



ANNUAL REPORT

2019 / 20

'As an independent service charity, we exist to support the recovery of our wounded, injured and sick military personnel and veterans through the restorative power of competitive snowsport'.

ADDRESS TO

Armed Forces Para-Snowsport Team
Charity Registered Number: 1142135
Company Registration Number : 7646099

Registered Office Address:
The Broadgate Tower, Third Floor,
20 Primrose Street, London, EC2A 2RS

www.afpst.co.uk/



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www.afpst.co.uk

CHAIRMAN'S

WELCOME

DAVID CLARIDGE

Reflecting on 2019, it has been another great year of commitment and achievement by AFPST. Our dedicated team of volunteers and supporters have enabled us to deliver our mission - to provide a recovery pathway for wounded, injured and sick military personnel and veterans through the power of competitive snowsport. We have continued to adapt and extend the ways in which support can be provided; informed very much so by our beneficiaries. All of this is made possible by the inspirational innovation, planning and delivery of the Executive and Management Team, for which I give thanks.



The ability of the charity to do what it does is only possible because of the generosity of our volunteers, partners and donors.

We remain committed to the founding principles of those who started the charity nine years ago and these will continue to underpin and guide the Board of Trustees and the Executive and Management Team in the future. Nobody could have expected the final months of this year to be defined as they have been. The manner in which our organisation has adapted to an inordinate amount of change is in itself humbling and reassuring. Our resolve remains unabated and while restrictions will frame much of what is possible in the short to medium term, the Executive and Non-Executive team will continue to support our beneficiaries through this difficult time.

The ability of the charity to do what it does is only possible because of the generosity of our volunteers, partners and donors. I am extremely grateful for all that you do. You have helped enable this journey and I hope we can rely on your continued support. I would like to finally thank Maj. Gen. (Rtd.) Graham Binns CBE, DSO, MC who retired as Chairman of AFPST in January 2020. During his tenure, he made a real impact to AFPST.

As our 2019/20 season year draws to a close, the Board of Trustees' attention remains focused on our vision and strategy to ensure we continue to promote the health and well-being of our serving and veteran wounded, injured and sick community.

CEO'S

OVERVIEW

This season has been a year of contrasts, challenges and superb achievements. Strategically, our relationship with GB Snowsport is maturing, with a growing pipeline of potential competitors for the Paralympic Games in 2022 and beyond. Our long-term partnership with Leonardo continues to flourish and I am delighted to report that our Spirit of Challenge fundraising efforts proved both a financial and spiritual triumph. Operationally we have expanded our offer to include telemarking, while we have seen unprecedented interest in our broad Foundation programme. We have experienced great success in all three disciplines in a variety of military competitions, as well as those hosted in the USA and on the world stage.



MESSAGE

Unfortunately, Covid19 did curtail the final months of our season. I am humbled by the professional, safe and efficient way staff and athletes responded to the challenge of returning home from across Europe. Since lockdown, we have embraced a virtual programme of exciting new ways to keep the flame alive and remain utterly committed to our mission.

Finally, may I thank those who continue to make this endeavour possible; the athletes, the coaches, the management team and every single supporter, sponsor and donor.

A handwritten signature in black ink, appearing to be 'Andy Cox', written in a cursive style.

BRIGADIER ANDY COX
MBE, CEO AFPST



**READ OUR
ATHLETES' TESTIMONIALS
FROM PAGE 16**

**SENIOR AIRCRAFTMAN SHONA
BROWNLEE – PARA ALPINE ATHLETE**

'The AFPST enable me to get out and ski. It's a place where I'm not excluded and told I can't. It's an organisation that does not define me by my injury.'

COMPETITION

SUPPORTING THE RECOVERY OF OUR WOUNDED, INJURED AND SICK MILITARY PERSONNEL AND VETERANS THROUGH THE RESTORATIVE POWER OF COMPETITIVE SNOWSPORT.

We are an independent service charity. Our experienced team of volunteers provides adaptive snowsport instruction to those with a physical or psychological condition, where measurable success can be achieved in a competitive sporting environment. We offer three core disciplines; Snowboarding, Alpine and Nordic skiing. Although primarily focused upon providing inexperienced team members with drive and purpose, we also create the opportunity for aspiring athletes to compete on the world stage.

This season, all three of our disciplines have continued to flourish in equal measure. The exemplary training, provided by our team of dedicated volunteers, has led to some inspirational sporting moments at a competitive level. Our thanks go out to all those involved with making this happen. We couldn't do it without you.



Competition is key to what we do.

Earlier in the season, a number of our beneficiaries took part in the largest adaptive ski competition in America. Ski Spectacular in Colorado hosted over 800 athletes in one enormous collaborative camp, enabling our athletes to connect to US adaptive athletes whilst enjoying the incredible facilities and events. This trip was partially supported by Leonardo's charity cycle event and was a chance for all three disciplines of the AFPST to train collectively.



