

FORWARD ASSIST LIMITED

England & Wales · Charity number 1150408

Details

Status Registered

Legal form Charitable company

Company number [08190905](#)

Registered 2013-01-09

Register [View on the Charity Commission register](#)

Contact

Address c/o The John Willie Sams Centre
Market Street
Dudley
Cramlington
Northumberland
NE23 7HS

Phone 01912504877

Email admin@forward-assist.com

Website www.forward-assist.com

Activities

Objects: TO RELIEVE THE NEED OF FORMER MEMBERS OF THE ARMED FORCES AND THEIR DEPENDENTS WHO ARE IN NEED BY VIRTUE OF THEIR PHYSICAL OR MENTAL HEALTH OR THEIR ECONOMIC CIRCUMSTANCES. IN FURTHERANCE OF THE ABOVE THE CHARITY WILL: ENSURE THAT ANY FORMER MEMBER OF HER MAJESTIES ARMED FORCES CAN ACCESS SPECIALIST INFORMATION, ADVICE AND GUIDANCE AND HOLISTIC SUPPORT TO REDUCE THE PHYSICAL, PSYCHOLOGICAL OR SOCIAL HARM EXPERIENCED BY INDIVIDUALS AS A RESULT OF MILITARY SERVICE AND THEIR ASSIMILATION BACK INTO THE CIVILIAN COMMUNITY. PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING EX SERVICE PERSONNEL FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY. FOR THE PURPOSE OF THIS CLAUSE SOCIALLY EXCLUDED MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OR MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY). DEVELOP THE CAPACITY AND SKILLS OF EX SERVICE PERSONNEL BOTH [SOCIALLY AND ECONOMICALLY] SO THAT THEY ARE ABLE TO SUPPORT THEMSELVES AND OTHER DISADVANTAGED COMMUNITIES IN UK IN SUCH A WAY THAT THEY ARE BETTER ABLE TO IDENTIFY, AND HELP MEET, THEIR NEEDS AND TO PARTICIPATE MORE FULLY IN SOCIETY. PROMOTE SUCH OTHER CHARITABLE PURPOSES AS MAY FROM TIME TO TIME BE DETERMINED.

Activities: To promote social inclusion for the public benefit by preventing ex service personnel from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£51,798	£104,412	-	-
2024-08-31	£42,973	£91,596	-	-
2023-08-31	£396,671	£286,771	-	-
2022-08-31	£126,474	£253,077	-	-
2021-08-31	£278,611	£198,696	-	-
2020-08-31	£167,166	£162,433	-	-

Trustees

Name	Role	Appointed
Brian Hegarty		2013-11-08
Sally Walker		2025-11-07
Stuart Honor		2022-07-28

FORWARD ASSIST LIMITED

England & Wales - Charity number 1150408

Accounts



Forward Assist Limited

Report and Accounts

31st August 2025

Company Registration Number – 08190905

Charity Registration Number - 1150408

FORWARD ASSIST LIMITED

(Charitable Company Limited by Guarantee)

TRUSTEES' ANNUAL REPORT

The Trustees present their Report and Accounts for the year ended 31 August 2025, which also comprises the Directors' Report required by the Companies Act 2006.

1. Reference and Administrative Details

The legal name of the charity is: **Forward Assist Limited**

The charity's areas operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number: 1150408 and company number: 08190905

The charity does not operate in any overseas jurisdictions.

The principal operating address, telephone number, email and web addresses of the charity are: -

Registered office: The John Willie Sams Centre, Dudley, Cramlington, Northumberland, NE23 7HS
Telephone 0191 250 4877

Email Address: steve@forward-assist.com

Web address: <https://www.forward-assist.com/>

The registered office of the charity for Companies Act purposes is the same as the operating address shown above.

By operation of law, all trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation.

The trustees are all individuals.

The Trustees in office on the date the report was approved were: -

Trustees (who are also directors for the purposes of company law):

- B J Hegarty
- S Honor
- Sally Walker

The following persons served as Trustees during the year ended 31 August 2025 :-

The trustees who served as a trustee in the reporting period were as shown above or in the period between the year end and the approval of the accounts.

G T Edwards - resigned 24/03/2025

N Preston – resigned 12/12/2024

R Jiggins – resigned 03/11/2025

Independent Examiner: Shaun Jubb, Unit 2-4 Protection House, Albion Road, North Shields, NE30 2RH

Bankers: National Westminster Bank plc, 250 Bishopsgate, London, EC2M 4AA

Accountants: Hurren & Jubb Accountants Ltd, Unit 2-4 Protection House, NE30 2RH

2. Structure, Governance and Management

Forward Assist Limited is a charitable company limited by guarantee, incorporated in England and Wales and registered under the Companies Acts.

The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

Trustees are appointed in accordance with the Articles. The trustees are responsible for setting the strategic direction and policies of the charity. Day-to-day operations are managed by employed staff under the supervision of the trustees.

The trustees meet regularly to review performance, financial position and strategic objectives.

The trustees confirm that they have complied with their duty under section 17 of the Charities Act 2011 to have due regard to the guidance on public benefit published by the Charity Commission.

3. Objectives and Activities

OUR MISSION STATEMENT:

“We support military veterans struggling to adjust to civilian life; we want all veterans to live great lives, filled with passion, purpose, social connection, service and growth.”

In the UK, military veterans and their families account for 5% of the general population. There are an estimated 2.5 million veterans living in the United Kingdom. For some veterans a return to civilian life can be a joyous experience, however for others it can be an experience fraught with transitional difficulties that are multiple and complex in nature. Sadly, through omission and/or commission we are leaving behind too many of our veterans in the ‘no man’s land’ of civvy street. With so many veteran support organisations, groups, charities and providers operating in the same area it is no surprise to hear that veterans struggle to navigate, connect and engage with professional support in a timely manner. We aim to provide a safe place where all veterans can feel physically and psychologically supported, respected and welcome. Any veterans accessing our services will be signposted to the most appropriate

service so that they can receive timely, high quality, personalised, safe, effective and equitable support, irrespective of geography, gender, race, age, culture or sexual orientation.

Based in the North East of England, but with a geographical footprint across the UK. Forward Assist has moved the professional practice dial forward and developed unique services that foster Post Traumatic Growth. If needed Forward Assist, in collaboration with a host of multi-disciplinary partners can help you access bespoke support to address key issues such as unemployment, homelessness, involvement in the CJS, family breakdown and/or chronic social exclusion. The transition from military to civilian life can be a challenging journey for many UK military veterans. This shift often requires significant adjustments, including finding new career paths, adapting to civilian societal norms, and coping with the physical and psychological impacts of service. While traditional interventions often focus on addressing deficits and treating conditions such as post-traumatic stress disorder (PTSD), anxiety, or depression, strength-based interventions offer a compelling alternative. These approaches emphasise the innate strengths, skills, and resilience of veterans, fostering empowerment and long-term well-being. Forward Assist's Strength-based interventions focus on identifying and utilising the individual's existing assets, capabilities, and achievements. Rather than emphasising problems or deficits, this approach leverages the skills veterans developed during their military service, such as leadership, discipline, adaptability, teamwork, and problem-solving. By recognising these attributes, strength-based interventions seek to build confidence and motivation, encouraging veterans to apply their abilities in new contexts.

The main activities undertaken in relation to those purposes during the year.

