivative contracts (financial instruments)	£												•		

Deductions and Reliefs - continued

263	Carried forward non-trade deficits from loan relationships and derivative contracts (financial instruments)	£													•	0	0
265	Non-trading losses on intangible fixed assets	£													•	0	0
275	Total trading losses of this or a later accounting period	£													•	0	0
280	Put an 'X' in box 280 if amounts carried back from later accounting periods are included in box 275		☐														
285	Trading losses carried forward and claimed against total profits	£													•	0	0
290	Non-trade capital allowances	£													•	0	0
295	Total of deductions and reliefs – total of boxes 240 to 275, 285 and 290	£													•	0	0
300	Profits before qualifying donations and group relief – box 235 minus box 295	£													•	0	0
305	Qualifying donations	£													•	0	0
310	Group relief	£													•	0	0
312	Group relief for carried forward losses	£													•	0	0
315	Profits chargeable to Corporation Tax – box 300 minus boxes 305, 310 and 312	£													•	0	0
320	Ring fence profits included	£													•	0	0
325	Northern Ireland profits included	£													•	0	0

Tax calculation

326	Number of associated companies in this period	
327	Number of associated companies in the first financial year	
328	Number of associated companies in the second financial year	
329	Put an 'X' in box 329 if the company is chargeable at the small profit rate or is entitled to marginal relief	☐

Enter how much profit has to be charged and at what rate

	Financial year (yyyy)		Amount of profit		Rate of tax %		Tax
330	2 0 2 4	335	£ 0	340	25	345	£ 0 p
		350	£	355		360	£ p
		365	£	370		375	£ p
380		385	£	390		395	£ p
		400	£	405		410	£ p
		415	£	420		425	£ p

Reliefs and deductions in terms of tax

Coronavirus support schemes and overpayments (see CT600 Guide for definitions)

Energy levies

Calculation of tax outstanding or overpaid

Calculation of tax outstanding or overpaid - continued

500	CFC tax, bank levy, bank surcharge and RPDT payable – total of boxes 490, 495, 496 and 497	£ .
501	EOGPL payable	£ .
502	EGL payable	£ .
505	Supplementary charge (ring fence trades) payable	£ .
510	Tax chargeable – total of boxes 475, 480, 500, 501, 502 and 505	£ . 0
515	Income Tax deducted from gross income included in profits	£ .
520	Income Tax repayable to the company	£ .
525	Self-assessment of tax payable before restitution tax and coronavirus support scheme overpayments – box 510 minus box 515	£ .
526	Coronavirus support schemes overpayment now due – total of boxes 471 and 474 minus boxes 472 and 473	£ .
527	Restitution tax	£ .
528	Self-assessment of tax payable – total of boxes 525, 526 and 527	£ .

Tax reconciliation

530	Research and Development credit	£													.		
535	(Not currently used)	£													.		
540	Creatives tax credit	£													.		
541	Audio-Visual expenditure credit (AVEC) and Video Games expenditure credit (VGEC)	£													.		
545	Total of Research and Development credit, creatives tax credit and AVEC/VGEC – total box 530 to 541	£													.		
550	Land remediation tax credit	£													.		
555	Life assurance company tax credit	£													.		
560	Total land remediation and life assurance company tax credit – total box 550 and 555	£													.		
565	Capital allowances first-year tax credit	£													.		
570	Surplus Research and Development credits and creatives tax credit payable – box 545 minus box 525	£													.		

Allowances and charges in the calculation of trading profits and losses - continued

	Capital allowances	Disposal value
Electric vehicle charge-points	713 £	714 £
Enterprise zones	721 £	722 £
Zero-emission goods vehicles	723 £	724 £
Zero-emission cars	726 £	727 £

Allowances and charges not included in the calculation of trading profits and losses

	Capital allowances	Balancing charges
Annual investment allowance	735 £	
Structures and buildings	736 £	
Full expensing	733 £	734 £
Business premises renovation	740 £	745 £
Machinery and plant – super-deduction	741 £	742 £
Machinery and plant – special rate allowance	743 £	744 £
Other allowances and charges	750 £	755 £
	Capital allowances	Disposal value
Electric vehicle charge-points	737 £	738 £
Enterprise zones	746 £	747 £
Zero-emission goods vehicles	748 £	749 £
Zero-emission cars	751 £	752 £

Overpayments and repayments

Repayments for the period covered by this return

Surrender of tax refund within group

Doc ID: 1a8f6c4f16d9975d3835eed96127a2fadafb992e

Bank details (for a person to whom a repayment is to be made)

920	Name of bank or building society	
925	Branch sort code	
930	Account number	
935	Name of account	
940	Building society reference	

Payments to a person other than the company

943	Put an 'X' in box 943 if there is a R&D payable credit and one of the conditions listed in the CT600 Guide is applicable	☐
945	Complete the authority below if you want the repayment to be made to a person other than the company I, as (enter status - for example, company secretary, treasurer, liquidator or authorised agent)	
950	of (enter company name)	
955	authorise (enter name)	
960	of address (enter address)	
965	Nominee reference	
	to receive payment on company's behalf	
970	Name	

Declaration

	Declaration I declare that the information I have given on this Company Tax Return and any supplementary pages is correct and complete to the best of my knowledge and belief. I understand that giving false information in the return, or concealing any part of the company's profits or tax payable, can lead to both the company and me being prosecuted.
975	Name PAUL ANDREW ATKINSON
980	Date DD MM YYYY
985	Status Trustee

Breakdown of accounts and computations attachments

The inclusion of accounts and computations on this return differs and this cannot be indicated on the Form itself.

For further clarification:

Accounts

No accounts are attached for the following reason

Not within charge to CT

Computations

Computations relating to this period are attached

**HM Revenue
& Customs**

Company Tax Return – supplementary page

Charities and Community Amateur Sports Clubs (CASCs)

CT600E (2015) Version 3 for accounting periods starting on or after 1 April 2015

Guidance

Guidance about when and how to complete this supplementary page can be found in the CT600 Guide.

For further information read *What supplementary pages do I need to complete and include as part of the Company Tax Return?* to find out what supplementary pages you need to complete.

Also, read the *Important points about all supplementary pages* and *CT600E – Charities and Community Amateur Sports Clubs (CASCs)* for further guidance about completing this supplementary page.

Company information

E1	Company name (name of charity or CASC)	Veterans at Ease Ltd
E2	Tax reference	1 2 4 0 3 1 9 1 0 9
Period covered by this supplementary page (cannot exceed 12 months)		
E3	from DD MM YYYY	0 1 0 4 2 0 2 4
E4	to DD MM YYYY	3 1 0 3 2 0 2 5

Claims to exemption (this section should be completed in all cases)

Charity/CASC repayment reference	E5	
Charity Commission registration number, or OSCR number (if applicable)	E10	1140832
Put an 'X' in the relevant box if during the period covered by these supplementary pages:		
The company was a charity/CASC and is claiming exemption from all tax on all or part of its income and gains (Also put an 'X' in box E15 if the company was a charity/CASC but had no income or gains in the period)	E15	X
All income and gains are exempt from tax and have been, or will be, applied for charitable or qualifying purposes only	E20	X
Some of the income and gains may not be exempt or have not been applied for charitable or qualifying purposes only, and I have completed form CT600	E25	
I claim exemption from tax		
Name	E30	PAUL ANDREW ATKINSON
Status	E35	Trustee
Date DD MM YYYY	E40	

Repayments

To make a repayment claim for the period covered by these supplementary pages, please register and enrol to use the Charities Online service. See CT600 guide for further information.

Put an 'X' in the box if during the period covered by these supplementary pages you have over claimed tax.

E45

Information required

Enter details of any income received from the following sources, claimed as exempt from tax in the hands of the charity/CASC. Enter the figure included in the charity's/CASC'S accounts for the period covered by this return.

Non-exempt amounts should be entered on form CT600 in the appropriate boxes.

Type of income	Amount
Enter total turnover from exempt charitable trading activities	E50 £ 1 6 8 6 1 9 . 0 0
Investment income – exclude any amounts included on form CT600	E55 £ 7 9 . 0 0
UK land and buildings – exclude any amounts included on form CT600	E60 £ . 0 0
Gift Aid – exclude any amounts included on form CT600	E65 £ . 0 0
From other charities – exclude any amounts included on form CT600	E70 £ . 0 0
Gifts of shares or securities received	E75 £ . 0 0
Gifts of real property received	E80 £ . 0 0
Other sources (not included above)	E85 £ . 0 0
Total of boxes E50 to E85	E90 £ 1 6 8 6 9 8 . 0 0

Enter details of expenditure as shown in the charity's/CASC's accounts for the period covered by these supplementary pages

Type of expenditure	Amount
Trading costs in relation to exempt charitable activities (in box E50)	E95 £ 1 6 6 6 4 1 . 0 0
UK land and buildings costs in relation to exempt charitable activities (in box E60)	E100 £ . 0 0
All general administration/governance costs	E105 £ . 0 0
All grants and donations made within the UK	E110 £ . 0 0
All grants and donations made outside the UK	E115 £ . 0 0
Other expenditure not included above, or not used in calculating figures entered on the form CT600	E120 £ . 0 0
Total of boxes E95 to E120	E125 £ 1 6 6 6 4 1 . 0 0

Information required

Charity/CASC assets		
	Disposals in period (total consideration received)	Held at the end of the period (use accounts figures)
Tangible fixed assets	E130 £	E135 £
UK investments (excluding controlled companies)	E140 £	E145 £
Shares in, and loans to, controlled companies	E150 £	E155 £
Overseas investments	E160 £	E165 £
Loans and non-trade debtors		E170 £
Other current assets		E175 £
Qualifying investments and loans <i>Applies to charities only. See CT600 Guide</i>		E180
Value of any non-qualifying investments and loans <i>Applies to charities only. See CT600 Guide</i>		E185 £
Number of subsidiary or associated companies the charity controls at the end of the period. Exclude companies that were dormant throughout the period		E190

Title	Veterans at Ease Ltd - Accounts and CT600 March 2025
File name	Amended_Accounts_-_March_2025.pdf and 1 other
Document ID	1a8f6c4f16d9975d3835eed96127a2fadafb992e
Audit trail date format	DD / MM / YYYY
Status	● Signed

Document history

 SENT	11 / 12 / 2025 09:22:32 UTC	Sent for signature to Paul Atkinson (paul.atkinson5@nhs.net), Christina Murrell (christina@veteransatease.org) and Valued (stephen@yourvalued.co.uk) from esign@yourvalued.co.uk IP: 81.131.10.154
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 COMPLETED	11 / 12 / 2025 17:06:54 UTC	The document has been completed.

VETERANS AT EASE

England & Wales - Charity number 1140832

Accounts

Charity Registration No. 1140832

Company Registration No. 07527322 (England and Wales)

VETERANS AT EASE LTD
ANNUAL REPORT AND UNAUDITED
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

VETERANS AT EASE LTD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J Heaps Mr PA Atkinson Mr SB Gowens Mrs CF Murrell
Secretary	Mr J Heaps
Charity number	1140832
Company number	07527322
Registered office	11 Jackson Street Gateshead Tyne & Wear NE8 1EE
Independent examiner	Valued Accountancy 101 Viewpoint Derwentside Business Centre Consett Business Park Consett Co Durham DH8 6BN
Bankers	Co-operative Bank PO Box 250 Skelmersdale Lancashire WN8 6WT CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

VETERANS AT EASE LTD

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Statement of financial activities	9
Balance sheet	10
Notes to the accounts	11-18

VETERANS AT EASE LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report and accounts for the year ended 31 March 2024.

The accounts have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the charity's governing document, 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 2015)."

Objectives and activities

Veterans at Ease (Charity number 1140832) is constituted as a company limited by guarantee (company number 07527322) incorporated on the 11th February 2011.

Its objective is to relieve the mental and physical sickness of military and civil emergency veterans and their families through the provision of support, counselling and other activities, throughout the United Kingdom.

Public Benefit

In accordance with S.4 of the Charities Act 2011, the trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities. In particular, the trustees have considered how planned activities will contribute to the aims and objectives they have set.

Administrative activity

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Activities undertaken during the year are projects or services that help the charity deliver its objectives.