We also sent our Nordic and Snowboard teams to the first ever European Winter Para-Sports Competition. Our athletes, who represented both AFPST and Great Britain, came away with a whole plethora of medals and some personal bests.

Due to the coronavirus outbreak our season was cut unexpectedly short. Despite the obvious setbacks, we managed to get everyone home safely and are now exploring new ways to stay connected to our beneficiaries.

In order to ensure we do not lose sight of our pioneering mind-set we have conducted our first ever trial of adaptive telemarking. This particular snow sport could be both challenging and rewarding for our athletes, so it is something we would very much like to consider for the future. Watch this space!

DISCIPLINE

OVERVIEW



THE ALPINE CREW

Our Alpine Team, led by Major Nikki Jordan, has continued to push boundaries and provide new and exciting opportunities for all those involved.

OUR FOUNDATION TEAM

The annual Newcomer event was a great success again this year, acting as the perfect springboard for a number of prospective athletes who later took full advantage of our UK based, indoor training facilities. Then followed a week-long training camp in Landgraaf, Holland run by our talented instructors Mick Jordan, Neil Graham and Matt Woodcock. It heralded a great start to the season for our Foundation team although a further camp scheduled for May unfortunately had to be cancelled due to the COVID-19 pandemic.





THE PERFORMANCE TEAM

Four of our Alpine performance team members attended the Inter-Service Championships in Meribel in February 2020 which involved a challenging set of courses, set up on a World Cup piste. Three of our athletes took part in the formidable Downhill race, where speeds were recorded in excess of 105km/h. Kevin Drake went on to produce some outstanding results across all four disciplines, earning him the award of best adaptive racer at the prize giving ceremony.

In November, a new member of the Alpine race team, Steve Whitehead, was classified by the IPC and began racing on the World Para-Alpine Skiing (WPAS) circuit, where he joined our Performance Team. This is an extremely competitive environment. It requires a high level of commitment, technical skill and training to progress through from WPAS, to Europa Cup (EC) and eventually World Cup (WC) level. Our athletes have shown enormous resilience and potential for World Championship qualification in 2021 and Paralympic selection in 2022.

Our highlights of success include:

- ✓ World Cup debuts for Alex Slegg and Dan Sheen
- ✓ 7 gold and 2 silver medals secured at the British Para-Alpine Ski Championships
- ✓ Europa Cup overall 2019/20 season bronze medal for Shona Brownlee
- ✓ An incredible 137 slalom points scored in only his second season racing for Dan Sheen
- ✓ Four of our Alpine beneficiaries attended the annual Disability Snowsports USA Ski Spectacular event in Breckenridge, Colorado where they received expert tuition and the opportunity to compete alongside US adaptive athletes.
- ✓ Our Alpine performance team joined the GB Para-Alpine team on two training camps and four races after the GB Snowsport announcement to make AFPST their official partners.

AFPST SNOWBOARDING

Under the leadership of John Connelly, AFPST Snowboarding is maturing at pace, with continued investment in the technical and racing ability of our coaches and athletes. Collaboration and relationship building with other third sector groups has also proved invaluable to the development of the team. This season we have continued to energise and qualify our athletes for coaching and management positions within AFPST Snowboarding. Our inclusion into the World Snowboarding Federation has facilitated an introduction to entry level international competition, whilst working with other adaptive national winter sports groups.

RIDERS SMASH THEIR PERSONAL BESTS

It has been a diverse and rewarding year for AFPST Snowboarding. We've successfully broken new ground with a joint Mental Health First Aid Course, a Ski Board Technician Course, BASI Adaptive 1 and BASI 2 Coaching Course; the latter both attended and successfully passed by Darren Swift - the first amputee to do so. We continue to push the boundaries of VI Snowboarding racing and coaching. Ben Shaw a podium winner in Poland set the international standard for his performance, tenacity and cutting-edge coaching techniques. Owen Pick continues to be an inspirational international figure with his success on the world circuit, ranking first in the World for the 2019/20 season. Additionally, our exposure on Ski Sunday, with Darren Swift and Olympic Gold medalist Jenny Jones has helped established numerous social media connections that we continue to utilize.





OUR INTERNATIONAL STANDING CONTINUES TO GROW

We have some fantastic news - AFPST Snowboarding has been accepted into the World Snowboard Federation Banked Slalom Events for the 2020/21 season. We hope to enter 6 events with those performance riders who are not already competing with GB Snowsport. We've also been invited to compete in the International Military Sports Council events. This amazing opportunity broadens the scope of our athletic engagement and international influence.

The jewel in the crown of our international engagement last year was the Hartford Ski Spectacular that enabled our athletes to train and compete with the DS USA WARFIGHTERS in Breckenridge. Continued access to the North American DS USA program and its technological insights in prosthetics promises to act as a performance accelerator for the future.