Our charitable objectives remain unchanged and are:

1. To ensure that any former member of His Majesty's Armed Forces can access specialist advice and information, guidance and holistic support to reduce physical, psychological or social harm experienced by individuals because of military service and their assimilation back into the civilian community.
2. To promote social inclusion for the public benefit by preventing ex service personnel from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them in integrate into society.
3. To develop the capacity and skills of former service personnel both socially and economically so that they are able to support themselves and other disadvantaged communities in the UK in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.
4. To promote such other charitable purposes as may from time to time be determined.

4. Achievements and Performance

The main activities undertaken during the year to further the charity's purpose for the public benefit.

Supporting military veterans struggling to adjust to civilian life. The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

The main achievements and performance of the charity during the year.

The Board of Trustees would like to thank the Staff, Volunteers and Service Users of Forward Assist for their hard work and dedication across 2024-25. This period saw a significant period of transition at the Charity as the founder and CEO Tony Wright announced his retirement date of 30th November 2025. The planning for his retirement and the installation of a new CEO has taken precedence during the latter half

of the year. The trustees would like to put on record our thanks to our founder Tony Wright for his outstanding contributions as he approaches a well-earned retirement.

Forward Assist has made real progress in resetting our operational delivery and obtaining the funding required for sustainability and growth at the Charity.

The charity launched outdoor therapy foraging events, designed to promote wellbeing, slow living, and reconnection with nature. These fit well alongside existing horticulture therapy projects that continue at Seaton Delaval Hall. Alongside this, a new cohort of volunteers is being recruited to strengthen delivery capacity and widen community involvement. It is noteworthy that Lance Corporal, Sarah Bushbye MC who is only the third woman to win the Military Cross has agreed to join Forward Assist as a volunteer, coming full circle in her transition back into civilian life having previously engaged with our veteran retreat services in the past.

On the partnership front, we have engaged with key stakeholders including our local MP, Emma Foode, the Northumbria Police and Crime Commissioner, Susan Dungworth, and senior Probation Operational and Commercial Leads. These discussions are shaping the development of an intensive supervision pilot for veterans on Probation, which represents a major opportunity to influence practice and improve outcomes. Further collaborative work has been initiated with the North Tyneside Youth Justice Team, exploring funding opportunities and the creation of innovative reparation activities. A proposed initiative will see young people, under supervision, working alongside veterans to renovate the Salute Coffee Truck, combining skill-building, restorative practice, and intergenerational learning.

These developments demonstrate Forward Assist's continued role as a trusted partner in veteran support, criminal justice innovation, and community engagement.

The difference the charity's performance during the year has made to the beneficiaries of the charity.

As Trustees, we continue to be deeply impressed by the charity's ability to adapt and continue delivering essential services to those in need. We have added a new operational lead to our excellent dedicated team helping us to manage the transition of the CEO and continue our work entering a new dawn for Forward Assist.

Despite the unique challenges of the past year, we are incredibly proud of the charity's achievements and the impact it continues to make in relation to evidence based practice and practice-based evidence. The CEO's blogs have provided valuable insights into the real-life experiences of hidden populations within the military veteran community, further reinforcing the depth of understanding within our team.

The degree to which the achievements and performance during the year have benefited wider society.

Operationally, we have remained steadfast in our core mission: delivering exceptional support to veterans and their families through needs led and person-centred interventions and signposting. Like all charities, we continue to navigate an increasingly competitive and challenging fundraising landscape. To address this, we secured restricted funding for an operational lead, to help bring in funding and enhance our sustainability. Additionally, with a reduced staff team this financial year, we have relied heavily on volunteering and partnerships to achieve our objectives.

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

Trustees may be identified and appointed by serving Trustees for their particular expertise, knowledge and qualifications.

During the year the charity continued to deliver support services and programme activities for beneficiaries. Activities included events, exchange programmes and support initiatives aligned with the charity's objectives.

Income for the year totalled £51,798 (2024: £32,973), including a restricted grant of £25,000 received to fund specific salary contribution for our operational lead.

Total expenditure amounted to £104,412 (2024: £134,569), reflecting continued programme delivery and staffing costs.

The charity reported a net deficit of £49,465 for the year (2024: deficit £91,596). The deficit reflects lower income levels relative to programme and staffing expenditure.

Restricted funds of £28,750 remain at the year end and will be applied to programme delivery in the next financial year.

5. Financial Review

At 31 August 2025 total funds were £32,039 (2024: £81,504), comprising:

- Unrestricted funds: £3,289
- Restricted funds: £28,750

Cash at bank at the year-end was £32,780 (2024: £76,854).

Our financial accounts are in order and our reserves are in keeping with our annually reviewed policies and procedures. The charity remains transparent, accountable, and responsible for its financial management. Our stakeholders are happy with the services they have funded and our regular reports update them on progress made in supporting military combat veterans. We continue to effectively fulfil our mission and charitable objectives and by consolidating the 'lived experience' of hidden and marginalised veterans have created dedicated services to directly meet their needs.

6. Reserves Policy

The trustees aim to maintain unrestricted reserves sufficient to cover approximately three months of operating expenditure.

At 31 August 2025 unrestricted reserves amounted to £3,289. The trustees recognise that this level is below their target level and have already taken steps to rebuild unrestricted reserves through fundraising initiatives and careful cost management. The board based on the communication with funders surrounding future income are positive that this situation will improve in 2026.

7. Going Concern

The trustees have reviewed the charity's financial position, forecasts and cash flow projections. On this basis, they consider it appropriate to prepare the financial statements on a going concern basis.

8. Statement of Trustees' Responsibilities

The trustees (who are also directors of Forward Assist Limited for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records and for safeguarding the assets of the charity.

Approved by the trustees on 25/03/2026 and signed on their behalf by:

B J Hegarty
Trustee / Director

INDEPENDENT EXAMINER'S REPORT

To the Trustees of Forward Assist Limited

I report to the trustees on my examination of the accounts of Forward Assist Limited for the year ended 31 August 2025.

Responsibilities and basis of report

As the trustees of the charity (and 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.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, I report in respect of my examination carried out under section 145 of the Charities Act 2011.

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 in any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; 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 Companies Act 2006; or
4. the accounts have not been prepared in accordance with the Charities SORP (FRS 102).

Signed: _____

Name: Shaun Jubb

Date:

Relevant professional qualification: ACA

Address: Unit 2-4 Protection House, North Shields, NE30 2RH

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 August 2025

Income

	Unrestricted	Restricted	Total 2025	Total 2024
Donations and grants	26,588	25,000	51,588	14,240
Other trading income	210	–	210	18,733
Total Income	26,798	25,000	51,798	32,973

Expenditure

	Unrestricted	Total 2025	Total 2024
Charitable activities	104,412	104,412	134,569
Total Expenditure	104,412	104,412	134,569

Net Movement in Funds

Net expenditure for the year: £49,465

Total funds brought forward: £81,504

Total funds carried forward: £32,039

BALANCE SHEET

As at 31 August 2025

	2025 (£)	2024 (£)
Tangible fixed assets	765	900
Cash at bank and in hand	32,780	76,854
Creditors (due within one year) (1,506)	–	
Net assets	32,039	81,504

Funds

	2025 (£)	2024 (£)
Restricted funds	28,750	3,750
Unrestricted funds	3,289	77,754
Total funds	32,039	81,504

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

The financial statements were approved by the trustees on 25/03/2026 and signed on their behalf by:

B J Hegarty
Director
Company number: 08190905

NOTES TO THE FINANCIAL STATEMENTS

1. Basis of Preparation

The financial statements have been prepared under the historical cost convention in accordance with:

- The Charities SORP (FRS 102)
- The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)
- The Companies Act 2006
- The Charities Act 2011

The charity constitutes a public benefit entity.