During any one year the charity administers the following tasks:

- Manage and promote public awareness and assist fundraising activities.
- Manage the charity's finance.
- Ensure compliance in all legislative matters.
- Review and update policies and procedures, in particular regarding best practice for the use of Neurolinguistic Programming in a therapy setting.
- Deal with all suppliers of services and goods, utilities and stock control.
- Maintain the charity's equipment.
- Administer training courses, travel, pay and expenses.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

Overview

2023/24 has been a very exciting period for the charity and its social enterprise.

Having welcomed back Team Emotive from their epic row across the Atlantic, as part of the Talisker Whiskey Atlantic Challenge, we were able to turn our attention back to our core business. Key areas of effort were strengthening our therapy teams by bringing on and training new therapists, improving our image and look, mostly through some small refurbishments in our shops, expanding our reach by opening facilities in Northumberland, and generally ensuring we continue to provide the excellent therapy we have been providing for the past 14 years.

We are delighted to have had three new therapists start their four-year training programme with us, and we have several more in the pipeline. This increase in therapists is paramount if we are to continue to meet current demand without introducing long waiting lists and if we are to future-proof our service to meet the expected increase in demand we believe is inevitable over the next decade.

As a charity, we have also continued to engage with businesses and other stakeholders, forging partnerships and working relationships to ensure maximum support to our Veteran community. One such partnership has been with AF & V Launchpad's Avondale House to provide mental health support to their residents, through a grant provided via Op Fortitude. This is an excellent example of two organisations working together to provide a complete package of support for their beneficiaries.

With more companies increasing their social impact by providing volunteer days for their staff, our social enterprise has been able to capitalise on this trend by being the perfect vehicle for companies to provide teams of staff to work in our shops for the day. Companies like Equans, Amazon, Johnson, and Go North East have all worked with us over the past 12 months, giving us the opportunity to increase productivity in our shops, thereby increasing profit so we can increase our reach.

Sage Group has also continued to be a significant partner for our charity, primarily with ongoing support through Total Warrior but also through charity take-over days at our shops. We are extremely grateful for their support as one of the Premier businesses in the North East and thank their Management and staff for their continued efforts.

The fast growth of our social enterprise in the past few years was starting to show in the background. So, whilst we did increase our retail premises by opening our first Northumberland-based shop in Blyth, and launching an E-bay shop, we spent much of this past year restructuring and strengthening our head office support, tightening up on processes and procedures and introducing more streamlined systems to better support our shop staff and our corporate partners. We also spent our time looking at ways to maximise the space we have available through small refurbishments, introducing Sunday openings and relocating our vans.

During the reporting period 2022/23, the organisation brought in income of £192,547 compared to a more modest £128,679 in this reporting period 2023/24. This higher income the previous year was to support the Atlantic row.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

In addition to unrestricted funding of £58,215, the charity secured £70,464 in restricted grants to support specific elements of its service. This is a slight rise on last year's figures and shows the ongoing support we receive from the trusts and foundations like ABF The Soldiers' Charity, Barbour Foundation, Big Lottery, Durham Freemasons, Edward Gostling Foundation and the Grocers' Charity.

During the reporting period in question a total of 43 beneficiaries were supported. Whereas pre-Covid these would have been primarily from the North East of England, since we have been able to be more flexible with online support available, these beneficiaries now come from across the UK, cementing our position very much as a national charity, headquartered in the North East.

Fundraising activity

Most of our unrestricted income came from tin collections, street collections, members of the public donating money from fundraising events they had held on our behalf and talks and presentations our staff and trustees carry out across the year. We also received £7,998 from Total Warrior, our largest single fundraising event each year, and a further £3,098 from Fortune 100, an important corporate supporter of the charity.

As always, we are very grateful to the social enterprise that provides around £30,000 per annum in in-kind donations by way of free rent, utilities, and other back-office costs, as well as providing unrestricted income from its profits.

Structure Governance and Management

Registered as a charity, Veterans at Ease is also a Company Limited by Guarantee and its members/directors are the Trustees.

The trustees, who are also the directors for the purpose of company law, and who served during the year April 2023 to March 2024 were:

Mr P A Atkinson - Chairman
Mr J Heaps - Secretary
Mrs C Murrell - Treasurer
Mr S B Gowens – Trustee

New trustees are invited and appointed by the presiding Trustees who aim to achieve a good mix of professional skills on the Board that will benefit the charity. Each new trustee undergoes a brief induction programme that includes the charity's objectives, financial standing and aims.

The Trustees collectively are responsible for directing the affairs of the charity ensuring that it is solvent, well run and delivering the charitable outcomes for which it was set up and ensuring compliance with charity law and all other legislation and regulators. The Trustees also determine strategy and key objectives and vote on major policy decisions affecting the charity, which they then monitor through regular meetings.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The Trustees are responsible for appointing a Chief Executive and it is he/she who is the link between the Board and staff. The Chief Executive is responsible for staff leadership, management, administration as well as the clinical and operational aspects of the charity in the execution of the Board of Trustees policies.

Without exception the public who support this service would agree that their reason for doing so is to ensure that those veterans and their families who are affected by Post-Traumatic Stress Disorder and other combat-related mental health issues receive the best possible treatment in the timeliest period and this is why our mission **“To offer an effective service to quickly reduce the mental suffering of veterans and their families living with trauma”** and our core-value of **“to make the care and safety of our beneficiaries our first concern”** remains unchanged.

In determining the long-term strategy and to achieve our mission, the Trustees will always consider one of the two following questions:

- Do the decisions we make protect the charity and its beneficiaries?
- Do the decisions we make add value to the charity and improve the service for our beneficiaries?

No decision is ever made without a great deal of thought and evaluation of the impact of the decision taking place.

In pursuit of the charity's mission the Trustees follow a consistent strategy specifically designed to control costs and increase income whilst improving services to our beneficiaries.

Our strategic direction has been maintained throughout 2023/24 and the growth in the number of beneficiaries we are helping is increasing, currently beyond expected targets.

The Trustees are pleased to report that the charity continues to deliver its stated mission and the short and long-term strategic aims are being met.

Risk Management

As part of their responsibilities the Trustees ensure that the major risks to which the charity is exposed are reviewed and systems established to mitigate those risks. Procedures are in place covering strategic, clinical, financial, compliance, reputation and data protection: these are regularly monitored and reviewed on an annual basis by both the Chief Executive and the Board of Trustees. We also have risk assessments and risk matrix in place, as well as procedures for the workplace.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

Results

The aim of Veterans at Ease is to reduce the mental suffering of beneficiaries resulting from their time whilst serving in Her Majesty's Armed Forces.

During this period, we have seen more beneficiaries engage with our services and go on to lead more peaceful and productive lives. Evidence of the effectiveness of our services can be found in the testimonials that our beneficiaries write after they have finished engaging with our services.

Currently we have a success rate of 80-85% derived from a series of questionnaires completed by beneficiaries during the course of their therapy (C.O.R.E.)

We have so far helped almost 500 beneficiaries, with 43 in the past year, of those helped overall around 40% present with thoughts of suicide.

From our administrative endeavours the charity has remained legally compliant in all aspects of the business. The systems, policies and procedures have all been reviewed and where necessary improved upon.

Providers of services, goods and equipment have been carefully monitored to ensure best value and cost effectiveness.

The financial controls of the charity ensure continued sound financial governance with scope for further growth and our clinical staff continue to adhere to their professional registration requirements.

Financial Review

Overall, the financial position of the organisation in 2023/24 was reasonable but needs to be much better. Our current year-end reserves are £56,374 compared to £72,774 in 2022/23. Of this, £5,082 was restricted and £51,292 was unrestricted. These reserves represent only 3 to 4 months' running costs, which is too low.

We still depend on grant funding to provide our full service. However, we must work on increasing corporate support and fundraising initiatives by members of the general public.

Our focus will continue to be on increasing our reserves, especially unrestricted. However, we are also moving into a period of expansion of our pool of therapists, so we will need to work hard to secure funding to cover the expensive costs associated with ensuring we have the highest qualified psychotherapists, at all times.

In 2015 the charity was delighted to have an endowment fund set up in its name, and for its benefit. This fund, held exclusively and administered on its behalf by CDCF, has continued to grow over the past year through the reinvestment of interest and yield, a monthly transfer from the charity and a small personal monthly contribution from Veterans at Ease's Chief Executive. At 31st March 2024, the value of the fund was £26,414.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

Future Plans – Strengthening, Growing, Training

Our aim is to continue expanding our services to ensure we are physically located in the heart of the community we serve. This is still very much our priority. However, we will also concentrate on recruiting therapists from across the UK, irrespective of whether or not there are shops in that area and a therapy centre, as these therapists can work online, supporting the wider network of beneficiaries we are engaging with.

We need to build reserves so we can provide job security to our employees and continue to support even more reservists, veterans and family members find peace of mind.

The organisation is looking forward to a positive future.

Our key activities for 2024/25 will be:

- Continuing to provide our therapy services to include NHS staff and other front-line staff
- Strengthening the number and use of our volunteers
- Continuing the training of therapists to allow us to help more beneficiaries
- Continuing to forge partnerships with companies who offer skilled volunteering as part of their Corporate Social Responsibility
- Expanding our number of retail shops and drop-in centres, which includes Middlesbrough, Yorkshire and Gloucestershire, or any where else where there is a need, if we can secure the funding
- Expanding our therapy services where required, so we can continue to provide our service at the heart of the community that needs us
- Growing our Board of Trustees
- Continuing to comply with statutory, government, trust, foundation and other stakeholder bodies to maximise the excellent clinical reputation we have built up over the past 14 years
- Increasing our appeal to corporates for sponsorship and other resources
- Strengthening our marketing message and maximising the information contained in our CRM system

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

Thanks

We could not have continued during the past year without the numerous trusts and foundations that have believed in us and the work we do. So, our thanks go to those.

We have also continued to receive support from our corporate friends including Sage Group, Fortune 100, Go North East and Valued Accountancy which is so important to us, so our thanks go to the management team and the employees who support us.

And finally, we would like to extend our continued thanks to the scores of volunteers who support us, helping us to carry out our services, helping us to save lives and the individual members of the general public who contribute to us monthly, annually and at our events.

The trustees' report was approved by the Board of Trustees.



.....
Christina Murrell - Treasurer

Dated: 18 / 12 / 2024
.....

VETERANS AT EASE LTD

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF VETERANS AT EASE LTD

Independent examiner's report to the trustees of Veterans At Ease Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Respective responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act).

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)).

Valued

Valued
ACCA
101 Viewpoint
Derwentside Business Centre
Consett Business Park
Consett
Co Durham
DH8 6BN

Dated: 19 / 12 / 2024

VETERANS AT EASE LTD

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £
Incoming resources					
Donations and legacies	2	44,203	70,464	114,667	99,877
Other trading activities	3	14,193	-	14,193	92,047
Investment income (loss)	4	(181)	-	(181)	623
Total income		<u>58,215</u>	<u>70,464</u>	<u>128,679</u>	<u>192,547</u>
Charitable expenditure					
Fundraising	3	<u>10,300</u>	<u>-</u>	<u>10,300</u>	<u>71,574</u>
Charitable activities	5	<u>45,697</u>	<u>89,082</u>	<u>134,779</u>	<u>127,870</u>
Total expenditure		<u>55,997</u>	<u>89,082</u>	<u>145,079</u>	<u>199,444</u>
Net income for the year		2,218	(18,618)	(16,400)	(6,897)
Movement in funds		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movement in funds		2,218	(18,618)	(16,400)	(6,897)
Fund balances at 1 April 2023		<u>49,074</u>	<u>23,700</u>	<u>72,774</u>	<u>79,671</u>
Fund balances at 31 March 2024		<u><u>51,292</u></u>	<u><u>5,082</u></u>	<u><u>56,374</u></u>	<u><u>72,774</u></u>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

VETERANS AT EASE LTD
BALANCE SHEET
AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Investments	8		26,414		16,752
Tangible assets	9		27,835		37,115
Current assets					
Stock			-		-
Cash at bank and in hand			9,213		30,902
			9,213		30,902
Creditors: amounts falling due within one year	10		7,088		11,995
Net current assets			2,125		18,907
Net current assets / (liabilities)			56,374		72,774
Funds					
Restricted funds	11		5,082		23,700
Unrestricted funds			51,292		49,074
Total Funds			56,374		72,774

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

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 responsibilities for

- Ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- Preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company

These financial statements have been prepared in accordance with the special provisions of Part 15 of the companies Act 2006 relating to charitable small companies.