ENTRY TO THE WORLD STAGE

Snowboarding is still at the early stages of development within the AFPST competition and delivery model. This year has seen a step change and acceleration in the potential for successful outcomes in the competitive and recovery domains. The 2020/21 season has much to offer despite the continued disruption of COVID-19. We have developed mature international relationships and our reputation for world class and cutting-edge training techniques has positioned us on the world stage. The future looks bright.



THE NORDIC TEAM



Major Elizabeth Winfield (Retired) and her team of dedicated instructors have helped to deliver yet another action-packed year for our Nordic Team.

Following the New Comers' Event, we launched into the Nordic season with a new cohort of beneficiaries, keen to embrace the challenges ahead. They were joined by existing athletes who were ready to build on solid foundations built in previous years.

'WE ARE NOW OFFICIALLY RECOGNISED AS THE ADAPTIVE PATHWAY FOR GREAT BRITAIN WINTER SPORTS. OUR NORDIC TEAM ARE FULLY INTEGRATED UNDER THE GB SNOWSPORT NATIONAL GOVERNING BODY, WHO WE CONTINUE TO WORK IN PARTNERSHIP WITH.'



NORWAY AND THE FIRST WORLD CUP OF THE SEASON

Whilst some of the Nordic team joined other athletes from AFPST to train and compete in the United States, our GB Team headed to Norway to attend their first World Cup event of the season. This corresponded with many of our new athletes attending a training camp just north of the event, where they came to grips with the sport. A few of our athletes even got to take part in an International Rookie Race on a World Cup circuit – a fantastic opportunity!

A MARATHON FUNDRAISER

A team of Nordic athletes ventured to Norway to face not one but two grueling ski marathons. The team showed tremendous grit and determination, facing down difficult snow conditions and some challenging terrain, particularly in the last 70km race.



WATCH STEVE COMPLETE PART 1 OF AN EPIC CHALLENGE.

SIMPLY SCAN THIS QR CODE WITH YOUR PHONE CAMERA TO VIEW

SUCCESS AT THE RLC CHAMPIONSHIPS

The RLC Championships proved the perfect opportunity for the Nordic Team to immerse themselves in the familiar military culture of camaraderie and competition. The chance to compete against service personnel on an equal playing field broke down boundaries, ignited the spirit of competition and gave focus and direction to their recovery journeys. For many of our athletes, it was the highlight of their season, thanks to all of the RLC Staff and competitors who welcomed and supported them throughout their stay.

Special mention must go to Steve Hughes who completed part 1 of an epic challenge. With the support of the Team, he completed a 100km ski at the RLC Ski Championships.

ATHLETE

TESTIMONIALS

DARREN EDWARDS

– FORMER ARMY RESERVIST – PARA NORDIC ATHLETE

Interviewed by Heidi Cox

Sometimes, just one chance event can turn your world upside down. For Darren Edwards, it was a climbing accident in August 2016 that proved a pivotal moment in his life.

HOW HAS PHYSICAL AND EMOTIONAL CHALLENGE HELPED RE-DEFINE WHO YOU ARE?

'Attached to the Rifles, I joined the Army Reserve in 2013 and have always been drawn to the great outdoors. Aside from the army, there was nothing I loved more than climbing and mountaineering; they were true passions of mine.

I was scaling a mountain in North Wales when a piece of rock broke away and took me with it. Fortunately, I was caught on a ledge by my climbing partner. Although lucky to survive, it left me with a spinal injury. I broke my

back at chest level and so began five-months of hospitalisation, involving a gruelling process of intensive care and rehabilitation, at the end of which I was ready to begin my 'new normal'. As part of my recovery it became blatantly clear that I needed to find new challenges and alternative passions to replace those I had lost. For me, both Nordic skiing with AFPST and kayaking with the Kayak 4 Heroes team have become fundamental elements to my physical and emotional healing process. These new sports have enabled me to re-discover who I am; to find ways of expressing myself and to reconnect to the person I was before the accident'.



WHEN DID YOU FIRST HEAR ABOUT AFPST?

'In 2019, I started training with the Paralympic kayaking team in Nottingham, where I was introduced via a friend, to Liz Winfield and the concept of AFPST. Not long after, I got to experience the sheer joy of Nordic skiing. It was during a week-long trip to Norway with the Nordic

crew that I met the future Kayak 4 Heroes team and formulated our plan to paddle the length of Britain for charity. Being back amongst the mountains and snow felt like I'd come home; that I'd travelled full circle. I now feel I'm in a healthy place, both physically and emotionally and find myself looking forward to what the future holds'.

TELL US ABOUT KAYAK 4 HEROES

'We are four ex-servicemen who met on an AFPST Nordic adventure in Norway. Our mission; to kayak the 1,400 kilometres of gruelling water between Land's End and John O' Groats. Our aim – to be the world's first adaptive team to complete the challenge and to raise over £100,000 for charity'.