2. Accounting Policies

Income is recognised when the charity is entitled to the income, receipt is probable and the amount can be measured reliably.

Expenditure is recognised on an accrual's basis.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided on a reducing balance basis at 15% per annum.

3. Staff Costs

The charity employed two members of staff during the year.

Total staff costs: £52,246 (2024: £43,761).

No employee received remuneration in excess of £60,000.

4. Trustee Remuneration and Related Party Transactions

No trustee received remuneration or benefits during the year (2024: £nil).

No trustee received reimbursement of expenses (2024: £nil).

There were no related party transactions requiring disclosure.

5. Restricted Funds

Restricted funds represent grant funding received for specific programme activities to be delivered in the following financial year.

Balance at 31 August 2025: £28,750.

Opening balance £3,750

Income £25,000

Closing balance £28,750

6. Tangible Fixed Assets

Cost

	Plant & Machinery	Motor vehicles	Total
At 1 September 2024	£29,791	£10,400	£40,191
Disposals	(£4,301)	–	(£4,301)
At 31 August 2025	£25,490	£10,400	£35,890

Depreciation and impairment

Depreciation is provided on a reducing balance basis at 15% per annum.

	Plant & Machinery	Motor vehicles	Total
At 1 September 2024	£28,891	£10,400	£39,291
Disposals	(£4,301)	–	(£4,301)
Depreciation charge	£135	–	£135
At 31 August 2025	£24,725	£10,400	£35,125

Net Book Value Total

At 31 August 2025 £765

At 31 August 2024 £900

FORWARD ASSIST LIMITED

England & Wales - Charity number 1150408

Accounts

Company Registration Number - 08190905

The Charity Registration Number is -1150408

Forward Assist Limited

Report and Accounts

31 August 2024

Forward Assist Limited

Report and accounts for the year ended 31 August 2024

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Forward Assist Limited

Company Registration Number - 08190905

Trustees' Annual Report for the year ended 31 August 2024

The Trustees present their Report and Accounts for the year ended 31 August 2024, which also comprises the Directors' Report required by the Companies Act 2006.

Reference and administrative details

The charity name.

The legal name of the charity is:- Forward Assist Limited.

The charity's areas operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1150408.

The charity does not operate in any overseas jurisdictions.

Legal structure of the charity

The charity is constituted as a company limited by guarantee, registered under the Companies Acts . The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

By operation of law all, trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation.

The trustees are all individuals.

The principal operating address, telephone number, email and web addresses of the charity are:-

The John Willie Sams Centre

Market Street, Dudley

Cramlington, NE23 7HS

Telephone 0191 250 4877

Email Address tony@forward-assist.com Web address <https://www.forward-assist.com/>

The registered office of the charity for Companies Act purposes is the same as the operating address shown above.

The Trustees in office on the date the report was approved were:-

G T Edwards - resigned 24/03/2025

B J Hegarty

S Honor

N Preston - resigned 12/12/2024

The following persons served as Trustees during the year ended 31 August 2024 :-

The trustees who served as a trustee in the reporting period were as shown above or in the period between the year end and the approval of the accounts.

G T Edwards

B J Hegarty

Forward Assist Limited

Company Registration Number - 08190905

Trustees' Annual Report for the year ended 31 August 2024

S Honor

N Preston

Forward Assist Limited

Company Registration Number - 08190905

Trustees' Annual Report for the year ended 31 August 2024**Objects and activities of the charity****OUR MISSION STATEMENT:**

"We support military veterans struggling to adjust to civilian life; we want all veterans to live great lives, filled with passion, purpose, social connection, service and growth."

In the UK, military veterans and their families account for 5% of the general population. There are an estimated 2.5 million veterans living in the United Kingdom. For some veterans a return to civilian life can be a joyous experience, however for others it can be an experience fraught with transitional difficulties that are multiple and complex in nature. Sadly, through omission and/or commission we are leaving behind too many of our veterans in the 'no man's land' of civvy street. With so many veteran support organisations, groups, charities and providers operating in the same area it is no surprise to hear that veterans struggle to navigate, connect and engage with professional support in a timely manner. We aim to provide a safe place where all veterans can feel physically and psychologically supported, respected and welcome. Any veterans accessing our services will be signposted to the most appropriate service so that they can receive timely, high quality, personalised, safe, effective and equitable support, irrespective of geography, gender, race, age, culture or sexual orientation. Based in the North East of England, but with a geographical footprint across the UK. Forward Assist has moved the professional practice dial forward and developed unique services that foster Post Traumatic Growth. If needed Forward Assist, in collaboration with a host of multi-disciplinary partners can help you access bespoke support to address key issues such as unemployment, homelessness, involvement in the CJS, family breakdown and/or chronic social exclusion. The transition from military to civilian life can be a challenging journey for many UK military veterans. This shift often requires significant adjustments, including finding new career paths, adapting to civilian societal norms, and coping with the physical and psychological impacts of service. While traditional interventions often focus on addressing deficits and treating conditions such as post-traumatic stress disorder (PTSD), anxiety, or depression, strength-based interventions offer a compelling alternative. These approaches emphasise the innate strengths, skills, and resilience of veterans, fostering empowerment and long-term well-being. Forward Assist's Strength-based interventions focus on identifying and utilising the individual's existing assets, capabilities, and achievements. Rather than emphasising problems or deficits, this approach leverages the skills veterans developed during their military service, such as leadership, discipline, adaptability, teamwork, and problem-solving. By recognising these attributes, strength-based interventions seek to build confidence and motivation, encouraging veterans to apply their abilities in new contexts.

The main activities undertaken in relation to those purposes during the year.

Our charitable objectives remain unchanged and are:

1. To ensure that any former member of His Majesty's Armed Forces can access specialist advice and information, guidance and holistic support to reduce physical, psychological or social harm experienced by individuals as a result of military service and their assimilation back into the civilian community.
2. To promote social inclusion for the public benefit by preventing ex service personnel from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.
3. To develop the capacity and skills of former service personnel both socially and economically so that they are able to support themselves and other disadvantaged communities in the UK in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.
4. To promote such other charitable purposes as may from time to time be determined.

Forward Assist Limited

Company Registration Number - 08190905

Trustees' Annual Report for the year ended 31 August 2024

The main activities undertaken during the year to further the charity's purpose for the public benefit.

Supporting military veterans struggling to adjust to civilian life. The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

The main achievements and performance of the charity during the year.

The Board of Trustees would like to thank the Staff, Volunteers and Service Users of Forward Assist for their hard work and dedication across 2023-24. The staff team at Forward Assist, led by our Chief Executive Officer Tony Wright, have had a busy year writing research papers on cutting edge subject matters such as in-service sexual assault and suicidal ideation. This research was funded by the UK Office for Veterans Affairs and it is likely this will be published on the Forward Assist website in 2025. The role of Forward assist has changed significantly in the last year with the team taking on additional 'lived experience' research work and by signposting veterans in crisis to local and national support organisation for assistance. Forward Assist continue to lead the way in delivering therapeutic abstinence based residential retreats. We facilitated another retreat in France this year specifically for older combat veterans and the group collaborated to write a research paper entitled 'Straight from The Forces Mouth' that highlights the beneficial role serving in the military can play in facilitating successful careers when military service ends. This report, resulted in an invite for the group to travel to the USA to explore best practice interventions for Combat Veterans and specifically the concept of Post Traumatic Growth.