The financial statements were approved by the board of directors and authorised for issue and are signed on its behalf by:



 Mr PA Atkinson (Trustee)

Company Registration No. 07527322

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Company information

Veterans at Ease Ltd is a private company limited by guarantee incorporated in England and Wales. The registered office is 11 Jackson Street, Gateshead, Tyne and Wear, NE8 1EE

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 UK Generally Accepted Accounting Practice as it applies from 1 January 2019. The charity is a Public Benefit Entity as defined by FRS 102.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice, which is referred to in the Regulations, but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income recognition policies

Donations and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

Grants are deferred where there are pre-conditions outside of the charity's control. Once these conditions have been met the grant will be recognised in the Statement of Financial Activities.

Grants are accounted for as soon as the charity is notified of its legal entitlement, the amount due is quantifiable and its ultimate receipt by the charity is probable.

Income tax recoverable on Gift Aid donations is recognised when the income is received.

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Accounting policies (Continued)

1.5 Expenditure

Charitable expenditure comprises 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.

Expenditure is recognised on an accruals basis as a liability is incurred.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

All costs are allocated between the expenditure categories of the SOFA on the basis designed to reflect the use of the resource. Costs are analysed in the notes to the accounts as requested by the trustees. This is a departure from the SORP which requires support costs to be allocated between the different activities engaged. The analysis in these accounts is thought to provide a more meaningful analysis to the readers of the accounts.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised to write off the cost or valuation of assets less their residual values over their useful lives. During the year it was agreed that the useful life of assets is 4 years and on that basis the depreciation rate was amend to the following bases:

Fixtures, fittings & equipment	25% Straight Line
Motor Vehicles	25% Reducing Balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Taxation

The Trust is a registered charity and is not liable to United Kingdom income or corporation tax on charitable activities, provided income falls within the charitable exemptions and is spent on charitable purposes.

2 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £
Donations	44,103	70,464	114,567	99,639
Grants receivable	-	-	-	-
Gift Aid	100	-	100	238
	<u>44,203</u>	<u>70,464</u>	<u>114,667</u>	<u>99,877</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

3 Other trading activities

	2024	2023
Income	£	£
Atlantic Row	-	69,269
Total Warrior	7,998	10,193
Armed Forces Day	2,509	-
Fort Ltd TA FO Pulltab	3,098	-
Estonia Assault	-	-
Golf Day	-	3,030.00
Bush Tucker Trials	-	4,250.00
54 Mile Walk	-	3,098.00
Small Events	588	2,207
	<u>14,193</u>	<u>92,047</u>
	2024	2023
Costs	£	£
Atlantic Row	-	66,155
Total Warrior	7,210	1,713
Small Events	1,155	2,161
Other	493	1,545
	<u>8,858</u>	<u>71,574</u>
Net income from trading activities	<u>5,336</u>	<u>20,473</u>

4 Investments

	2024	2023
	£	£
Veterans at Ease Endowment Fund	<u>(181)</u>	<u>623</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

5 Charitable activities

	2024	2023
	£	£
Bank fees	60	261
Training	4,516	3,600
Safeguarding	2,450	795
Website	2,737	1,134
Computer software	688	1,286
Travel and accommodation	2,843	3,035
Printing, postage and stationery	1,450	1,523
Equipment repairs and renewals	2,199	5,414
Office repairs and renewals	147	688
Depreciation and impairments	9,279	12,371
Advertising	1,197	-
Insurance	1,246	1,189
Sundry expenses	254	435
Salaries	83,969	74,616
Sessional therapy costs	6,890	7,859
Staff pension costs	1,908	1,756
Subscriptions	5,818	5,139
Employers N.I.	7,128	6,769
	<u>134,779</u>	<u>127,870</u>
Funds split		
Restricted	89,082	55,025
Unrestricted	<u>45,697</u>	<u>72,845</u>
	<u>134,779</u>	<u>127,870</u>

6 Trustees

During the year no Trustee received any remuneration or benefits from the charity.

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

7 Employees

	2024	2023
The average number of employees during the year was	<u>3</u>	<u>4</u>

Employment Costs	2024 £	2023 £
Wages and salaries	83,969	74,616
Social security costs	7,128	6,769
Employer Pension Contributions	<u>1,908</u>	<u>1,756</u>
	<u>93,005</u>	<u>83,141</u>

There were no employees whose annual remuneration was £60,000 or more.

Gareth Murrell, who acts as CEO for the charity, was paid £51,870 remuneration during the year.

During the year pension contributions were paid into a defined pension contribution scheme totalling £1,908 (2023 – £1,756)

8 Investments

	2024 £	2023 £
Veterans at Ease Endowment Fund	<u>26,414</u>	<u>16,752</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

9 Tangible fixed assets

	Fixtures, fitting & equipment £
Cost	
At 1 April 2023	78,152
Additions in year	-
Disposals	-
	<u>78,152</u>
At 31 March 2024	<u>78,152</u>
Depreciation and impairment	
At 01 April 2023	41,038
Depreciation charged in the year	9,279
Depreciation on disposals	-
	<u>50,317</u>
At 31 March 2024	<u>50,317</u>
Net book value:	
At 31 March 2024	<u>27,835</u>
At 31 March 2023	<u>37,114</u>

10 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	1,783	1,598
Pensions payable	5,304	3,561
Accruals and deferred income	-	6,836
	<u>7,087</u>	<u>11,995</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

11 Restricted funds

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

	Movement in funds			
	Balance at	Incoming	Resources	Funds
	1 April 2023	resources	expended	Transfer
	£	£	£	£
ABF The Soldiers' Charity	5,400	-	3,500	
Atlantic Row	-	42,431	42,431	
Barbour Foundation	1,250	-	1,250	
Big Lottery Awards For All	8,250	-	8,250	
CDCF Rackley Battour Family fund	1,550	-	1,550	
Durham Freemasons	1,500	-	1,500	
Edward Gostling Foundation	1,250	-	1,250	
Grocers' Charity	4,500	-	4,500	
Gateshead NHS Trust	-	9,600	9,018	
Go North East	-	2,933	2,933	
Catherine Cookson Trust	-	500	-	
Veterans Foundation	-	15,000	12,900	
	23,700.00	70,464.00	89,082.00	-
				5,082.00

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

12 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2024 are represented by:			
Investments	26,414	-	26,414
Tangible assets	27,835	-	27,835
Current assets / (liabilities)	(49,167)	51,291	2,124
	5,082	51,291	56,373

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VETERANS AT EASE

England & Wales - Charity number 1140832

Accounts

Charity Registration No. 1140832

Company Registration No. 07527322 (England and Wales)

VETERANS AT EASE LTD
ANNUAL REPORT AND UNAUDITED
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

VETERANS AT EASE LTD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J Heaps Mr PA Atkinson Mr SB Gowens Mrs CF Murrell
Secretary	Mr J Heaps
Charity number	1140832
Company number	07527322
Registered office	11 Jackson Street Gateshead Tyne & Wear NE8 1EE
Independent examiner	Valued Accountancy 101 Viewpoint Derwentside Business Centre Consett Business Park Consett Co Durham DH8 6BN
Bankers	Co-operative Bank PO Box 250 Skelmersdale Lancashire WN8 6WT CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

VETERANS AT EASE LTD

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VETERANS AT EASE LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their report and accounts for the year ended 31 March 2023.

The accounts have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the charity's governing document, 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 2015)."

Objectives and activities

Veterans at Ease (Charity number 1140832) is constituted as a company limited by guarantee (company number 07527322) incorporated on the 11th February 2011.

Its objective is to relieve the mental and physical sickness of military and civil emergency veterans and their families through the provision of support, counselling, and other activities, throughout the United Kingdom.

Public Benefit

In accordance with S.4 of the Charities Act 2011, the trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities. In particular, the trustees have considered how planned activities will contribute to the aims and objectives they have set.

Administrative activity

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Activities undertaken during the year are projects or services that help the charity deliver its objectives.

During any one year the charity administers the following tasks:

- Manage and promote public awareness and assist fundraising activities.
- Manage the charity's finance.
- Ensure compliance in all legislative matters.
- Review and update policies and procedures, in particular regarding best practice for the use of Neurolinguistic Programming in a therapy setting.
- Deal with all suppliers of services and goods, utilities, and stock control.
- Maintain the charity's equipment.
- Administer training courses, travel, pay and expenses.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

Atlantic Rowing Team, which saw our CEO and three other veterans take part in the Talisker Whisky Atlantic Challenge, rowing from La Gomera to Antigua in a time of 45 days, 1 hour and 54 minutes, arriving safely on 26th January 2023.

In addition to the unrestricted funding, the charity managed to secure £66,300 in restricted grants to support specific elements of its service. We very gratefully continued to receive support from Sir James Knott Trust, Barbour Foundation, Albert Hunt, Edward Gostling Foundation, CDCF and Big Lottery, but we also managed to secure funding from new sources like Veterans Foundation, Durham Freemasons, Grocer's Charity, and the ABF. The boost in unrestricted income took the charity's monies held in the bank from £24,479 to £30,747, with a pledge of a further £45,000 due in April 2023 (outside of the reporting period) from the sale of the Rannoch R45 to another ocean rowing team.

Our social enterprise has also continued to grow during this reporting period. In July 2022 we opened our first Tees Valley shop on the main High Street of Stockton-on-Tees and in February 2023 we opened our third Norfolk-based shop in its capital Norwich, bringing the number of shops to 8 and therapy centres to 4. Although outside of this reporting period, the enterprise has continued with its expansion plans, with an E-bay shop launched in June 2023 and our first Northumberland-based shop opened in Blyth in October 2023. We are delighted with the efforts of the enterprise, and the commitment and dedication that its 36 staff give to the charity. It is also a great achievement to see its continued growth, since starting trading in June 2018, as it opens its 10th shop.

In recognition of the enterprise's achievements over the past few years, its Managing Director was invited to address an All-Party Parliamentary Group around the importance of social investment and the difference it has made to us.

The charity had its time in the spotlight too, receiving *international* recognition for its outstanding contribution to the community through an award from the ANLP (Association of Neurolinguistic Practitioners) and becoming a gold award holder for the MOD's Employer Recognition Scheme.

In addition, we have continued to support our beneficiaries with a further 37 supported during this reporting period. Covid was a difficult period for the charity, as it saw a huge reduction in income paralleled with an increase in demand. However, whilst the charity went into Covid very much North-East based because we were able to adapt and innovate our approach during the pandemic, we came out the other side a truly national charity. So, unsurprisingly, during this reporting period we have seen a much wider geographical spread of engagement, with beneficiaries able to either attend one of our four therapy centres located across the North-East and Norfolk or engage with our therapists online.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

Fundraising activity

With the exception of the Atlantic Row Challenge which had its own dedicated team of fundraisers, our capacity to support fundraising initiatives remained quite limited. However, we were delighted that Total Warrior was back up and running, with special thanks to Sage Group for match funding their participants, and we managed to combine this fundraiser event with showcasing the Atlantic Rowing Team to raise awareness for our charity. During the Summer one of our Trustees, Saul Gowens, co-organised a successful golf day on our behalf, some intrepid walkers took on a 54-mile challenge to go from Scarborough to Marsk-by-the-Sea, and one volunteer wild camped over multiple days, whilst teaching survival skills.

During this period, we also set up a partnership with Fortune 100 to receive funds from pull-tab machines placed in various locations across the Gateshead area. This brings in unrestricted funds every two weeks so is another important source of income for us.

As always, we are very grateful to the social enterprise that provides around £30,000 per annum in in-kind donations by way of free rent, utilities, and other back-office costs, as well as providing unrestricted income from its profits.