REHABILITATION THROUGH EXPLORATION

'Physical challenge, whether on the snow or in a kayak is helping to paint a true reflection of who I am. I've always been over ambitious and have a tendency to set goals above and beyond what would normally be deemed possible to achieve. Kayak 4 Heroes is a product of that drive. It's a challenge that seems insurmountable right now, but knowing that we've got a process to fall back on is all we need. I've focused on bringing on board the right people, the right team to collectively achieve our goal. My team mates have their own stories to tell; their own personal journeys to follow. We have different strengths and weaknesses and hopefully they complement each other. I guess we will find out in 2021'!



SENIOR AIRCRAFTMAN**SHONA BROWNLEE – PARA ALPINE ATHLETE***Interviewed by Heidi Cox*

As a serving member of the Armed Forces, SAC Shona Brownlee is a musician, currently posted with the Central Band of the RAF. Having served for eight years, she has only recently been able to join her fellow band members on parade.

WHERE IT ALL BEGAN....

'Eight years ago, I sustained a leg injury during basic training. It was only my ninth week in the RAF and I'd barely begun my career before the accident happened. What initially appeared to be a simple ligament sprain developed into a complicated, painful condition that failed to heal. Seven years later, I found myself still reliant on crutches with no hope of recovery. Surgery hadn't worked and I had exhausted all treatment options. Instead I opted for an elective, below the knee amputation. Removing my damaged leg has transformed my life for the better, both professionally and personally.'

**HOW DID YOU FIRST LEARN ABOUT AFPST?**

'Five years ago, during a Battleback expedition, I had my first experience in a sit ski and loved it. I was introduced to a member of AFPST who invited me to take part in their annual Newcomers Event. With the help of some talented instructors, I found my way around my sit ski and have felt my confidence grow year on year.'

HOW HAS SURGERY CHANGED THINGS?

'I have my life back. It sounds like a cliché, but I'm able to do things again. Simple things. When I go home, I have three nieces who I can now interact freely with. For many years, hampered by crutches, I was unable to take them for a walk as I couldn't hold their hands to safely cross the road. Now I can run and swim. I can do my job and join everyone else on parade. Losing my leg has been truly liberating.'

The way I access the slopes hasn't changed since my operation. I still use a sit ski for racing, although I do want to learn to ski recreationally standing up. It would be great to be able to head out onto the slopes without the logistical challenges of the rig and all the associated equipment. I find not having my leg has changed my weight distribution and balance in the sit ski, which is something I'm getting used to'.



HOW HAS AFPST HELPED YOU IN YOUR RECOVERY?

'AFPST continues to have an enormous impact on my recovery. Having a goal to focus on has made a huge difference to my morale. Prior to the charity's involvement, I was forever being told I couldn't do things. The AFPST has proved I can. From a social perspective, being part of a team who understand my situation is a breath of fresh air. In work, I felt defined and restricted by my injury and at times, excluded because of it. The AFPST enable me to get out and ski. It's a place where I'm not excluded and told I can't. It's an organisation that does not define me by my injury. We all have a recovery journey to navigate. We do it together and celebrate when we achieve along the way'.



'I have my life back. It sounds like a cliché, but I'm able to do things again. Simple things.'

WHAT ARE YOUR AIMS AND AMBITIONS MOVING FORWARD?

'It would be wonderful to complete a season of racing. To get to the Paralympics would be an ultimate aim but more importantly, I want to enjoy the journey'.

SALLY ORANGE – PARA NORDIC ATHLETE

Interviewed by Heidi Cox

MY BATTLE WITH CHRONIC ANXIETY AND SEVERE DEPRESSION

Hidden wounds can be just as debilitating as those more visible signs of trauma. For Sally Orange, severe depression and chronic anxiety are two afflictions she has to confront on a daily basis. A former physiotherapy officer in the Royal Army Medical Corps, Sally was medically retired out of her role after a steady decline in her mental health.

'I served in a Field Hospital in Afghanistan, where I just wanted to do the best I could for my patients. Problem is, I never felt like I was doing a good enough job. I kept driving myself forward, with higher and higher expectations for myself that simply weren't possible to achieve. In medicine, you can't always fix things, yet I found accepting my limitations very difficult to live with.

The cumulative effect of caring too much was one of a number of factors that started to impact my mental health. I became a physiotherapist



because I wanted to help others. It turns out I was so busy caring for other people that I failed to look after myself. After almost 22 years of service, I still felt there was so much more I should have achieved; that in some way I had failed. I felt lost and without purpose and didn't know who or what I had become. To be honest, I'm still struggling with working that one out. Small, everyday things can become so overwhelming.

I'm having to learn to manage by breaking even the simplest of activities down into small, bite sized chunks'.



HOW COMPETITIVE SPORT HAS CHANGED MY LIFE

'Sport is a fantastic outlet for me because it is multi-faceted and requires a disciplined approach. Being part of AFPST means I'm surrounded by like-minded people, all of whom are focused upon the same aim. Training with a sense of purpose enables me to focus my mind on something positive rather than all those things I can't control. I find that the solitude of Nordic skiing is a form of mindfulness which allows me to be present and just be. In those tree-lined Nordic routes I find peace and solitude.