The difference the charity's performance during the year has made to the beneficiaries of the charity.

As Trustees, we continue to be deeply impressed by the charity's ability to adapt and continue delivering essential services to those in need. The expertise of our dedicated team has not only made a difference locally but has also been recognised and shared at both national and international levels. It has been particularly inspiring to see how the team has embraced technology to support individuals struggling with social isolation and anxiety during the pandemic.

Despite the unique challenges of the past year, we are incredibly proud of the charity's achievements and the impact it continues to make in relation to evidence based practice and practice-based evidence. The CEO's blogs have provided valuable insights into the real-life experiences of hidden populations within the military veteran community, further reinforcing the depth of understanding within our team.

The degree to which the achievements and performance during the year have benefited wider society.

Operationally, we have remained steadfast in our core mission: delivering exceptional support to veterans and their families through needs led and person-centred interventions and signposting. Like all charities, we continue to navigate an increasingly competitive and challenging fundraising landscape. To address this, we are actively seeking external expertise and support to enhance our sustainability. Additionally, with a reduced staff team this financial year, we have relied heavily on virtual support systems to maintain service delivery. While this has presented challenges, it has also opened doors to innovative opportunities, enabling us to extend our reach and impact even further.

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

Trustees may be identified and appointed by serving Trustees for their particular expertise, knowledge and qualifications.

Forward Assist Limited

Company Registration Number - 08190905

Trustees' Annual Report for the year ended 31 August 2024

Bankers	National Westminster Bank plc, 250 Bishopsgate, London, EC2M 4AA
Accountants	Hurren & Jubb Accountants Ltd, Unit 2-4 Protection House, NE30 2RH

Forward Assist Limited

Company Registration Number - 08190905

Trustees' Annual Report for the year ended 31 August 2024**Financial review*****The charity's financial position at the end of the year ended 31 August 2024***

The financial position of the charity at 31 August 2024 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2024	2023
	£	£
Net income	(91,596)	109,900
Unrestricted Revenue Funds available for the general purposes of the charity	77,754	173,100
Restricted Revenue Funds	3,750	-
Total Funds	81,504	173,100

Financial review of the position at the reporting date, 31 August 2024 .

Our financial accounts are in order and our reserves are in keeping with our annually reviewed policies and procedures. The charity remains transparent, accountable, and responsible for its financial management. Our stakeholders are happy with the services they have funded and our regular reports update them on progress made in supporting disenfranchised military combat veterans and/or those with Post Traumatic Stress Disorder incurred during service. We continue to effectively fulfil our mission and charitable objectives and by consolidating the 'lived experience' of hidden and marginalised veterans have created dedicated services to directly meet their needs.

Details of The Independent Examiner

Shaun Jubb
Member of Certified Accountant
Unit 2-4 Protection House
Albion Road
North Shields
Tyne & Wear
NE30 2RH

Forward Assist Limited

Company Registration Number - 08190905

Trustees' Annual Report for the year ended 31 August 2024**Statement of the Directors' and Trustees' Responsibilities**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), .

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that , on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts - Small company provisions

The financial statements are set out on pages 12 to 20.

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

These financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

This report was approved by the board of trustees on 24 March 2025.

Forward Assist Limited

Company Registration Number - 08190905

Trustees' Annual Report for the year ended 31 August 2024

B J Hegarty
Director and Trustee

Brian Hegarty
Brian Hegarty (Apr 30, 2025 10:08 GMT+1)

Forward Assist Limited

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 August 2024

I report to the Trustees on my examination of the financial statements of the charitable company on pages 12 to 20 for the year ended 31 August 2024 which have been prepared in accordance with the Charities Act 2011 (the Act) and with the Financial Reporting Standard 102, (effective 1st January 2016) as modified by FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW) , and under the historical cost convention and the accounting policies set out on page 19.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described on page 9, you, the charitable company's Trustees, who are also the Directors of the Company for the purposes of Company law, are responsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the charity for the conducting of an audit, and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to Section 476 of the Companies Act 2006. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under Section 145 of the Act;
- b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act setting out the duties of an independent examiner in relation to the conducting of an independent examination. An independent examination includes a review of the accounting records kept by the charitable company and of the accounting systems employed by the charitable company and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you, as Trustees, concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of charity legislation and that, on a test basis of evidence relevant to the amounts and disclosures made, the financial statements comply with the SORP.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide

Forward Assist Limited

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The accounts of this charitable company are not required to be audited under Part 16 of the Companies Act 2006;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:-

accounting records were not kept in respect of the charity as required by Section 386 of the Companies Act 2006 and Section 130 of The Charities Act 2011;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in 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;

have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP).

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 financial statements to be reached.

Signed:-



Shaun Jubb - Independent Examiner
Certified Accountant
Unit 2-4 Protection House
Albion Road
North Shields
Tyne & Wear
NE30 2RH

This report was signed on 24 March 2025

Forward Assist Limited - Statement of Financial Activities for the year ended 31 August 2024

Statement of Financial Activities (including the Income and Expenditure Account for the year ended 31 August 2024, as required by the Companies Act 2006)

	SORP Ref	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
		2024 £	2024 £	2024 £	2023 £
Income & Endowments from:					
Donations & Legacies	A1	10,490	3,750	14,240	393,066
Charitable activities	A2	18,733	-	18,733	3,605
Other	A5	10,000	-	10,000	-
Total income	A	39,223	3,750	42,973	396,671
Expenditure on:					
Charitable activities	B2	134,569	-	134,569	286,771
Total expenditure	B	134,569	-	134,569	286,771
Net income for the year		(95,346)	3,750	(91,596)	109,900
Net income after transfers	A-B-C	(95,346)	3,750	(91,596)	109,900
Net movement in funds		(95,346)	3,750	(91,596)	109,900
Reconciliation of funds:-					
	E				
Total funds brought forward		173,100	-	173,100	63,200
Total funds carried forward		77,754	3,750	81,504	173,100

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

A Statement of Total Recognised Gains and Losses is included as a primary statement in these accounts.

All activities derive from continuing operations

Forward Assist Limited - Statement of Financial Activities for the year ended 31 August 2024

Statement of Total Recognised Gains and Losses for the year ended 31 August 2024

	2024	2023
	£	£
Surplus for the year :-		
Net excess of income over expenditure from operations before tax	(101,596)	109,900
Realised gains/(losses) on the disposal of tangible fixed assets	10,000	-
Realised gains on disposals of social investments which are programme related	-	-
Income from operations before tax in the Statement of Financial Activities	(91,596)	109,900
Net Movement in funds before taxation	(91,596)	109,900
Funds generated in the year as shown on Statement of Financial Activities	(91,596)	109,900

Forward Assist Limited - Resources applied in the year ended 31 August 2024 towards fixed assets for Charity use:-

	2024	2023
	£	£
Funds generated in the year as detailed in the SOFA	(101,596)	109,900
Resources applied on functional fixed assets	28,936	-
Other applications of funds	-	-
Net resources available to fund charitable activities	(72,660)	109,900

Forward Assist Limited - Statement of Financial Activities for the year ended 31 August 2024

Movements in revenue and capital funds for the year ended 31 August 2024

Revenue accumulated funds

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Last year Total Funds 2023 £
Accumulated funds brought forward	173,100	-	173,100	63,200
Recognised gains and losses before transfers	(95,346)	3,750	(91,596)	109,900
	77,754	3,750	81,504	173,100
Closing revenue funds	77,754	3,750	81,504	173,100