Any monies raised by the Atlantic Rowing Team went to support their campaign to take part in the Talisker Whisky Atlantic Challenge in December 2022. And whilst the funding raised was ringfenced for that, it would not have been possible without the impressive support of the team's corporate sponsors. These included Landmark Solutions, various North-East Rotary Clubs and District, Newcastle Roundtable, Royal Artillery Charity, Enterprise Rent-A-Car Ltd, Pearsons Engineering, UPS, Amazon, and St Pierre Group. The team's amazing achievement was marked in March 2023 with a black-tie dinner

attended by many of the sponsors and corporate supporters of our work.

Structure Governance and Management

Registered as a charity, Veterans at Ease is also a Company Limited by Guarantee, and its members/directors are the Trustees.

The trustees, who are also the directors for the purpose of company law, and who served during the year April 2022 to March 2023 were:

Mr P A Atkinson - Chairman
Mr J Heaps - Secretary
Mrs C Murrell - Treasurer
Mr S B Gowens – Trustee

New trustees are invited and appointed by the presiding Trustees who aim to achieve a good mix of professional skills on the Board that will benefit the charity. Each new trustee undergoes a brief induction programme that includes the charity's objectives, financial standing and aims.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

The Trustees collectively are responsible for directing the affairs of the charity ensuring that it is solvent, well run and delivering the charitable outcomes for which it was set up and ensuring compliance with charity law and all other legislation and regulators. The Trustees also determine strategy and key objectives and vote on major policy decisions affecting the charity, which they then monitor through regular meetings.

The Trustees are responsible for appointing a Chief Executive and it is he/she who is the link between the Board and staff. The Chief Executive is responsible for staff leadership, management, administration as well as the clinical and operational aspects of the charity in the execution of the Board of Trustees policies.

Without exception the public who support this service would agree that their reason for doing so is to ensure that those veterans and their families who are affected by Post-Traumatic Stress Disorder and other combat-related mental health issues receive the best possible treatment in the timeliest period and this is why our mission **"To offer an effective service to quickly reduce the mental suffering of veterans and their families living with trauma"** and our core-value of **"to make the care and safety of our beneficiaries our first concern"** remains unchanged.

In determining the long-term strategy and to achieve our mission, the Trustees will always consider one of the two following questions:

- Do the decisions we make protect the charity and its beneficiaries?
- Do the decisions we make add value to the charity and improve the service for our beneficiaries?

No decision is ever made without a great deal of thought and evaluation of the impact of the decision taking place.

In pursuit of the charity's mission the Trustees follow a consistent strategy specifically designed to control costs and increase income whilst improving services to our beneficiaries.

Our strategic direction has been maintained throughout 2022/23 and the growth in the number of beneficiaries we are helping is increasing, currently beyond expected target.

The Trustees are pleased to report that the charity continues to deliver its stated mission and the short and long-term strategic aims are being met.

Risk Management

As part of their responsibilities the Trustees ensure that the major risks to which the charity is exposed are reviewed and systems established to mitigate those risks. Procedures are in place covering strategic, clinical, financial, compliance, reputation and data protection: these are regularly monitored and reviewed on an annual basis by both the Chief Executive and the Board of Trustees. We also have risk assessments and risk matrix in place, as well as procedures for the workplace.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

Results

The aim of Veterans at Ease is to reduce the mental suffering of beneficiaries resulting from their time whilst serving in Her Majesty's Armed Forces.

During this period, we have seen more beneficiaries engage with our services and go on to lead more peaceful and productive lives. Evidence of the effectiveness of our services can be found in the testimonials that our beneficiaries write after they have finished engaging with our services.

Currently we have a success rate of 80-85% derived from a series of questionnaires completed by beneficiaries during the course of their therapy (C.O.R.E.)

We have so far helped over 500 beneficiaries, with 37 in the past year, of those helped overall around 40% present with thoughts of suicide.

From our administrative endeavours the charity has remained legally compliant in all aspects of the business. The systems, policies and procedures have all been reviewed and where necessary improved upon.

Providers of services, goods and equipment have been carefully monitored to ensure best value and cost effectiveness.

The financial controls of the charity ensure continued sound financial governance with scope for further growth and our clinical staff continue to adhere to their professional registration requirements.

Financial Review

Overall, the financial position of the organisation in 2022/23 was slightly down to that of 2021/22. Our current year-end reserves are £72,774 compared to £79,671 in 2021/22. Of this, £23,700 is restricted and £49,074 is unrestricted.

We still depend on grant funding to provide our full service. However, we have noticed an increase in unrestricted funding through corporate support and fundraising initiatives by members of the general public.

Although outside of the funding period, we have a very positive future with monies coming in from the sale of the Atlantic Challenge boat, a match-funding grant with Go North East and a partnership agreement with Launchpad to provide support under Op Fortitude.

Our focus will continue to be on increasing our reserves, especially unrestricted. However, we are also moving into a period of expansion of our pool of therapists, so we will need to work hard to secure funding to cover the expensive costs associated with ensuring we have the highest qualified psychotherapists, at all times.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

For many years, Veterans at Ease was a small organisation, with just one paid staff member. This tide has definitely turned. So, by the end of this reporting period, we had 3 employed staff and several sessional therapists.

In 2015 the charity was delighted to have an endowment fund set up in its name, and for its benefit. This fund, held exclusively and administered on its behalf by CDCF, has continued to grow over the past year through the reinvestment of interest and yield, a monthly transfer from the charity and a small personal monthly contribution from Veterans at Ease's Chief Executive. At 31st March 2023, the value of the fund was £16,752.

Future Plans – Strengthening, Growing, Training

Our initial aim was to continue expanding our services to ensure we are physically located in the heart of the community we serve. This is still very much our priority, with two new therapy centres being opened during this reporting period. However, Covid proved to be a very good learning curve for our organisation, forcing us to adapt and innovate how we support our beneficiaries online, which has worked very well. We went into Covid a North-East charity and came out the other end a national charity. So, as well as continuing our physical expansion, we are also concentrating on recruiting therapists from across the UK who can work remotely as required.

We need to build reserves, in order to provide job security to our employees so we can continue to support even more reservists, veterans and family members find peace of mind.

The organisation is looking forward to a positive future.

Our key activities for 2023/24 will be:

- Continuing to provide our therapy services to include NHS staff and other front-line staff
- Strengthening the number and use of our volunteers
- Continuing the training of therapists to allow us to help more beneficiaries
- Continuing to forge partnerships with companies who offer skilled volunteering as part of their Corporate Social Responsibility
- Expanding our number of retail shops and drop-in centres, which includes Middlesbrough, Lincolnshire and West Yorkshire
- Expanding our therapy services where required, so we can continue to provide our service at the heart of the community that needs us
- Growing our Board of Trustees
- Continuing to comply with statutory, government, trust, foundation, and other stakeholder bodies to maximise the excellent clinical reputation we have built up over the past 13 years
- Increasing our appeal to corporates for sponsorship and other resources
- Strengthening our marketing message and maximising the information contained in our CRM system

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023

Thanks

We could not have survived and continued to thrive during the past year without the numerous trusts and foundations that have believed in us and the work we do. So, our thanks go to those.

We have also continued to receive support from our corporate friends including John Lewis Partnership, Sage Group, Sharkbait Studios and Valued Accountancy, which is so important to us, so our thanks go to the management team and the employees who put us forward.

And finally, we would like to extend our continued thanks to the scores of volunteers who support us, helping us to carry out our services, helping us to save lives and the individual members of the general public who contribute to us monthly, annually and at our events.

The trustees' report was approved by the Board of Trustees.


.....

Christina Murrell - Treasurer

Dated: 08 / 12 / 2023
.....

VETERANS AT EASE LTD

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF VETERANS AT EASE LTD

Independent examiner's report to the trustees of Veterans At Ease Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Respective responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act).

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)).

Valued

Valued
ACCA
101 Viewpoint
Derwentside Business Centre
Consett Business Park
Consett
Co Durham
DH8 6BN

Dated: 09 / 12 / 2023
.....

VETERANS AT EASE LTD

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

	Notes	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £
Incoming resources					
Donations and legacies	2	33,577	66,300	99,877	118,296
Other trading activities	3	92,047	-	92,047	4,915
Investment income (loss)	4	<u>623</u>	<u>-</u>	<u>623</u>	<u>(713)</u>
Total income		<u>126,247</u>	<u>66,300</u>	<u>192,547</u>	<u>122,498</u>
Charitable expenditure					
Fundraising	3	<u>71,574</u>	<u>-</u>	<u>71,574</u>	<u>37,753</u>
Charitable activities	5	<u>72,845</u>	<u>55,025</u>	<u>127,870</u>	<u>140,285</u>
Total expenditure		<u>144,419</u>	<u>55,025</u>	<u>199,444</u>	<u>178,038</u>
Net income for the year		(18,172)	11,275	(6,897)	(55,540)
Movement in funds		<u>52,644</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movement in funds		(18,472)	41,369	(6,897)	(55,540)
Fund balances at 1 April 2022		<u>14,602</u>	<u>65,069</u>	<u>79,671</u>	<u>135,211</u>
Fund balances at 31 March 2023		<u><u>49,074</u></u>	<u><u>23,700</u></u>	<u><u>72,774</u></u>	<u><u>79,671</u></u>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

VETERANS AT EASE LTD
BALANCE SHEET
AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Investments	8		16,752		14,943
Tangible assets	9		37,115		49,486
Current assets					
Stock			-		-
Cash at bank and in hand			30,902		24,479
			30,902		24,479
Creditors: amounts falling due within one year	10		11,995		9,237
Net current assets			18,907		15,242
Net current assets / (liabilities)			72,774		79,671
Funds					
Restricted funds	11		23,700		65,069
Unrestricted funds			49,074		14,602
Total Funds			72,774		79,671

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023

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 responsibilities for

- Ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- Preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company

These financial statements have been prepared in accordance with the special provisions of Part 15 of the companies Act 2006 relating to charitable small companies.

The financial statements were approved by the board of directors and authorised for issue and are signed on its behalf by:


..... 08 / 12 / 2023
Mr PA Atkinson (Trustee)
Company Registration No. 07527322

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Company information

Veterans at Ease Ltd is a private company limited by guarantee incorporated in England and Wales. The registered office is 11 Jackson Street, Gateshead, Tyne and Wear, NE8 1EE

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 UK Generally Accepted Accounting Practice as it applies from 1 January 2019. The charity is a Public Benefit Entity as defined by FRS 102.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice, which is referred to in the Regulations, but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income recognition policies

Donations and other forms of voluntary income are recognised as incoming resources when receivable, except as far as they are incapable of financial measurement.

Grants are deferred where there are pre-conditions outside of the charity's control. Once these conditions have been met the grant will be recognised in the Statement of Financial Activities.

Grants are accounted for as soon as the charity is notified of its legal entitlement, the amount due is quantifiable and its ultimate receipt by the charity is probable.

Income tax recoverable on Gift Aid donations is recognised when the income is received.

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Accounting policies (Continued)

1.5 Expenditure

Charitable expenditure comprises 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.

Expenditure is recognised on an accruals basis as a liability is incurred.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

All costs are allocated between the expenditure categories of the SOFA on the basis designed to reflect the use of the resource. Costs are analysed in the notes to the accounts as requested by the trustees. This is a departure from the SORP which requires support costs to be allocated between the different activities engaged. The analysis in these accounts is thought to provide a more meaningful analysis to the readers of the accounts.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised to write off the cost or valuation of assets less their residual values over their useful lives. During the year it was agreed that the useful life of assets is 4 years and on that basis the depreciation rate was amend to the following bases:

Fixtures, fittings & equipment	25% Straight Line
Motor Vehicles	25% Reducing Balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Taxation

The Trust is a registered charity and is not liable to United Kingdom income or corporation tax on charitable activities, provided income falls within the charitable exemptions and is spent on charitable purposes.