The greatest thing about Nordic skiing is the discipline it requires. You need routine, focus and determination to complete the course. It has helped me appreciate that I am so much more than I give myself credit for and that I'm capable of far more than I ever thought possible.

For me, anxiety is brought about by people and the fear of upsetting or offending others. Physical danger is strangely not a catalyst. I have undergone a number of extreme challenges over recent years. In fact, I've run 60 marathons to date, most of them for charity, dressed as various pieces of fruit. As a tri-athlete, I've taken part in 8 full Iron distance triathlons, completed a team channel swim and ridden a bike across the United States.

By far the most challenging event to date was a transformative trip to arctic Norway where I skied 250 kms across a frozen plateau with six other women in fourteen days, whilst pulling a sled in temperatures as low as -40. Camping was an extreme experience that required significant discipline. We had to focus on the little things and work as a team in order to survive'.



WHEN DID YOU FIRST LEARN ABOUT THE AFPST?

'In 2016, I took part in the Marathon Des Sables, a multi stage ultra-marathon held in the Sahara Desert. I met Andy Cox and his team from the Army Training Regiment, who were running to raise money for the AFPST. We got talking about the charity. Initially I thought I wouldn't qualify because I didn't display a physical injury. Admitting I suffer with depression was an enormous step for me, something I only went public about last year. I felt ashamed to be asking for help or to talk about my struggles. My fears were groundless. I was welcomed with open arms by AFPST and joined the Newcomers Event in Milton Keynes eighteen months ago. Shortly afterwards, I took part in my first Nordic ski marathon in Finland, having also dipped my toe into an Alpine ski camp.

There are many things I've learnt about myself, including the fact that I love to push my physical endurance to its limits. It's not that I'm competitive, I just want to try and achieve my personal best. The training camps are friendly and relaxed, with no pressure to perform. The atmosphere makes me want to try. My next goal is to help mentor a Nordic expedition in Norway, where I can inspire other AFPST athletes to complete their own personal challenge on the snow'.

SUPPORTERS

AND DONORS



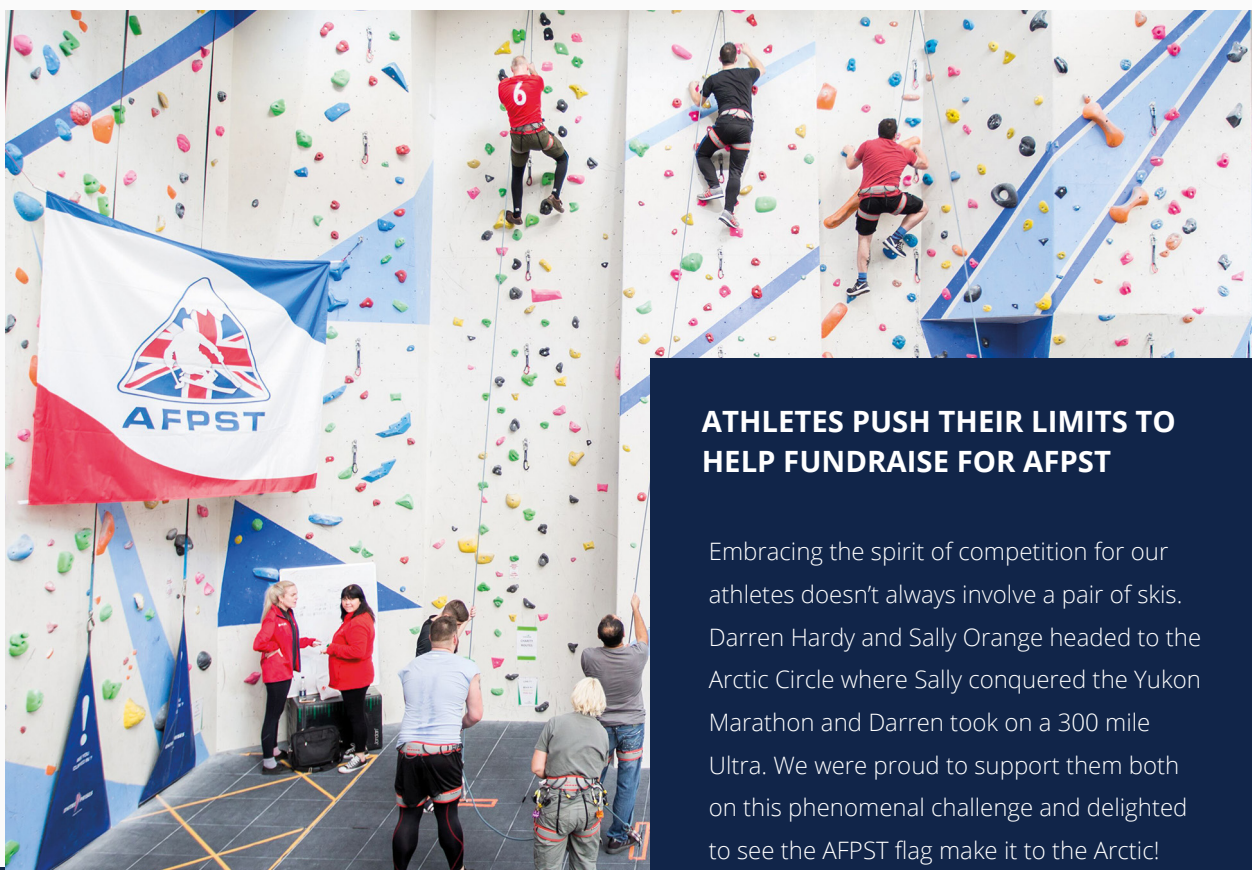
In order to operate effectively, we remain heavily reliant upon the support of our military charity partners, donors and grant givers. We are hugely grateful for the donation of vital funds, resources and networking capabilities, all of which enable us to support our athletes on their recovery pathway. We would like to thank everyone, especially the Veterans Foundation, Scott Erdine Trust, Positive Pathways Grant, LIBOR and MBDA for their support and look forward to working closely with them in the future.