Summary of funds

	Unrestricted and Designated funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Last Year Total Funds 2023 £
Revenue accumulated funds	77,754	3,750	81,504	173,100

Income and Expenditure Account for the year ended 31 August 2024 as required by the Companies Act 2006

	2024 £	2023 £
Income		
Income from operations	32,973	396,671
Investment income		
Gross income in the year before exceptional items	32,973	396,671
Exceptional items:		
Realised gains on disposals of tangible fixed assets held for the charity's own use	10,000	-
Gross income in the year including exceptional items	42,973	396,671
Expenditure		
Charitable expenditure, excluding depreciation and amortisation	134,410	286,771
Depreciation and amortisation	159	-
Realised losses on disposals of social investments which are programme related	-	-
Total expenditure in the year	134,569	286,771
Net income before tax in the financial year	(91,596)	109,900
Tax on surplus on ordinary activities	-	-

Forward Assist Limited - Statement of Financial Activities for the year ended 31 August 2024

Net income after tax in the financial year	<u>(91,596)</u>	<u>109,900</u>
Retained surplus for the financial year	<u>(91,596)</u>	<u>109,900</u>

All activities derive from continuing operations

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

The notes attached on pages 19 to 20 form an integral part of these accounts.

Forward Assist Limited - Balance Sheet as at 31 August 2024

	Note	SORP Ref	2024 £	2023 £
Fixed assets		A		
Tangible assets	8	A2	900	-
Current assets		B		
Debtors	9	B2	3,750	14,135
Cash at bank and in hand		B4	76,854	177,016
Total current assets			80,604	191,151
Creditors: amounts falling due within one year	10	C1	-	(18,051)
Net current assets			80,604	173,100
The total net assets of the charity			81,504	173,100
The total net assets of the charity are funded by the funds of the charity, as follows:-				
Restricted funds				
Restricted Revenue Funds	13	D2	3,750	-
			3,750	-
Unrestricted Funds				
Unrestricted Revenue Funds	13	D3	77,754	173,100
			77,754	173,100
Designated Funds			-	-
Total charity funds			81,504	173,100

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 11.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

Brian Hegarty
Brian Hegarty (Apr 30, 2025 10:08 GMT+1)

B J Hegarty

Trustee

Approved by the board of trustees on 24 March 2025

Forward Assist Limited - Balance Sheet as at 31 August 2024

The notes attached on pages 19 to 20 form an integral part of these accounts.

Forward Assist Limited**Cash Flow Statement for the year ended 31 August 2024**

		2024	2023
		£	£
Cash flows from operating activities			
Net cash provided by operating activities as shown below	A	<u>(109,103)</u>	<u>109,900</u>
Cash flows from investing activities			
Purchase of property, plant and equipment		(1,059)	-
Loss on the sale of Fixed and Intangible Assets		10,000	-
Net cash provided by investing activities	B	<u>8,941</u>	<u>-</u>
Cash flows from financing activities			
Net cash provided by financing activities	C	<u>-</u>	<u>-</u>
Overall cash provided by all activities	A+B+C	<u>(100,162)</u>	<u>109,900</u>
Cash movements			
Change in cash and cash equivalents from activities in the year ended 31 August 2024		(100,162)	109,900
Cash and cash equivalents at 1 September 2023		177,016	-
Change in cash and cash equivalents due to exchange rate movements		-	-
Cash at bank and in hand less overdrafts at 31 August		<u>76,854</u>	<u>109,900</u>

Forward Assist Limited**Cash Flow Statement for the year ended 31 August 2024****Reconciliation of net income to net cash flow from operating activities**

Net income as shown in the Statement of Financial Activities	(91,596)	109,900
Adjustments for :-		
Depreciation charges	159	-
Write downs of investments	-	-
Net unrealised losses on investment assets	-	-
Loss on the sale of Fixed and Intangible Assets	(10,000)	-
Decrease in debtors	10,385	-
Increase in creditors, excluding loans	(18,051)	-
Net cash provided by operating activities	A	
	<u>(109,103)</u>	<u>109,900</u>

Analysis of cash and cash equivalents

	2024	2023
	£	£
Cash in hand at for the year ended 31 August 2024	76,854	177,016
Notice deposits - (less than 3 months)	-	-
Total cash and cash equivalents	<u>76,854</u>	<u>177,016</u>

Forward Assist Limited**Cash Flow Statement for the year ended 31 August 2024 - Continued****Analysis of change in net debt**

	At start of year	Cash Flows and	At end of year
Cash	177,016	(100,162)	76,854
		(100,162)	(100,162)
Total	<u>177,016</u>	<u>(100,162)</u>	<u>(100,162)</u>

Forward Assist Limited

Notes to the Accounts for the year ended 31 August 2024

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW) , and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Going Concern

The charitable activities are entirely dependent on continuing grant aid and voluntary donations as well as trading revenues. As a consequence, the going concern basis is dependent on the future flow of these uncertain funding streams. Accordingly, the Trustees have obtained forecasts and, after reviewing the financial forecasts for future periods to 31 August 2025, the Trustees are satisfied that, at the time of approving the financial statements, it is appropriate to adopt the going concern basis in preparing the financial statements. Other than these matters, the Trustees are not aware of any material uncertainties about the charity's ability to continue as a going concern.

Risks and future assumptions

The charity is a public benefit entity.

Policies relating to categories of income and income recognition.

Nature of income

Gross income represents the value of goods provided to customers and work carried out in respect of services provided to customers.

Categories of Income

Income is categorised as income from exchange transactions (contract income) and income from non-exchange transactions (gifts), investment income and other income.

Income from exchange transactions is received by the charity for goods or services supplied under contract or where entitlement is subject to fulfilling performance related conditions. The income the charity receives is approximately equal in value to the goods or services supplied by the charity to the purchaser.

Income from a non-exchange transaction is where the charity receives value from the donor without providing equal value in exchange, and includes donations of money, goods and services freely given without giving equal value in exchange.

Forward Assist Limited

Notes to the Accounts for the year ended 31 August 2024

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Any grant that is subject to performance-related conditions received in advance of delivering the goods and services required by that condition, or is subject to unmet conditions wholly outside the control of the recipient charity, is accounted for as a liability and shown on the balance sheet as deferred income. Deferred income is released to income in the reporting period in which the performance-related or other conditions that limit recognition are met.

When income from a grant or donation has not been recognised due to the conditions applying to the gift not being wholly within the control of the recipient charity, it is disclosed as a contingent asset if receipt of the grant or donation is probable once those conditions are met.

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Any condition that allows for the recovery by the donor of any unexpended part of a grant does not prevent recognition of the income concerned, but a liability to any repayment is recognised when repayment becomes probable.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated..

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Forward Assist Limited

Notes to the Accounts for the year ended 31 August 2024

Allocating costs to activities

Direct costs that are specifically related to an activity are allocated to that activity. Shared direct costs and support costs are apportioned between activities.

The basis for apportionment, which is consistently applied, and proportionate to the circumstances, is :-

Staffing - on the basis of time spent in connection with any particular activity.

Staffing - on a per capita basis, based on the number of people employed within any particular activity.

Premises related costs - on the proportion of floor area occupied by a particular activity.