2 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £
Donations	33,339	66,300	99,639	117,517
Grants receivable		-	-	-
Gift Aid	238		238	779
	<u>33,577</u>	<u>66,300</u>	<u>99,877</u>	<u>118,296</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

3 Other trading activities

	2023	2022
	£	£
Income		
Atlantic Row	69,269	-
Total Warrior	10,193	45
Boxing Night	-	1,269
Poker Evening	-	1,824
Estonia Assault	-	1,262
Golf Day	3,030	-
Bush Tucker Trials	4,250	-
54 Mile Walk	3,098	-
Small Events	2,207	515
	<u>92,047</u>	<u>4,915</u>
Costs		
Atlantic Row	66,155	-
Total Warrior	1,713	2,750
Small Events	2,161	966
Other	1,545	72
	<u>71,574</u>	<u>3,788</u>
Net income from trading activities	<u>20,472</u>	<u>1,127</u>

4 Investments

	2023	2022
	£	£
Veterans at Ease Endowment Fund	<u>623</u>	<u>(713)</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

5 Charitable activities

	2023	2022
	£	£
Bank fees	217	235
Training	3,600	3,880
Safeguarding	795	2,835
Website	1,134	534
Computer software	1,286	511
Travel and accommodation	3,035	171
Printing, postage and stationery	1,523	1,161
Equipment repairs and renewals	5,414	25,732
Office repairs and renewals	688	557
Depreciation and impairments	12,371	16,495
Advertising	-	350
Insurance	1,189	1,125
Sundry expenses	435	73
Salaries	74,616	62,939
Sessional therapy costs	7,859	13,050
Staff pension costs	1,756	1,651
Subscriptions	3,339	1,170
Employers N.I.	6,769	6,016.00
CDCF	1,800	1,800
	<u>127,826</u>	<u>140,285</u>
Funds split		
Restricted	55,025	77,371
Unrestricted	<u>72,845</u>	<u>62,914</u>
	<u>127,870</u>	<u>140,285</u>

6 Trustees

During the year no Trustee received any remuneration or benefits from the charity.

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

7 Employees

	2023	2022
The average number of employees during the year was	<u>4</u>	<u>3</u>

Employment Costs	2023 £	2022 £
Wages and salaries	74,616	62,939
Social security costs	6,769	616
Employer Pension Contributions	<u>1,756</u>	<u>1,651</u>
	<u>83,141</u>	<u>65,206</u>

There were no employees whose annual remuneration was £60,000 or more.

Gareth Murrell, who acts as CEO for the charity, was paid £48,165 remuneration during the year.

During the year pension contributions were paid into a defined pension contribution scheme totalling £1,756 (2022 – £1,651)

8 Investments

	2023 £	2022 £
Veterans at Ease Endowment Fund	<u>16,752</u>	<u>14,943</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

9 Tangible fixed assets

	Fixtures, fitting & equipment £
Cost	
At 1 April 2022	78,152
Additions in year	-
Disposals	-
	<u>78,152</u>
At 31 March 2023	<u>78,152</u>
Depreciation and impairment	
At 01 April 2022	28,666
Depreciation charged in the year	12,371
Depreciation on disposals	-
	<u>28,666</u>
At 31 March 2023	<u>28,666</u>
Net book value:	
At 31 March 2023	<u>37,115</u>
At 31 March 2022	<u>49,486</u>

10 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	1,598	1,634
Pensions payable	3,561	2,083
Accruals and deferred income	<u>6,836</u>	<u>5,519</u>
	<u>11,995</u>	<u>9,236</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

11 Restricted funds

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

	Balance at	Movement in funds		Funds	Balance at
	1 April 2022	Incoming	Resources	Transfer	31 March
	£	resources	expended		2023
		£	£		£
ABF The Soldiers' Charity	-	5,400	-		5,400
Albert Hunt Trust	-	4,000	4,000		-
Atlantic Row	52,644	-	-	52,644	-
Barbour Foundation	-	10,000	8,750		1,250
Big Lottery Awards For All	8,600	9,900	10,250		8,250
CDCF Rackley Battour Family fund	-	2,000	450		1,550
Durham Freemasons	-	5,000	3,500		1,500
Edward Gostling Foundation	-	10,000	8,750		1,250
Grocers' Charity	-	5,000	500		4,500
Joicey Trust	225	-	225		-
Sage Foundation (Total Warrior)	1,900	-	1,900		-
Sir James Knott	1,700	-	1,700		-
Veterans Foundation	-	15,000	15,000		-
	65,069.00	66,300.00	55,025.00	52,644.00	23,700.00

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

12 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2023 are represented by:			
Investments	16,752	-	16,752
Tangible assets	37,115	-	37,115
Current assets / (liabilities)	(30,166)	49,074	18,908
	80,890	(8,115)	72,775

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VETERANS AT EASE

England & Wales - Charity number 1140832

Accounts

Charity Registration No. 1140832

Company Registration No. 07527322 (England and Wales)

VETERANS AT EASE LTD
ANNUAL REPORT AND UNAUDITED
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

VETERANS AT EASE LTD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J Heaps Mr PA Atkinson Mr SB Gowens Mrs CF Murrell
Secretary	Mr J Heaps
Charity number	1140832
Company number	07527322
Registered office	11 Jackson Street Gateshead Tyne & Wear NE8 1EE
Independent examiner	Valued Accountancy 101 Viewpoint Derwentside Business Centre Consett Business Park Consett Co Durham DH8 6BN
Bankers	Co-operative Bank PO Box 250 Skelmersdale Lancashire WN8 6WT CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

VETERANS AT EASE LTD

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Statement of financial activities	8
Balance sheet	9
Notes to the accounts	10-17

VETERANS AT EASE LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their report and accounts for the year ended 31 March 2022.

The accounts have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the charity's governing document, 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 2015)"

Objectives and activities

Veterans at Ease (Charity number 1140832) is constituted as a company limited by guarantee (company number 07527322) incorporated on the 11th February 2011.

Its objective is to relieve the mental and physical sickness of military and civil emergency veterans and their families through the provision of support, counselling, and other activities throughout the United Kingdom.

Public Benefit

In accordance with S.4 of the Charities Act 2011, the trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities. In particular, the trustees have considered how planned activities will contribute to the aims and objectives they have set.

Administrative activity

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Activities undertaken during the year are projects or services that help the charity deliver its objectives.

During any one year the charity administers the following tasks:

- Manage and promote public awareness and assist fundraising activities.
- Manage the charity's finance.
- Ensure compliance in all legislative matters.
- Review and update policies and procedures, particular regarding best practice for the use of Neurolinguistic Programming in a therapy setting.
- Deal with all suppliers of services and goods, utilities, and stock control.
- Maintain the charity's equipment.
- Administer training courses, travel, pay and expenses.

Overview

Following two years of upheaval caused by Covid-19, finally during this period the world started settling down again and returning to normal. Unfortunately, many events were still postponed or scaled down, which had a big impact on the charity's financial situation, meaning it was still heavily reliant on grant funding and funding from the social enterprise.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022

Throughout the pandemic our team of therapists had continued to support our beneficiaries primarily via online support, but by the end of this reporting period they were back to providing a full face-to-face service for those able to access our premises, with online support available when required.

These accounts show a large drop in income for the charity from £159,335 in 2020/21 to £122,498 in 2021/22. Around 50% of this can be attributed to spend vs income for the Atlantic Row campaign, with the other 50% being from a drop in income for the charity from unrestricted funds like events, for example, Total Warrior which has traditionally been one of our largest fundraising events. Our Board of Trustees felt that it would be more prudent to postpone our runners to 2022 as there were still large outbreaks of Covid-19.

In November 2020, the social enterprise had taken advantage of the Government's Bounce Back Loan which it initially used to safeguard the business. Once it was clear that the worst of the Covid-19 pandemic had passed, and the vaccination programme was working, the Directors took the decision to use the money to open new shops. So, in June 2021 the enterprise opened its Byker shop and in October 2021 it opened its South Shields shop. Importantly for the charity, the South Shields shop also hosted a second therapy centre, training room and therapy office space, all provided free of charge to the charity.

It had always been the intention of the charity, pre-Covid-19, to expand its services outside of the North East. The Board of Trustees therefore agreed to push forward with these plans. So, with funding secured in December 2021 from KeyFund, the enterprise started opening shops in the Norfolk area. In January 2022 it opened a shop in Dereham, and in May 2022 a shop in King's Lynn. Again, importantly for the charity, the King's Lynn shop hosts a therapy centre and therapy office.

We were delighted that Mrs Sue Winfield, former Lord Lieutenant for Tyne & Wear, opened the South Shields centre and The Lady Dannatt, Lord Lieutenant for Norfolk, opened the King's Lynn centre.

Although outside of this reporting period, the enterprise has continued with its expansion plans, opening a shop in Stockton in July 2022, which also houses another therapy centre and office for the charity (the first in the Tees Valley area), and it has just secured the lease for its third Norfolk-based shop in Norwich.

To support this continued expansion, the charity also recruited and trained two new therapists to support our North East operations.

The period 2021/22 was extremely challenging for the charity and the enterprise. Despite a full-on expansion plan, we have had to contend with staffing shortages (due to Covid-19) and financial constraints. However, was also extremely rewarding, exciting and worthwhile.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022

Fundraising activity

With the exception of the Atlantic Row Challenge which had its own dedicated team of fundraisers, our capacity to support fundraising initiatives remained quite limited due to the after effects of Covid-19, which resulted in most activities being either hugely scaled down or cancelled. Even small amounts of income from collection tins in pubs and other establishments were slow to pick up.

During this reporting period we still relied heavily on grants from trusts and foundations

This is reflected in our accounts, which shows almost 80% of our income as restricted, so from trusts and foundations, and only 20% from the general public and fundraising activities, with much of that coming from the enterprise or the Atlantic Row.

Again, although outside of this reporting period, we were delighted that the generosity of sponsors and the general public meant that the Atlantic Rowing team, made up of Garreth Murrell, Jason Watkin, Chris Harvey and Phil Kite were able to secure the funding they needed to take part in the Talisker Whisky Atlantic Challenge 2022, raising awareness of the issues around mental health in veterans, and that there can be a positive outcome after therapy.

We also took part in Total Warrior 2022 in June, which was extremely successful – our thanks to Sage Foundation for supporting us with that.

Structure Governance and Management

Registered as a charity, Veterans at Ease is also a Company Limited by Guarantee, and its members/directors are the Trustees.

The trustees, who are also the directors for the purpose of company law, and who served during the year April 2021 to March 2022 were:

Mr P A Atkinson - Chairman
Mr J Heaps - Secretary
Mrs C Murrell - Treasurer
Mr S B Gowens – Trustee

New trustees are invited and appointed by the presiding Trustees who aim to achieve a good mix of professional skills on the Board that will benefit the charity. Each new trustee undergoes a brief induction programme that includes the charity's objectives, financial standing and aims.

The Trustees collectively are responsible for directing the affairs of the charity ensuring that it is solvent, well run and delivering the charitable outcomes for which it was set up and ensuring compliance with charity law and all other legislation and regulators. The Trustees also determine strategy and key objectives and vote on major policy decisions affecting the charity, which they then monitor through regular meetings.

The Trustees are responsible for appointing a Chief Executive and it is he/she who is the link between the Board and staff. The Chief Executive is responsible for staff leadership, management, administration as well as the clinical and operational aspects of the charity in the execution of the Board of Trustees policies.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022

Without exception the public who support this service would agree that their reason for doing so is to ensure that those veterans and their families who are affected by Post-Traumatic Stress Disorder and other combat-related mental health issues receive the best possible treatment in the timeliest period and this is why our mission **“To offer an effective service to quickly reduce the mental suffering of veterans and their families living with trauma”** and our core-value of **“to make the care and safety of our beneficiaries our first concern”** remains unchanged.

In determining the long-term strategy and to achieve our mission, the Trustees will always consider one of the two following questions:

- Do the decisions we make protect the charity and its beneficiaries?
- Do the decisions we make add value to the charity and improve the service for our beneficiaries?

No decision is ever made without a great deal of thought and evaluation of the impact of the decision taking place.

In pursuit of the charity's mission the Trustees follow a consistent strategy specifically designed to control costs and increase income whilst improving services to our beneficiaries.

Our strategic direction has been maintained throughout 2020/21 and the growth in the number of beneficiaries we are helping is increasing, currently beyond expected target.

The Trustees are pleased to report that the charity continues to deliver its stated mission and the short and long-term strategic aims are being met.

Risk Management

As part of their responsibilities the Trustees ensure that the major risks to which the charity is exposed are reviewed and systems established to mitigate those risks. Procedures are in place covering strategic, clinical, financial, compliance, reputation, and data protection: these are regularly monitored and reviewed on an annual basis by both the Chief Executive and the Board of Trustees. We also have a full Covid-19 risk assessment and risk matrix in place, as well as revised procedures for the workplace.