We really appreciate the energy and passion of those that take on incredible challenges and events in order to raise awareness and funds to support us. This year has been no exception, with students from Southwest Universities and Wasteland UK organising a 24-hour Skiathlon, Astute running their fantastic annual Golf Fundraiser, Chris Mitchell delivering a Track Day, Leonardo's epic Ride of Steel and Allen & Overy for hosting our annual gala dinner.

PARTNERSHIPS ARE VITAL TO OUR DELIVERY

Our enduring military partnership has been key to accessing some extraordinary training opportunities this year. Their funding commitments through the Army Sports Control Board, AWSA and Team Army have all ensured a full and varied programme for our deserving athletes. Our long-standing partnership with GB Snowsport continues to flourish, with a number of our athletes benefiting from some key coaching and support as they embark on the Paralympic pathway for 2022.





ATHLETES PUSH THEIR LIMITS TO HELP FUNDRAISE FOR AFPST

Embracing the spirit of competition for our athletes doesn't always involve a pair of skis. Darren Hardy and Sally Orange headed to the Arctic Circle where Sally conquered the Yukon Marathon and Darren took on a 300 mile Ultra. We were proud to support them both on this phenomenal challenge and delighted to see the AFPST flag make it to the Arctic!

Following two Nordic ski marathons with the team, Luke Wigman moved swiftly on to complete his next challenge for the second time - seven marathons in seven continents over seven days!

WITHOUT OUR WILLING VOLUNTEERS, WE COULD NOT OPERATE, SO THANK YOU.

As an all-volunteer charitable organisation, we are forever grateful for the time and commitment of our Board and staff. There are many more individuals who, moved by our cause, have offered their expertise to enhance our reach, awareness and delivery. This includes the wonderful videos from John Holden, the marketing support from David Nossitor and Nicola Irving and the administrative support from Reed Smith.



FINANCIAL

REVIEW

Details of our financial processes are set within the Finance Directive, reviewed annually by the CFO. This document provides the financial governance for AFPST and empowers the Finance Committee to act upon the strategy.

The Finance Committee drives the financial planning, management and reporting for both 'in-year' and the broader strategic financial programme. Its principal outputs are:

- 5-year detailed budget proposal for agreement by the Board of Trustees.
- Preparation of draft accounts for submission to the Board of Trustees.
- IY quarterly review of team accounting procedures, checks and balances.
- Input to the AFPST Board on all financial matters.

BANK ACCOUNTS

AFPST operates three bank accounts and one corporate card account with Equals. The bank accounts are:

RBS STERLING CURRENT ACCOUNT.

RBS INTEREST EARNING STERLING SWEEPER ACCOUNT

RBS -95DAY DEPOSIT ACCOUNT.

AUDIT AND OVERALL FINANCIAL POSITION

An independent examination of accounts is made at the end of each financial year (30th April) by a qualified accountant, whose report is submitted to Companies House and to the Charity Commission with the accounts. This examination is currently conducted by Col DJ Rutherford MBA FCMA CGMA, and his report is attached.

The amount of free reserves or income, freely available to the charity at the time of the independent examination, was £322,716.

The amount of money being carried forward this year £332,989 is in line with the charity's objective of building the three disciplines while securing appropriately scaled reserves.

FUTURE INTENTIONS

AFPST intends to build upon the strong relationships we have with our donor and trust foundations whilst maximizing the advantage of the final year of the Libor Funding Grant. While this welcome funding stream will allow for a sharp increase in Snowboard and Nordic activity, it is essential that the board quickly build alternative funding to match and maintain the enhanced levels of commitment beyond Libor in 2021. Concurrently we must continue to invest energy and time into an annual Gala Dinner and fund raising challenge.