Non specific support costs - on the basis of the usage of resources, in terms of time taken, capacity used, request made or other measures

Policies relating to assets, liabilities and provisions and other matters.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value, or subsequent revaluation, or if donated, as described above. Cost value includes all costs expended in bringing the asset into its intended working condition.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value over their estimated useful lives.

Plant and machinery	15 % reducing balance
Motor vehicles	15 % reducing balance

A regular annual review of the likelihood of asset impairment is undertaken.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

There are no endowment funds.

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Significance of financial instruments to the charity's position

The financial instruments reflect the charity's financial assets and liabilities, showing its financial health.

Forward Assist Limited

Notes to the Accounts for the year ended 31 August 2024

5 Net surplus before tax in the financial year

	2024	2023
	£	£
The net surplus before tax in the financial year is stated after charging:-		
Depreciation of owned fixed assets	159	-
Pension costs	1,163	2,734

6 Staff costs and emoluments

Salary costs

	2024	2023
	£	£
Gross Salaries excluding trustees and key management personnel	43,761	127,640
Employer's National Insurance for all staff	-	9,081
Employer's operating costs of defined contribution pension schemes	1,163	2,734
Total salaries, wages and related costs	44,924	139,455

The average number of full time staff employed in the year was 1 -

Neither the trustees nor any persons connected with them have received any remuneration from the charity or any related entity, either in the current or prior year.

No employees received emoluments (excluding pension costs) in excess of £60,000 per annum.

The pension details of such higher paid staff were :-

	£	£
Contributions for the provision of money purchase pension	1,163	-

Numbers of such staff to whom benefits are accruing :-

	No	No
Under defined benefits pension schemes	1	-
	1	-

Forward Assist Limited

Notes to the Accounts for the year ended 31 August 2024

7 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

8 Tangible fixed assets

<i>Current Year</i>	Land and Buildings	Plant & Machinery	Motor Vehicles	Total	Total
	£	£	£	£	£
Cost					
At 1 September 2023	-	29,832	49,295	79,127	79,127
Additions	-	1,059	-	1,059	1,059
Disposals	-	(1,100)	(38,895)	(39,995)	(39,995)
At 31 August 2024	-	29,791	10,400	40,191	40,191
Depreciation					
At 1 September 2023	-	29,832	49,295	79,127	79,127
Charge for the year	-	159	-	159	159
On disposals	-	(1,100)	(38,895)	(39,995)	(39,995)
At 31 August 2024	-	28,891	10,400	39,291	39,291
Net book value					
At 31 August 2024	-	900	-	900	900

<i>Prior Year</i>	Land and Buildings	Plant & Machinery	Motor Vehicles	Total	Total
	£	£	£	£	£
Cost					
01 September 2022	-	29,832	49,295	79,127	79,127
01 September 2023	-	29,832	49,295	79,127	79,127
Depreciation					
01 September 2022	-	29,832	49,295	79,127	79,127
01 September 2023	-	29,832	49,295	79,127	79,127

Forward Assist Limited**Notes to the Accounts for the year ended 31 August 2024****9 Debtors**

	2024	2023
	£	£
Prepayments and accrued income	-	10,000
Other debtors	3,750	4,135
	3,750	14,135

10 Creditors: amounts falling due within one year

	2024	2023
	£	£
Accruals	-	18,051

11 Income and Expenditure account summary

	2024	2023
	£	£
At 1 September 2023	173,100	63,200
Surplus after tax for the year	(91,596)	109,900
At 31 August 2024	81,504	173,100

Forward Assist Limited

Notes to the Accounts for the year ended 31 August 2024

12 Particulars of how particular funds are represented by assets and liabilities

At 31 August 2024	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £	Total Funds £
Tangible Fixed Assets	900	-	-	900	900
Current Assets	76,854		3,750	80,604	80,604
	77,754	-	3,750	81,504	81,504
At 1 September 2023	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £	Total Funds £
Current Assets	191,151	-	-	191,151	191,151
Current Liabilities	(18,051)	-	-	(18,051)	(18,051)
	173,100	-	-	173,100	173,100

13 Change in total funds over the year as shown in Note 12 , analysed by individual funds

	Funds brought forward from 2023	Movement in funds in 2024	Transfers between funds in 2024	Funds carried forward to 2025	Funds carried forward to 2025
	£	See Note 14 £	See Note 0 £	£	£
Unrestricted and designated funds:-					
Unrestricted Revenue Funds	173,100	(95,346)	-	77,754	77,754
Total unrestricted and designated funds	173,100	(95,346)	-	77,754	77,754
Restricted funds:-					
Armed Forces Coven	-	3,750	-	3,750	3,750
Total restricted funds	-	3,750	-	3,750	3,750
Total charity funds	173,100	(91,596)	-	81,504	81,504

Forward Assist Limited

Notes to the Accounts for the year ended 31 August 2024

14 Analysis of movements in funds over the year as shown in Note 13

	Income	Expenditure	Other Gains & Losses	Movement in funds	Movement in funds
	2024	2024	2024	2024	2024
	£	£	£	£	£
<i>Unrestricted and designated funds:-</i>					
Unrestricted Revenue Funds	39,223	(134,569)	-	(95,346)	(95,346)
<i>Restricted funds:-</i>					
Armed Forces Coven	3,750	-	-	3,750	3,750
	42,973	(134,569)	-	(91,596)	(91,596)

15 The purposes for which the funds

Unrestricted and designated funds:-

Unrestricted Revenue Funds	These funds are held for the meeting the objectives of the charity, and to provide reserves for future activities, and , subject to charity legislation, are free from all restrictions on their use.
Unrestricted Revaluation Reserve	This fund represents the unrestricted surplus arising on the revaluation of the charity's assets.

Restricted funds:-

Restricted Fixed Asset Funds	The purpose of these funds is described under the accounting policy 'Accounting for capital grants and fixed asset funds'.
Restricted Revaluation Reserve	This fund represents the restricted surplus arising on the revaluation of the charity's assets.

16 Ultimate controlling party

The charity is under the control of its legal members.

FORWARD ASSIST LIMITED

England & Wales - Charity number 1150408

Accounts

REGISTERED COMPANY NUMBER: 08190905 (England and Wales)
REGISTERED CHARITY NUMBER: 1150408

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 August 2023
for
Forward Assist Limited

AWS Accountancy Limited
3 Berrymoor Court
Northumberland Business Park
Cramlington
Northumberland
NE23 7RZ

Forward Assist Limited

Contents of the Financial Statements
for the Year Ended 31 August 2023

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Forward Assist Limited

Report of the Trustees for the Year Ended 31 August 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2023. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our Charitable Objects remain unchanged and are:

1. To ensure that any former member of His Majesty's Armed Forces can access specialist advice and information, guidance and holistic support to reduce physical, psychological or social harm experienced by individuals as a result of military service and their assimilation back into the civilian community.
2. To promote social inclusion for the public benefit by preventing ex service personnel from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.
3. To develop the capacity and skills of former service personnel both socially and economically so that they are able to support themselves and other disadvantaged communities in the UK in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.
4. To promote such other charitable purposes as may from time to time be determined.

Forward Assist Limited

Report of the Trustees
for the Year Ended 31 August 2023

OBJECTIVES AND ACTIVITIES

Mission, Aims and Statements

Our mission is to assist former service personnel to reintegrate into civilian life following their discharge from the armed forces. We want them to be able to use our services to help build their capacity and skills and assist them (and their families) into employment, becoming effective contributors to their communities.