Results

The aim of Veterans at Ease is to reduce the mental suffering of beneficiaries resulting from their time whilst serving in Her Majesty's Armed Forces.

During this period, we have seen more beneficiaries engage with our services and go on to lead more peaceful and productive lives. Evidence of the effectiveness of our services can be found in the testimonials that our beneficiaries write after they have finished engaging with our services.

Currently we have a success rate of 80-85% derived from a series of questionnaires completed by beneficiaries during the course of their therapy (C.O.R.E.)

We have so far helped over 500 beneficiaries, with around 60 in the past year, of those helped overall around 40% present with thoughts of suicide.

From our administrative endeavours the charity has remained legally compliant in all aspects of the business. The systems, policies and procedures have all been reviewed and where necessary improved upon.

Providers of services, goods and equipment have been carefully monitored to ensure best value and cost effectiveness.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022

The financial controls of the charity ensure continued sound financial governance with scope for further growth and our clinical staff continue to adhere to their professional registration requirements.

Financial Review

Overall, the financial position of the organisation in 2020/21 was better than that of 2021/22. Our current year-end reserves are only £79,671 compared to £135,211 in 2020/21. Of this, £65,069 is restricted and only £14,602 is unrestricted.

Cautiously, due to the lack of fundraising events we were able to attend or organise, our dependency in the reporting period was on grant funding.

So, going forward, our focus has been on increasing our reserves, especially unrestricted. The charity will receive a large boost in April 2023 when Oardrey, the Atlantic Rowing boat is sold, bringing an expected cash income of circa £50,000.

Already, since April 2022, we have attended Total Warrior, increased our community collecting, and generally worked hard to encourage fundraising activities for our benefit.

The strategy developed in previous years to strengthen expand our services and our financial position has been knocked by Covid-19. We have more than achieved our aim to expand our services to ensure we are in the heart of the community we serve. We now need to build reserves, to provide job security to our employees so we can continue to support even more reservists, veterans and family members find peace of mind.

For many years, Veterans at Ease was a small organisation, with just one paid staff member, whilst we built stability and financial security. In 2019 we felt strong enough to employ a part-time Office Manager to support the charity and the CEO and in early 2022 we employed an Office Assistant and strengthened the number of sessional therapists we employ.

In 2015 the charity was delighted to have an endowment fund set up in its name, and for its benefit. This fund, held exclusively and administered on its behalf by CDCF, has continued to grow over the past year through the reinvestment of interest and yield, a monthly transfer from the charity and a small personal monthly contribution from Veterans at Ease's Chief Executive. At 31st March 2022, the value of the fund was £14,943.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022

Future Plans – Strengthening, Growing, Training

The organisation is looking forward to a positive future. Many of our plans were delayed due to Covid-19. However, they are still very in the pipeline.

Our key activities for 2022/23 will be:

- Supporting our Atlantic Rowing team to successfully complete the Talisker Whisky Atlantic Challenge 2022
- Continuing to provide our therapy services to include NHS staff and other front-line staff
- Strengthening the number and use of our volunteers
- Continuing the training of therapists to allow us to help more beneficiaries
- Continuing to forge partnerships with companies who offer skilled volunteering as part of their Corporate Social Responsibility
- Expanding our number of retail shops and drop-in centres, which includes Norwich, possibly Catterick, Middlesbrough West End Newcastle and Boston (Lincolnshire)
- Expanding our therapy services where required, possibly South Lincolnshire, so we can continue to provide our service at the heart of the community that needs us
- Growing our Board of Trustees
- Continuing to comply with statutory, government, trust, foundation, and other stakeholder bodies to maximise the excellent clinical reputation we have built up over the past 11 years
- Increasing our appeal to corporates for sponsorship and other resources
- Strengthening our marketing message and maximising the information contained in our CRM system

Thanks

We could not have survived and continued to thrive during the past year without the numerous trusts and foundations that have believed in us and the work we do. At such a difficult time, with so many charities struggling for survival, we have been humbled by the continued support provided. Grants during the reporting period came from Barbour Foundation, Sir James Knott Trust, Comic Relief, Albert Hunt Trust, Karbon Homes, Edward Gostling Foundation, Screwfix Foundation, William Openshaw Street Trust, Rothley Trust, William Leech Charity, Joicey Trust, Big Lottery (Awards for All) and CDCF.

We have also continued to receive support from our corporate friends including Excelpoint, Enterprise-Rent-a-Car, Sharkbait Studios and Valued Accountancy. And, yet again, we must give a very special thanks to Sage Foundation who have continued to support us to help us expand and grow.

And finally, we would like to extend our continued thanks to the scores of volunteers who support us, helping us to carry out our services, helping us to save lives.

The trustees' report was approved by the Board of Trustees.



Christina Murrell - Treasurer

Dated: 20/12/2022

VETERANS AT EASE LTD

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF VETERANS AT EASE LTD

Independent examiner's report to the trustees of Veterans At Ease Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Respective responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act).

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)).

Valued

Valued
ACCA
101 Viewpoint
Derwentside Business Centre
Consett Business Park
Consett
Co Durham
DH8 6BN

Dated: 21/12/2022.....

VETERANS AT EASE LTD

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted Funds £	Restricted Funds £	2022 Total £	2021 Total £
Incoming resources					
Donations and legacies	2	23,446	94,850	118,296	153,821
Other trading activities	3	4,915	-	4,915	4,276
Investment income (loss)	4	(713)	-	(713)	1,238
Total income		<u>27,648</u>	<u>94,850</u>	<u>122,498</u>	<u>159,335</u>
Charitable expenditure					
Fund raising	3	<u>3,788</u>	<u>33,965</u>	<u>37,753</u>	<u>5,072</u>
Charitable activities	5	<u>62,914</u>	<u>77,371</u>	<u>140,285</u>	<u>88,248</u>
Total expenditure		<u>66,702</u>	<u>111,336</u>	<u>178,038</u>	<u>93,320</u>
Net income for the year		(39,054)	(16,486)	(55,540)	66,015
Movement in funds		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movement in funds		(39,054)	(16,486)	(55,540)	66,015
Fund balances at 1 April 2021		<u>53,656</u>	<u>81,555</u>	<u>135,211</u>	<u>69,196</u>
Fund balances at 31 March 2022		<u><u>14,602</u></u>	<u><u>65,069</u></u>	<u><u>79,671</u></u>	<u><u>135,211</u></u>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

VETERANS AT EASE LTD
BALANCE SHEET
AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Investments	8		14,943		11,517
Tangible assets	9		49,486		65,981
Current assets					
Stock			-		-
Cash at bank and in hand		24,479		60,944	
		24,479		60,944	
Creditors: amounts falling due within one year	10	9,237		3,231	
Net current assets			15,242		57,713
Net current assets / (liabilities)			79,671		135,211
Funds					
Restricted funds	11		65,069		81,555
Unrestricted funds			14,602		53,656
Total Funds			79,671		135,211

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022

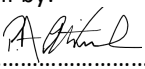
The members have not required the company to obtain an audit in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for

- Ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- Preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company

These financial statements have been prepared in accordance with the special provisions of Part 15 of the companies Act 2006 relating to charitable small companies.

The financial statements were approved by the board of directors and authorised for issue and are signed on its behalf by:

 20/12/2022

 Mr PA Atkinson (Trustee)
 Company Registration No. 07527322

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Company information

Veterans at Ease Ltd is a private company limited by guarantee incorporated in England and Wales. The registered office is 11 Jackson Street, Gateshead, Tyne and Wear, NE8 1EE

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 UK Generally Accepted Accounting Practice as it applies from 1 January 2019. The charity is a Public Benefit Entity as defined by FRS 102.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice, which is referred to in the Regulations, but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income recognition policies

Donations and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

Grants are deferred where there are pre-conditions outside of the charity's control. Once these conditions have been met the grant will be recognised in the Statement of Financial Activities.

Grants are accounted for as soon as the charity is notified of its legal entitlement, the amount due is quantifiable and its ultimate receipt by the charity is probable.

Income tax recoverable on Gift Aid donations is recognised when the income is received.

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Accounting policies (Continued)

1.5 Expenditure

Charitable expenditure comprises 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.

Expenditure is recognised on an accruals basis as a liability is incurred.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

All costs are allocated between the expenditure categories of the SOFA on the basis designed to reflect the use of the resource. Costs are analysed in the notes to the accounts as requested by the trustees. This is a departure from the SORP which requires support costs to be allocated between the different activities engaged. The analysis in these accounts is thought to provide a more meaningful analysis to the readers of the accounts.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised to write off the cost or valuation of assets less their residual values over their useful lives. During the year it was agreed that the useful life of assets is 4 years and on that basis the depreciation rate was amend to the following bases:

Fixtures, fittings & equipment	25% Straight Line
Motor Vehicles	25% Reducing Balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Taxation

The Trust is a registered charity and is not liable to United Kingdom income or corporation tax on charitable activities, provided income falls within the charitable exemptions and is spent on charitable purposes.

2 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	2022 Total £	2021 Total £
Donations	22,667	94,850	117,517	147,270
Grants receivable		-	-	-
Gift Aid	779		779	6,551
	<u>23,446</u>	<u>94,850</u>	<u>118,296</u>	<u>153,821</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

3 Other trading activities

	2022	2021
Income	£	£
Total Warrior	45	269
Boxing Night	1,269	
Poker Evening	1,824	
Estonia Assault	1,262	
Small Events	515	4,007
	<u>4,915</u>	<u>4,276</u>
	2022	2021
Costs	£	£
Total Warrior	2,750	-
Small Events	966	-
Other	72	5,072
	<u>3,788</u>	<u>5,072</u>
Net income from trading activities	<u>1,127</u>	<u>- 796</u>

4 Investments

	2022	2021
	£	£
Veterans at Ease Endowment Fund	<u>(713)</u>	<u>1,238</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

5 Charitable activities

	2022	2021
	£	£
Office rent	-	150
Bank fees	235	221
Training	3,880	4,575
Safeguarding	2,835	2,378
Website	534	240
Computer software	511	2,213
Travel and accommodation	171	887
Printing, postage and stationery	1,161	909
Equipment repairs and renewals	25,732	1,312
Office repairs and renewals	557.00	-
Depreciation and impairments	16,495	3,169
Advertising	350	-
Insurance	1,125	1,052
Sundry expenses	73	7,071
Salaries	62,939	51,690
Sessional therapy costs	13,050	6,825
Telephone	-	1,386
Staff pension costs	1,651	1,364
Subscriptions	1,170	1,797
Employers N.I.	6,016	709.00
CDCF	1,800	300
	<u>140,285</u>	<u>88,248</u>
Funds split		
Restricted	77,371	70,596
Unrestricted	<u>62,914</u>	<u>17,652</u>
	<u>140,285</u>	<u>88,248</u>

6 Trustees

During the year no Trustee received any remuneration or benefits from the charity.

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

7 Employees

	2022	2021
The average number of employees during the year was	<u>3</u>	<u>2</u>

Employment Costs	2022 £	2021 £
Wages and salaries	62,939	51,690
Social security costs	6,016	709
Employer Pension Contributions	<u>1,651</u>	<u>1,364</u>
	<u>53,763</u>	<u>53,763</u>

There were no employees whose annual remuneration was £60,000 or more.

Gareth Murrell, who acts as CEO for the charity, was paid £44,917 remuneration during the year.