The target for the next three years is two-fold:

- Raise an enduring <£250K per year to meet the current demand
- Secure an additional and enduring £200K to replace Libor in from FY21/22

This dual approach will allow us to maintain the enhanced level of activity and support to our beneficiaries for the long-term while concurrently growing sufficient reserves such that by FY19/20 the charity will be able to meet the commitments we have made to our beneficiaries at the beginning of each financial year.

Throughout, spend will be prudently planned and controlled to provide the maximum, sustainable benefit to as many beneficiaries as possible.

GOING CONCERN

The Directors consider that Armed Forces Para-Snowsport Team (AFPST) remains a Going Concern and have no reason to suspect that this status will change during the forthcoming year.

FINANCIAL

PROCESSES

Independent examiner's report to the trustees of the Armed Forces Para-Snowsport Team - Charitable Company ('the Company') Number 7646099

I report to the charity trustees on my examination of the accounts of the Armed Forces Para-Snowsport Team for the year ended 30 April 2020..

RESPONSIBILITIES AND BASIS OF THE REPORT

As the charity's 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'). The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ('the 2011 Act') and that an independent examination is needed.

As the charity's 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'). The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ('the 2011 Act') and that an independent examination is needed.

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 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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm I am qualified to undertake the examination by being a member of the Chartered Institute of Management Accountants, which is one of the listed bodies.

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.

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.



COLONEL D J RUTHERFORD MBA FCMA CGMA

6TH JULY 2020

**DEFENCE BUSINESS SERVICES
CENTURION BUILDING
GOSPORT HAMPSHIRE
PO9 13XA**

**STATEMENT OF FINANCIAL ACTIVITIES FOR ARMED FORCES PARA-SNOWSPORT TEAM
COMPANY NUMBER: 7646099 FOR THE YEAR ENDED 30 APRIL 2020 INCORPORATING
AN INCOME AND EXPENDITURE ACCOUNT**

INCOMING RESOURCES	NOTES	UNRESTRICTED FUNDS £	PRIOR YEAR TOTAL FUNDS £
VOLUNTARY INCOME	2	493,643	456,914
INVESTMENT INCOME	2	1,991	524
TOTAL INCOMING RESOURCES		495,634	457,438
RESOURCE EXPENDED			
COSTS OF GENERATING VOLUNTARY INCOME	3	44,707	39,592
CHARITABLE ACTIVITIES	4	299,440	334,753
GOVERNANCE COSTS	5	8,305	9,105
TOTAL RESOURCES EXPENDED		352,452	383,450
NET INCOME FOR THE YEAR		143,182	73,988
DEPRECIATION OF FIXED ASSETS	8	(14,284)	(21,566)
NET MOVEMENT OF FUNDS	9	128,898	52,422

**THE STATEMENT OF FINANCIAL ACTIVITY INCLUDES ALL GAINS AND LOSSES IN THE YEAR.
ALL INCOMING RESOURCES AND RESOURCES EXPENDED DERIVED FROM CONTINUING ACTIVITY.**

BALANCE SHEET AS AT 30 APRIL 2020

	NOTES	2019/20 £	2018/19 £
TOTAL FIXED ASSETS	8	10,273	24,556
CURRENT ASSETS:			
DEBTORS		0	0
PRE-PAYMENTS		0	0
CASH IN BANK AND IN HAND		322,716	179,535
TOTAL CURRENT ASSETS		322,716	179,535
LIABILITIES			
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		0	0
TOTAL ASSETS LESS CURRENT LIABILITIES		332,989	204,091
THE FUNDS OF THE CHARITY:			
UNRESTRICTED FUNDS		332,989	204,091
RESTRICTED FUNDS		0	0
TOTAL CHARITY FUNDS		332,989	204,091

The accounts for the year ending 30 April 2020 were prepared in accordance with the special provisions in Part 15 of the Companies Act 2006 relating to small companies.

For the year in question (2019/20), the company was entitled to exemption (from the requirements relating to preparing audited accounts) under Sections 475 and 477 of the Companies Act 2006; No Member or Members entitled to do so have deposited a notice requesting an audit within the specified time period; and The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing accounts, which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year in accordance with the requirements of Sections 394 and 395 (duty to prepare individual company accounts and applicable accounting framework), and which might otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

Approved by the Board of Trustees 17th September 2020 and signed on its behalf by:


DAVID CLARIDGE
 CHAIRMAN

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 2019/20.

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year:

- 1.1 Accounting Convention.** The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 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 published on 16 July 2014.
- 1.2 Fund Accounting.** The Charity holds an unrestricted General Purpose Fund. This fund can be used at the discretion of the Trustees to further the objectives of the Charity. The Charity currently has no designated, restricted or endowment funds.
- 1.3 Incoming Resources.** All incoming resources are included in the statement of financial activity when the Charity is entitled to the income and the amount can be quantified with reasonably accuracy:

Voluntary income is received in the way of grants, donations and gifts and is included in full in the Statement of Financial Activity (SOFA) when receivable.