Our aim is to develop and deliver innovative activities and services that support and assist veterans during their transition back into civilian life, especially those who become socially isolated and excluded over time. The range of projects we delivered over the last year included both physical and mental health promoting activities.

Over the last year we have continued to provide needs led support via Salute Café and a host of person-centred interventions. All Forward Assist activities are under constant review to ensure that they are both fit for purpose and value for money.

The range of activities delivered included, family focussed physical outdoor pursuits such as hillwalking and climbing, fishing and other less physically demanding activities such as art, creative writing, debating and cooking.

Our virtual support service which includes information, advice and guidance were available to all former military personnel and their families, regardless of age, gender or health condition. Our geographical footprint has widened, we are now providing services to Veterans UK wide.

Forward Assist Limited

Report of the Trustees for the Year Ended 31 August 2023

ACHIEVEMENT AND PERFORMANCE

Delivering on Our Promise

The Board of Trustees would like to thank the Staff, Volunteers and Service Users of Forward Assist for their hard work and dedication across 2022-23.

The staff team at Forward Assist, led by our Chief Executive Officer Tony Wright, have had a busy year writing research papers on cutting edge subject matters such as, women veterans in the Criminal Justice System, LGBTQ+ Consultation papers and reports (Exit Wounds) and Unheard Voices from the Black, Asian, Ethnic & Minority (BAME) Veteran community and Women Veterans. All the research papers have been sent by MP's to the Parliament Defence Committee and the Office for Veterans Affairs and our LGBTQ+ research was referenced on numerous occasions in the Government LGBTQ+ Review led by Lord Etherton. The role of Forward assist has changed significantly in the last year with the team taking on additional 'lived experience' research work and by signposting veterans in crisis to local and national support organisation for assistance.

Salute Café continues to support the local community and a grant from the Big Lottery Community Fund has ensured we can continue to operate a volunteer led community café until mid-2023.

Forward Assist continue to lead the way in delivering therapeutic abstinence based residential retreats. We facilitated two retreats to France this year. One was a women veteran only retreat and the other involved a group of male Falkland's War Combat Veterans. Both Trips were highly successful with more planned in late 2023.

We as Trustees have been amazed at the charities ability to adapt and keep delivering services to those in need. In some areas the expertise of the team has been shared both Nationally and Internationally. It's been a pleasure to see the team take such a proactive role by embracing technology to support those that may struggle with social isolation and anxiety during this pandemic.

I am very proud of what the Charity has achieved over this year in the face of such unique challenges. The CEO's Blogs in particular are a perfect example of the insight the team has into the real-life experiences of hidden populations in the military veteran community

Operationally we have maintained our key objective which is to deliver exceptionally high-quality support to veterans and their families through practical partnerships and we are proud to have gained recognition for our ground-breaking research into women veterans from both the Veterans Minister Johnny Mercer MP and Sarah Atherton MP. Our research has influenced both systemic change in the armed forces and changes to practice and policy in the veteran sector.

Like any Charity, we rely heavily on fundraising through various means and this has become more competitive and challenging in recent years. We are looking at external expertise and support to help address this issue.

Due to the reduction of staff during this financial year we have had to rely heavily on virtual support systems to maintain the delivery of our activities. We are delighted that this has led to new and exciting opportunities and we look forward to reaching many more veterans via our ground-breaking research and innovative practices in the future.

On behalf of the Board of Trustees, a massive heartfelt thank-you goes out to staff and volunteers for all their support.

Forward Assist Limited
Report of the Trustees
for the Year Ended 31 August 2023

Brian Hegarty

Chair of The Board of Trustees

FINANCIAL REVIEW

Financial position

Our financial accounts are in order and our reserves are in keeping with our annually reviewed policies and procedures. The charity remains transparent, accountable, and responsible for its financial management. Our stakeholders are happy with the services they have funded and our regular reports update them on progress made in supporting disenfranchised military combat veterans and/or those with Post Traumatic Stress Disorder incurred during service. We continue to effectively fulfill our mission and charitable objectives and by consolidating the 'lived experience' of hidden and marginalised veterans have created dedicated services to directly meet their needs.

FUTURE PLANS

We will continue to push forward to identify new opportunities by developing specialist collaborations to meet the needs of isolated veterans who served this country at its time of greatest need. None of this would have been possible without the belief and passionate support of those that have had the foresight and courage to take responsibility for designing a service that was fit for purpose. The Board of Trustees and Senior Management Team will continue to lead with honesty and integrity and drive forward the strategic vision of Forward Assist for the next 5 years. A 'can do' attitude will create new opportunities to directly help and support the 'Service Community'.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The Forward Assist Trustee Board is made up of between 3 and 6 board members. Trustees may be identified and appointed by serving Trustees for their particular expertise, knowledge and qualifications.

Organisational structure

Forward Assist is a Company Limited by Guarantee and is a Registered Charity. It is managed by a Board of Trustees, and governed under a Memorandum and Articles of Association. The Board takes strategic decisions of Forward Assist including;

- a) Appointing and receiving reports from the Chief Executive
- b) Acting as the formal employers for Forward Assist's, ensuring that activity and performance is reviewed regularly
- c) Monitoring and assessing the financial position of Forward Assist. This includes budget setting reviews

Induction and training of new trustees

New trustees meet with the chair and Chief Executive, prior to attending their first meeting. At this meeting they are provided with an induction pack, containing key information about Forward Assist and Charity Commission guidance.

Forward Assist Limited

Report of the Trustees
for the Year Ended 31 August 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
08190905 (England and Wales)

Registered Charity number
1150408

Registered office
The John Willie Sams Centre
Market Street
Dudley
Cramlington
Northumberland
NE23 7HS

Trustees
G T Edwards Operations Manager
B J Hegarty Company Director
S Honor Researcher
D Knowles Safeguarding (resigned 1.7.23)
N Preston Operations Manager

Independent Examiner
Tracey McGuckin FCA
AWS Accountancy Limited
3 Berry Moor Court
Northumberland Business Park
Cramlington
Northumberland
NE23 7RZ

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

Approved by order of the board of trustees on17/02/24..... and signed on its behalf by:

.....
Trustee

Independent Examiner's Report to the Trustees of
Forward Assist Limited

Independent examiner's report to the trustees of Forward Assist Limited ('the Company')

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

Responsibilities and basis of 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').

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 Report to the Trustees of
Forward Assist Limited

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, 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 (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.