During the year pension contributions were paid into a defined pension contribution scheme totalling £1,651 (2021 – £1,364)

8 Investments

	2022 £	2021 £
Veterans at Ease Endowment Fund	<u>14,943</u>	<u>11,517</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

9 Tangible fixed assets

	Fixtures, fitting & equipment £
Cost	
At 1 April 2021	78,152
Additions in year	0
Disposals	0
	<u>78,152</u>
At 31 March 2022	<u>78,152</u>
Depreciation and impairment	
At 01 April 2021	12,171
Depreciation charged in the year	16,495
Depreciation on disposals	0
	<u>28,666</u>
At 31 March 2022	<u>28,666</u>
Net book value:	
At 31 March 2022	<u>49,486</u>
At 31 March 2021	<u>65,981</u>

10 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	1,634	1,180
Pensions payable	2,083	811
Accruals and deferred income	<u>5,519</u>	<u>1,240</u>
	<u>9,236</u>	<u>3,231</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

11 Restricted funds

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

	Balance at 1 April 2021	Movement in funds		Balance at 31 March 2022
	£	Incoming resources £	Resources expended £	£
Job Retention Scheme	-	9,933	9,933	-
Sage Foundation	9,692.42	11,900	19,692	1,900
Sir James Knott Trust	2,404.00	5,000	5,704	1,700
Groundwork (Comic Relief)	215.00	1,950	2,165	-
Albert Hunt Trust	1,313.00	-	1,313	-
Karbon Homes	500.00	-	500	-
Barbour Foundation	-	10,000	10,000	-
Edward Gostling Foundation	-	5,000	5,000	-
Screwfix Foundation	-	5,000	5,000	-
William Openshaw Street Trust	-	5,000	5,000	-
Rothley Trust	-	900	900	-
William Leech Charity	-	4,000	4,000	-
Joicey Trust	-	5,000	4,775	225
Big Lottery Awards For All	-	9,800	1,200	8,600
CDCF Rackley Battour Family fund	-	1,000	1,000	-
Atlantic Row	68,862.00	20,368	35,154	54,076
	82,986.42	94,851	111,336	66,501

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

12 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2022 are represented by:			
Investments	14,943	-	14,943
Tangible assets	49,486	-	49,486
Current assets / (liabilities)	2,072	13,171	15,243
	53,655	81,555	135,211

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Sent for signature to Christina Murrell (christina@veteransatease.org), Mr PA Atkinson (paul.atkinson5@nhs.net) and Valued (stephen@yourvalued.co.uk) from esign@yourvalued.co.uk
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VETERANS AT EASE

England & Wales - Charity number 1140832

Accounts

Charity Registration No. 1140832

Company Registration No. 07527322 (England and Wales)

VETERANS AT EASE LTD
ANNUAL REPORT AND UNAUDITED
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

VETERANS AT EASE LTD

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J Heaps Mr PA Atkinson Mr SB Gowens Mrs CF Murrell
Secretary	Mr J Heaps
Charity number	1140832
Company number	07527322
Registered office	11 Jackson Street Gateshead Tyne & Wear NE8 1EE
Independent examiner	Valued Accountancy 101 Viewpoint Derwentside Business Centre Consett Business Park Consett Co Durham DH8 6BN
Bankers	Co-operative Bank PO Box 250 Skelmersdale Lancashire WN8 6WT CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

VETERANS AT EASE LTD

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Statement of financial activities	9
Balance sheet	10
Notes to the accounts	11-18

VETERANS AT EASE LTD

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and accounts for the year ended 31 March 2021.

The accounts have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the charity's governing document, 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 2015)"

Objectives and activities

Veterans at Ease (Charity number 1140832) is constituted as a company limited by guarantee (company number 07527322) incorporated on the 11th February 2011.

Its objective is to relieve the mental and physical sickness of military and civil emergency veterans and their families through the provision of support, counselling and other activities; throughout the United Kingdom.

Public Benefit

In accordance with S.4 of the Charities Act 2011, the trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities. In particular, the trustees have considered how planned activities will contribute to the aims and objectives they have set.

Administrative activity

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Activities undertaken during the year are projects or services that help the charity deliver its objectives.

During any one year the charity administers the following tasks:

- Manage and promote public awareness and assist fundraising activities.
- Manage the charity's finance.
- Ensure compliance in all legislative matters.
- Review and update policies and procedures, in particular regarding best practice for the use of Neurolinguistic Programming in a therapy setting.
- Deal with all suppliers of services and goods, utilities and stock control.
- Maintain the charity's equipment.
- Administer training courses, travel, pay and expenses.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

Overview

Unfortunately, for most of this reporting period the country was dealing with the Covid-19 outbreak and its devastating effects. From 23rd March 2020, when the UK went into its first lockdown our plans for the charity and the enterprise immediately changed from growth and expansion to how we could continue to support our beneficiaries whilst ensuring our survival and staying solvent.

Our shops were initially closed for 3 months, yet they still had significant running costs to pay. Importantly, if they weren't making money, they couldn't support the core work of the charity at a time when almost all our anticipated unrestricted funding from events and general donations suddenly disappeared, which represented 60% of our annual income.

However, we were pleased to see flexibility and additional support from grant-makers, and support from the Local Authorities (Gateshead and North Tyneside) and Central Government by way of grants and the Job Retention Scheme. These measures provided very welcome cashflow for the charity and the enterprise.

Our Senior Management team worked hard to successfully secure additional grants to replace the lost unrestricted funding.

Throughout this pandemic our team of therapists continued to support our beneficiaries. Although during the first lockdown we were not able to provide our usual face-to-face therapy, we were able to adapt and change and be more innovative in our approach, providing online therapy, which was a lifeline for so many of our beneficiaries. Then when safety permitted, we could start back with face-to-face support out of our Gateshead therapy centre.

Over the Summer months the shops opened again, providing some hope that we would return to normal, where we could organise fundraising events again. However, this was short lived with a further lockdown in November, then another January to April 2021.

Although financially, the charity has continued to go from strength to strength, ending the year with significantly higher reserves than the previous year, despite Covid-19 (£135,211 vs £69,196), it was extremely challenging as we saw a huge increase in demand for our services. Whereas traditionally we would have beneficiaries exiting our services, as new beneficiaries start their journey with us, the past 12 months proved to be very different, with very few beneficiaries exiting. Clearly, they were using the weekly therapy sessions as a form of comfort, to avoid isolation during the lockdown periods. At the same time, we saw an increase in demand compared to previous years. Despite this, we continue to work with no waiting time, or waiting list – something we are very proud of.

Throughout this pandemic we supported our NHS and other uniformed services. The experiences and issues our NHS staff went through, especially in the early days, can only be likened to what soldiers and medics go through in a war zone. So with our expertise in this area, we are perfectly placed to support them.

In November 2021, the enterprise took advantage of the Government's Bounce Back Loan which it has used to safeguard the business and open two new shops. So, although outside of the reporting period, in June 2021 the enterprise opened its Byker shop and in October 2021 it opened its South Shields shop. Importantly for the charity, the South Shields shop also hosts a second therapy centre, training room and therapy office space, all provided free of charge to the charity.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

These two new shops and therapy centre received significant financial support from the Sage Foundation, for which we are very grateful.

Fundraising activity

With the exception of the Atlantic Row Challenge which has its own dedicated team of fundraisers, our capacity to support fundraising initiatives remains quite limited. Add to that Covid-19, which has resulted in most activities being either hugely scaled down or cancelled - making 2020/2021 a very difficult year for our charity in terms of unrestricted funding. Even small amounts of income from collection tins in pubs and other establishments all but dried up, with most of these establishments closed for extended periods of time.

During this reporting period we relied heavily on grants from trusts and foundations, as well as Government support via the Job Retention Scheme or Furlough. This is reflected in our accounts, which shows almost 80% of our income as restricted, so from trusts and foundations, or for the Atlantic Row, and only 20% from the general public and fundraising activities, with much of that coming from the enterprise once the shops were open again. Whereas in the previous year this percentage split was closer to 50/50.

However, we were able to retain the services of a Social Media Consultant, who has been working with us to improve our online / social media presence. Our posts are more professional, with a clear brand identity and more targeted to the market we are aiming at. We will continue with this service for the foreseeable future.

Structure Governance and Management

Registered as a charity, Veterans at Ease is also a Company Limited by Guarantee and its members/directors are the Trustees.

The trustees, who are also the directors for the purpose of company law, and who served during the year April 2020 to March 2021 were:

Mr P A Atkinson - Chairman
Mr J Heaps - Secretary
Mrs C Murrell - Treasurer
Mr S B Gowens – Trustee

New trustees are invited and appointed by the presiding Trustees who aim to achieve a good mix of professional skills on the Board that will benefit the charity. Each new trustee undergoes a brief induction programme that includes the charity's objectives, financial standing and aims.

The Trustees collectively are responsible for directing the affairs of the charity ensuring that it is solvent, well run and delivering the charitable outcomes for which it was set up and ensuring compliance with charity law and all other legislation and regulators. The Trustees also determine strategy and key objectives and vote on major policy decisions affecting the charity, which they then monitor through regular meetings.

The Trustees are responsible for appointing a Chief Executive and it is he/she who is the link between the Board and staff. The Chief Executive is responsible for staff leadership, management, administration as well as the clinical and operational aspects of the charity in the execution of the Board of Trustees policies.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

Without exception the public who support this service would agree that their reason for doing so is to ensure that those veterans and their families who are affected by Post-Traumatic Stress Disorder and other combat-related mental health issues receive the best possible treatment in the timeliest period and this is why our mission **"To offer an effective service to quickly reduce the mental suffering of veterans and their families living with trauma"** and our core-value of **"to make the care and safety of our beneficiaries our first concern"** remains unchanged.

In determining the long-term strategy and to achieve our mission, the Trustees will always consider one of the two following questions:

- Do the decisions we make protect the charity and its beneficiaries?
- Do the decisions we make add value to the charity and improve the service for our beneficiaries?

No decision is ever made without a great deal of thought and evaluation of the impact of the decision taking place.

In pursuit of the charity's mission the Trustees follow a consistent strategy specifically designed to control costs and increase income whilst improving services to our beneficiaries.

Our strategic direction has been maintained throughout 2020/21 and the growth in the number of beneficiaries we are helping is increasing, currently beyond expected target.

The Trustees are pleased to report that the charity continues to deliver its stated mission and the short and long-term strategic aims are being met.

Risk Management

As part of their responsibilities the Trustees ensure that the major risks to which the charity is exposed are reviewed and systems established to mitigate those risks. Procedures are in place covering strategic, clinical, financial, compliance, reputation and data protection: these are regularly monitored and reviewed on an annual basis by both the Chief Executive and the Board of Trustees. We also have a full Covid-19 risk assessment and risk matrix in place, as well as revised procedures for the workplace.

Results

The aim of Veterans at Ease is to reduce the mental suffering of beneficiaries resulting from their time whilst serving in Her Majesty's Armed Forces.

During this period we have seen more beneficiaries engage with our services and go on to lead more peaceful and productive lives. Evidence of the effectiveness of our services can be found in the testimonials that our beneficiaries write after they have finished engaging with our services.

Currently we have a success rate of 80-85% derived from a series of questionnaires completed by beneficiaries during the course of their therapy (C.O.R.E.)

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

We have so far helped 456 beneficiaries, with 103 in the past year, of those helped overall over 100 were suicidal and are now no longer.

From our administrative endeavours the charity has remained legally compliant in all aspects of the business. The systems, policies and procedures have all been reviewed and where necessary improved upon.

Providers of services, goods and equipment have been carefully monitored to ensure best value and cost effectiveness.

The financial controls of the charity ensure continued sound financial governance with scope for further growth and our clinical staff continue to adhere to their professional registration requirements.

Financial Review

Overall, the financial position of the organisation during the year 2020/21 improved on that of 2019/20, showing year-end reserves of £135,211 compared to £69,196 in 2020. Of this, £53,656 is unrestricted and £81,555 restricted.

Cautiously, due to the lack of fundraising events we were able to attend or organise, our dependency in the past year has been on grant funding. So, we must be aware going forward, as we will be ineligible to apply for many of the trust funds we would usually go to, either because we have a grant with them already, or it is too soon since the last one. We must therefore ensure we reinstate as many fundraising events as possible in the coming 12 months.

Despite Covid-19, the strategy developed in previous years is clearly working, we continue to build reserves, providing job security to our employees and looking at ways to develop the organisation and expand our services so we can support even more reservists, veterans and family members find peace of mind.

For many years, Veterans at Ease was a small organisation, with just one paid staff member, whilst we built stability and financial security. In 2019 we felt strong enough to employ a part-time Office Manager to support the charity and the CEO. In 2020 we expanded the number of sessional therapists we employ and we continue to grow that, having employed two more therapists in 2021, currently in training, and recently an office / finance assistant.

During the period in question, total income was £159,335, up from £132,241 in 2020 and £63,070 in 2019.