Donated services and facilities are included at the value to the Charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

- 1.4 Resources Expended.** Expenditure is recognised on a payments basis as a liability is incurred. Expenditure includes any VAT that cannot be fully recovered, and is reported as part of expenditure to which it relates:

Cost of generating funds comprise the costs associated with acquiring voluntary income.

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.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the Charity. They include the costs linked to the strategic management of the charity.

- 1.5 Fixed Assets.** Fixed assets consist of the Minibus owned by the Charity. The cost of additions to Fixed Assets is not capitalized for single items with a value below £2000. Depreciation is provided at a rate calculated to write off the cost of an Asset over its expected useful life.

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 2019/20.

- 2. Incoming Resources.** The Charity relies almost entirely on donations and other support to fund charitable activities. In addition to support from corporate and individual donors, grants have been received from a number of Service charities to assist with both the procurement of equipment and to support the charity's development. A small amount of investment income is received in the form of bank interest.
- 3. Cost of generating funds.** The figure reflects the funds utilised in securing donations and sponsorship.
- 4. Charitable Activities.** These are the costs relating to the team travelling to training and competition events, accommodation, lift passes and other team costs. Expendable property and maintenance of capital property used by the team are charged to this category, as are direct support costs.
- 5. Governance Costs.** These are costs associated with running the charity and include legal expenses and insurance costs.
- 6. Trustee Remuneration and Related Party Transactions.** No member of the Trustee Board received any remuneration during the year.
- 7. Taxation.** As a charity, Armed Forces Para-Snowsport Team (formerly Combined Services Disabled Ski Team) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable gains Act 1992 to the extent that these are applied to charitable objectives. No tax charges have arisen in the Charity.

8. Tangible Fixed Assets

COST	£
BALANCE BROUGHT FORWARD	42,851
ADDITIONS	0
DISPOSALS	(12,034)
BALANCE CARRIED FORWARD	30,817

ACCUMULATED DEPRECIATION	£
BALANCE BROUGHT FORWARD	18,294
DISPOSALS	(12,034)
CHARGE FOR YEAR	14,284
BALANCE CARRIED FORWARD	20,544
NET BOOK VALUE	
BROUGHT FORWARD	24,556
CARRIED FORWARD	10,273

9. Movement in funds

NAME	AS AT 1 MAY 2019 £	ADJUSTMENT £	INCOMING RESOURCES £	OUTGOING RESOURCES £	AS AT 30 APRIL 2020 £
UNRESTRICTED FUNDS:	204,091	0	495,634	366,736	332,989
TOTAL FUNDS	204,091	0	495,634	366,736	332,989

THE AFPST CURRENTLY HAS NO DESIGNATED, RESTRICTED OR ENDOWMENT FUNDS.

A HUGE THANK YOU TO OUR SPONSORS



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**THE ARMED FORCES
COVENANT FUND TRUST**

TOGETHER WE CAN...

Break boundaries and show how courage and determination can achieve great things. We do this through an exhilarating and competitive snow sports programme.



TOGETHER WE CAN...

Make a difference. With our dedicated supporters and generous donors, we can pioneer new pathways, develop confidence and form meaningful relationships that help accelerate recovery.



TOGETHER WE CAN...

Make it happen and inspire others to do the same. Without our incredible volunteers, our loyal donors and the continued support of the general public, such opportunities would not exist.

ARMED FORCES PARA-SNOWSPORT TEAM

CHARITY REGISTERED NUMBER:

1142135

COMPANY REGISTRATION NUMBER :

7646099

REGISTERED OFFICE ADDRESS:

The Broadgate Tower,
Third Floor, 20 Primrose Street,
London, EC2A 2RS

CHAIRMAN:

David Claridge

BOARD OF TRUSTEES:

Andy Cox MBE, CEO
Maj (Retd) Elizabeth Winfield COO
Brig Mark Pullan MBE CIO
Mrs Jill Ahrens CFO
Brig Fred Hargreaves OBE
Mr Clive Jecks
Lt Col (Retd) Spencer Bull
Lt Col (Retd) Paul Spanner

COMPANY SECRETARY:

Reed Smith Corporates Services Limited

INDEPENDENT EXAMINER:

Lt Col Rutherford AGC (SPS) FCMA CGMA Bankers

BANK ACCOUNT:

Royal Bank of Scotland, Holts RBS branch

SOLICITORS:

Reed Smith LLP, The Broadgate Tower, 20 Primrose Street, London, EC2A 2RS



ANNUAL REPORT

2019 / 20

As an independent service charity, we exist to support the recovery of our wounded, injured and sick military personnel and veterans. We can help restore their physical and mental health.

ADDRESS TO

Armed Forces Para- Snowsport Team
Charity Registered Number: 1142135
Company Registration Number : 7646099

Registered Office Address:
The Broadgate Tower, Third Floor,
20 Primrose Street, London, EC2A 2RS

www.afpst.co.uk/