During this period the Trustees also agreed to support an initiative to enter the Talisker Whiskey Atlantic Challenge. This project is being spearheaded by our CEO, Garreth Murrell, who along with three other veterans, will take part in the challenge between December 2022 and February 2023 – a challenge that will require them to row 3,000 miles across the Atlantic Ocean unassisted. This project will cost around £100,000 with monies raised from sponsorship and fundraising events – all income and expenditure is reflected in these accounts. The Trustees wish them every success in their endeavour.

VETERANS AT EASE LTD

TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

The Trustees also agreed that it is the right time for the charity to expand its services, with East Anglia identified as the first area to concentrate on. Although outside of this reporting period, plans are now in place for this expansion.

In 2015 the charity was delighted to have an endowment fund set up in its name, and for its benefit. This fund, held exclusively and administered on its behalf by CDCF, has continued to grow over the past year through the reinvestment of interest and yield, a monthly transfer from the charity and a small personal monthly contribution from Veterans at Ease's Chief Executive. At 31st March 2021, the value of the fund was £11,517.

Future Plans – Strengthening, Growing, Training

The organisation is looking forward to a positive future. Many of our plans have been delayed due to Covid-19. However, they are still very in the pipeline.

Our key activities for 2021/22 will be:

- Reinstating our fundraising events, with a focus on the Atlantic Row, Total Warrior (for which we are still their chosen military charity) and the Armed Forces Weekend in Sacriston, County Durham
- Continuing to provide our therapy services to include NHS staff and other front-line staff
- Strengthening the number and use of our volunteers
- Continuing the training of therapists to allow us to help more beneficiaries
- Continuing to forge partnerships with companies who offer skilled volunteering as part of their Corporate Social Responsibility
- Expanding our number of retail shops and drop-in centres, which includes Byker, South Shields and Stockton
- Expanding our therapy services into East Anglia, which includes therapy centres in Norwich and King's Lynn, and shops in Norwich, King's Lynn, East Dereham and Great Yarmouth
- Planning our further expansion beyond the North East and East Anglia, so we can continue to provide our service at the heart of the community that needs us
- Growing our Board of Trustees
- Continuing to comply with statutory, government, trust, foundation and other stakeholder bodies to maximise the excellent clinical reputation we have built up over the past 11 years
- Increasing our appeal to corporates for sponsorship and other resources
- Strengthening our marketing message and maximising the information contained in our CRM system

Thanks

We could not have survived and continued to thrive during the past year without the numerous trusts and foundations that have believed in us and the work we do. At such a difficult time, with so many charities struggling for survival, we have been humbled by the continued support provided. Grants during the reporting period came from Sir James Knott Trust, William Leech Charity, Big Lottery (Awards for All), William Webster Charitable Trust, CDCF, Robert Clutterbuck Foundation, Albert Hunt Trust and Karbon Homes.

VETERANS AT EASE LTD

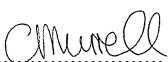
TRUSTEES' REPORT (CONTINUED) (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

Our Atlantic Row campaign has also attracted corporate donations from Landmarc, Reds10 UK Ltd, UK Connect Ltd, GPT Waste Management and Briggs Equipment UK Ltd.

We have also continued to receive support from our corporate friends including Red One Energy, Sharkbait Studios and Valued Accountancy. And we must give a very special thanks to Sage Foundation who have continued to support us to help us expand and grow.

And finally, we would like to extend our continued thanks to the scores of volunteers who support us, helping us to carry out our services, helping us to save lives.

The trustees' report was approved by the Board of Trustees.

.....

Christina Murrell - Treasurer

Dated: 15 / 12 / 2021

VETERANS AT EASE LTD

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF VETERANS AT EASE LTD

Independent examiner's report to the trustees of Veterans At Ease Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Respective responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

Valued

Valued
ACCA
101 Viewpoint
Derwentside Business Centre
Consett Business Park
Consett
Co Durham
DH8 6BN

Dated: 15 / 12 / 2021

VETERANS AT EASE LTD

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted Funds £	Restricted Funds £	2021 Total £	2020 Total £
Incoming resources					
Donations and legacies	2	29,510	124,311	153,821	112,229
Other trading activities	3	4,276	-	4,276	18,804
Investment income	4	1,238	-	1,238	1,208
Total income		<u>35,024</u>	<u>124,311</u>	<u>159,335</u>	<u>132,241</u>
Charitable expenditure					
Fund raising	3	5,072	-	5,072	15,558
Charitable activities	5	17,652	70,596	88,248	72,270
Total expenditure		<u>22,724</u>	<u>70,596</u>	<u>93,320</u>	<u>87,828</u>
Net income for the year		12,300	53,715	66,015	44,413
Movement in funds		-	-	-	-
Net movement in funds		12,300	53,715	66,015	44,413
Fund balances at 1 April 2020		<u>41,356</u>	<u>27,840</u>	<u>69,196</u>	<u>24,783</u>
Fund balances at 31 March 2021		<u>53,656</u>	<u>81,555</u>	<u>135,211</u>	<u>69,196</u>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

VETERANS AT EASE LTD

BALANCE SHEET AS AT 31 MARCH 2021

		2021	2020
	Notes	£	£
Fixed assets			
Investments	8	11,517	9,914
Tangible assets	9	65,981	12,675
Current assets			
Stock		-	4,186
Cash at bank and in hand		60,944	44,800
		60,944	48,986
Creditors: amounts falling due within one year	10	3,232	2,379
Net current assets		57,712	46,607
Net current assets / (liabilities)		135,211	69,196
Funds			
Restricted funds	11	81,555	27,840
Unrestricted funds		53,656	41,356
Total Funds		135,211	69,196

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 20

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 responsibilities for

- Ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- Preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company

These financial statements have been prepared in accordance with the special provisions of Part 15 of the companies Act 2006 relating to charitable small companies.

The financial statements were approved by the board of directors and authorised for issue and are signed on its behalf by:

.....

Mr PA Atkinson (Trustee)

Company Registration No. 07527322

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Company information

Veterans at Ease Ltd is a private company limited by guarantee incorporated in England and Wales. The registered office is 11 Jackson Street, Gateshead, Tyne and Wear, NE8 1EE

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 UK Generally Accepted Accounting Practice as it applies from 1 January 2019. The charity is a Public Benefit Entity as defined by FRS 102.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice, which is referred to in the Regulations, but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income recognition policies

Donations and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

Grants are deferred where there are pre-conditions outside of the charity's control. Once these conditions have been met the grant will be recognised in the Statement of Financial Activities.

Grants are accounted for as soon as the charity is notified of its legal entitlement, the amount due is quantifiable and its ultimate receipt by the charity is probable.

Income tax recoverable on Gift Aid donations is recognised when the income is received.

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

Accounting policies (Continued)

1.5 Expenditure

Charitable expenditure comprises 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.

Expenditure is recognised on an accruals basis as a liability is incurred.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity.

All costs are allocated between the expenditure categories of the SOFA on the basis designed to reflect the use of the resource. Costs are analysed in the notes to the accounts as requested by the trustees. This is a departure from the SORP which requires support costs to be allocated between the different activities engaged. The analysis in these accounts is thought to provide a more meaningful analysis to the readers of the accounts.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised to write off the cost or valuation of assets less their residual values over their useful lives. During the year it was agreed that the useful life of assets is 4 years and on that basis the depreciation rate was amend to the following bases:

Fixtures, fittings & equipment	25% Straight Line
Motor Vehicles	25% Reducing Balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Taxation

The Trust is a registered charity and is not liable to United Kingdom income or corporation tax on charitable activities, provided income falls within the charitable exemptions and is spent on charitable purposes.

2 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	2021 Total £	2020 Total £
Donations	22,959	124,311	147,270	110,461
Grants receivable		-	-	-
Gift Aid	6,551		6,551	1,768
	<u>29,510</u>	<u>124,311</u>	<u>153,821</u>	<u>112,229</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

3 Other trading activities

	2021	2020
Income	£	£
Total Warrior	269	17,462
Small Events	4,007	1,342
	<u>4,276</u>	<u>18,804</u>
	2021	2020
Costs	£	£
Total Warrior	-	12,393
Merchandise	-	472
Other	5,072	2,693
	<u>5,072</u>	<u>15,558</u>
Net income from trading activities	<u>(796)</u>	<u>3,246</u>

4 Investments

	2021	2020
	£	£
Veterans at Ease Endowment Fund	<u>1,238</u>	<u>1,208</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

5	Charitable activities		
		2021	2020
		£	£
Office rent		150	910
Bank fees		221	202
Training		4,575	3,915
Safeguarding		2,378	-
Website		240	-
Computer software		2,213	195
Travel and accommodation		887	3,615
Printing, postage and stationery		909	416
Equipment repairs and renewals		1,312	43
Depreciation and impairments		3,169	4,225
Advertising		-	562
Insurance		1,052	1,206
Sundry expenses		7,071	461
Salaries		51,690	52,817
Therapy Costs		6,825	1,239
Telephone		1,386	518
Staff pension costs		1,364	1,370
Subscriptions		1,797	576
Employers N.I.		709	-
CDCF		300	-
		88,248	72,270
Funds split			
Restricted		70,596	41,499
Unrestricted		17,652	30,771
		88,248	72,270

6 Trustees

During the year no Trustee received any remuneration or benefits from the charity.

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

7 Employees

	2021	2020
The average number of employees during the year was	<u>2</u>	<u>2</u>

Employment Costs

	2021 £	2020 £
Wages and salaries	51,690	50,611
Social security costs	709	2,206
Employer Pension Contributions	<u>1,364</u>	<u>1,370</u>
	<u>53,763</u>	<u>54,187</u>

There were no employees whose annual remuneration was £60,000 or more.

Gareth Murrell, who acts as CEO for the charity, was paid £37,224 remuneration during the year.

During the year pension contributions were paid into a defined pension contribution scheme totalling £1,364 (2020 – £1,370)

8 Investments

	2021 £	2020 £
Veterans at Ease Endowment Fund	<u>11,517</u>	<u>9,914</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

9 Tangible fixed assets

	Fixtures, fitting & equipment £
Cost	
At 1 April 2020	21,677
Additions in year	56,475
Disposals	0
	<u>78,152</u>
At 31 March 2021	<u>78,152</u>
Depreciation and impairment	
At 01 April 2020	9,002
Depreciation charged in the year	3,169
Depreciation on disposals	0
	<u>12,171</u>
At 31 March 2021	<u>12,171</u>
Net book value:	
At 31 March 2021	<u>65,981</u>
At 31 March 2020	<u>12,675</u>

10 Creditors: amounts falling due within one year

	2021 £	2020 £
Other taxation and social security	1,180	1,686
Pensions payable	812	-
	<u>1,240</u>	<u>694</u>
Accruals and deferred income	<u>1,240</u>	<u>694</u>
	<u>3,232</u>	<u>2,380</u>

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

11 Restricted funds

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

	Balance at 1st April 2020 £	Movement in funds		Transfers £	Balance at 31 March 2021 £
		Incoming resources £	Resources expended £		
Job Retention		25,576	25,576	-	-
Sage Foundation	577		417	-	161
Sage Foundation Refurbishment Grant	12,933		4,833	-	8,100
UPS	163		163	-	-
Barbour Foundation	513		513	-	-
Sir James Knott Trust	1,500	5,000	4,096	-	2,404
William Leech Charity	400		400	-	-
William Leech Charity (Training & Research)		2,000	2,000	-	-
Awards for All	7,211		7,211	-	-
Awards for All (Covid)		10,000	10,000	-	-
William Webster CT		3,000	3,000	-	-
Robert Clutterbuck Foundation		2,960	2,960	-	-
CDCF (Covid)		5,000	5,000	-	-
Groundworks (Comic Relief)		2,190	1,975	-	215
Albert Hunt Trust		3,000	1,687	-	1,313
Karbon Homes		1,000	500	-	500
Atlantic Row Challenge	4,278	64,585	-	-	68,862
DCC MIF (C2122)	265		265	-	-
	27,840	124,311	70,596	-	81,555

VETERANS AT EASE LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

12 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2021 are represented by:			
Investments	11,517	-	11,517
Tangible assets	9,506	56,475	65,981
Current assets / (liabilities)	32,632	25,080	57,712
	53,655	81,555	135,211

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