Tracey McGuckin FCA
The Institute of Chartered Accountants in England and Wales

AWS Accountancy Limited
3 Berrymoor Court
Northumberland Business Park
Cramlington
Northumberland
NE23 7RZ

Date: T A McGuckin

Forward Assist Limited

Statement of Financial Activities
for the Year Ended 31 August 2023

	Notes	Unrestricted funds £	Restricted funds £	31.8.23 Total funds £	31.8.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	14,730	-	14,730	2,377
Charitable activities					
Grant Income	4	353,336	25,000	378,336	119,097
Other trading activities	3	3,605	-	3,605	5,000
Total		<u>371,671</u>	<u>25,000</u>	<u>396,671</u>	<u>126,474</u>
EXPENDITURE ON					
Charitable activities					
Training	5	1,230	-	1,230	3,114
Staff and support costs		139,455	-	139,455	134,924
Activities, expenses and equipment		97,923	25,000	122,923	87,329
Premises and administration costs		23,163	-	23,163	27,710
Total		<u>261,771</u>	<u>25,000</u>	<u>286,771</u>	<u>253,077</u>
NET INCOME/(EXPENDITURE)		109,900	-	109,900	(126,603)
RECONCILIATION OF FUNDS					
Total funds brought forward		63,199	-	63,199	189,802
TOTAL FUNDS CARRIED FORWARD		<u><u>173,099</u></u>	<u><u>-</u></u>	<u><u>173,099</u></u>	<u><u>63,199</u></u>

The notes form part of these financial statements

Forward Assist Limited

Balance Sheet
31 August 2023

	Notes	Unrestricted funds £	Restricted funds £	31.8.23 Total funds £	31.8.22 Total funds £
CURRENT ASSETS					
Debtors	11	14,135	-	14,135	-
Cash at bank		177,015	-	177,015	68,509
		191,150	-	191,150	68,509
CREDITORS					
Amounts falling due within one year	12	(18,051)	-	(18,051)	(5,310)
NET CURRENT ASSETS		173,099	-	173,099	63,199
TOTAL ASSETS LESS CURRENT LIABILITIES		173,099	-	173,099	63,199
NET ASSETS		173,099	-	173,099	63,199
FUNDS	13				
Unrestricted funds				173,099	63,199
TOTAL FUNDS				173,099	63,199

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 Sections 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.

The notes form part of these financial statements

Forward Assist Limited

Balance Sheet - continued

31 August 2023

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

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
G T Edwards - Trustee

The notes form part of these financial statements

Forward Assist Limited

Notes to the Financial Statements for the Year Ended 31 August 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Plant and machinery	- 25% on cost
Motor vehicles	- 25% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

2. DONATIONS AND LEGACIES

	31.8.23	31.8.22
	£	£
Donations	14,730	2,377
	<u> </u>	<u> </u>

3. OTHER TRADING ACTIVITIES

	31.8.23	31.8.22
	£	£
Fundraising events	3,605	5,000
	<u> </u>	<u> </u>

4. INCOME FROM CHARITABLE ACTIVITIES

	31.8.23	31.8.22
	Grant	Total
	Income	activities
	£	£
Grants	378,336	119,097
	<u> </u>	<u> </u>

Grants received, included in the above, are as follows:

	31.8.23	31.8.22
	£	£
NHS England	145,780	-
Armed Forces Covenant	227,756	94,097
Salute Cafe	1,800	25,000
Police Crime Commissioner	3,000	-
	<u> </u>	<u> </u>
	378,336	119,097
	<u> </u>	<u> </u>

5. CHARITABLE ACTIVITIES COSTS

	Direct	Support	Totals
	Costs	costs (see	note 6)
	£	£	£
Training	1,230	-	1,230
Staff and support costs	139,455	-	139,455
Activities, expenses and equipment	122,923	-	122,923
Premises and administration costs	-	23,163	23,163
	<u> </u>	<u> </u>	<u> </u>
	263,608	23,163	286,771
	<u> </u>	<u> </u>	<u> </u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

6. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Premises and administration costs	19,383	3,780	23,163
	<u> </u>	<u> </u>	<u> </u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2023 nor for the year ended 31 August 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 August 2023 nor for the year ended 31 August 2022.

8. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.8.23	31.8.22
	5	4
Project	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2,377	-	2,377
Charitable activities			
Grant Income	119,097	-	119,097
Other trading activities	5,000	-	5,000
Total	<u>126,474</u>	<u>-</u>	<u>126,474</u>
EXPENDITURE ON			
Charitable activities			
Training	3,114	-	3,114
Staff and support costs	134,924	-	134,924
Activities, expenses and equipment	87,329	-	87,329
Premises and administration costs	27,710	-	27,710

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Total	253,077	-	253,077
NET INCOME/(EXPENDITURE)	(126,603)	-	(126,603)
RECONCILIATION OF FUNDS			
Total funds brought forward	189,802	-	189,802
TOTAL FUNDS CARRIED FORWARD	63,199	-	63,199

10. TANGIBLE FIXED ASSETS

	Plant and machinery £	Motor vehicles £	Totals £
COST			
At 1 September 2022 and 31 August 2023	29,832	49,295	79,127
DEPRECIATION			
At 1 September 2022 and 31 August 2023	29,832	49,295	79,127
NET BOOK VALUE			
At 31 August 2023	-	-	-
At 31 August 2022	-	-	-

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.8.23	31.8.22
	£	£
Other debtors	4,135	-
Prepayments and accrued income	10,000	-
	<u>14,135</u>	<u>-</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.8.23	31.8.22
	£	£
Accrued expenses	18,051	5,310
	<u>18,051</u>	<u>5,310</u>

13. MOVEMENT IN FUNDS

	At 1.9.22	Net movement in funds	At 31.8.23
	£	£	£
Unrestricted funds			
General fund	57,087	(26,210)	30,877
Salute Cafe	146	2,662	2,808
Armed Forces Covenant-Positive Pathways & Family First Centre	65,674	61,375	127,049
NHS England - Designing a Service for Women Veterans	(117,629)	36,929	(80,700)
Armed Forces Covenant - Veterans Debate Training	3,931	3,006	6,937
Armed Forces Covenant - Mindful Dream & Sleep Retreats	38,148	(18,070)	20,078
Armed Forces Covenant - Veterans Health & Wellbeing	13,000	-	13,000
North Tyneside Council - For Those Struggling with the Pandemic	2,842	-	2,842
Office for Veteran Affairs	-	24,279	24,279
Police Crime Commissioner	-	1,679	1,679
Armed Forces Covenant - Male MST	-	23,750	23,750
Armed Forces Covenant - Force for Change	-	500	500
	<u>63,199</u>	<u>109,900</u>	<u>173,099</u>
TOTAL FUNDS	<u>63,199</u>	<u>109,900</u>	<u>173,099</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

13. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	14,731	(40,941)	(26,210)
Salute Cafe	5,405	(2,743)	2,662
Armed Forces Covenant-Positive Pathways & Family First Centre	126,499	(65,124)	61,375
NHS England - Designing a Service for Women Veterans	145,780	(108,851)	36,929
Armed Forces Covenant - Veterans Debate Training	3,006	-	3,006
Armed Forces Covenant - Mindful Dream & Sleep Retreats	250	(18,320)	(18,070)
Office for Veteran Affairs	48,750	(24,471)	24,279
Police Crime Commissioner	3,000	(1,321)	1,679
Armed Forces Covenant - Male MST	23,750	-	23,750
Armed Forces Covenant - Force for Change	500	-	500
	371,671	(261,771)	109,900
Restricted funds			
Armed Forces Covenant - Women MST	25,000	(25,000)	-
TOTAL FUNDS	396,671	(286,771)	109,900

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.9.21	Net movement in funds	At 31.8.22
	£	£	£
Unrestricted funds			
General fund	58,174	(1,087)	57,087
Salute Cafe	-	146	146
Armed Forces Covenant-Positive Pathways & Family First Centre	97,583	(31,909)	65,674
NHS England - Designing a Service for Women Veterans	(13,461)	(104,168)	(117,629)
Armed Forces Covenant - Veterans Debate Training	13,966	(10,035)	3,931
Armed Forces Covenant - Mindful Dream & Sleep Retreats	21,198	16,950	38,148
Armed Forces Covenant - Veterans Health & Wellbeing	9,500	3,500	13,000
North Tyneside Council - For Those Struggling with the Pandemic	2,842	-	2,842
	<u>189,802</u>	<u>(126,603)</u>	<u>63,199</u>
TOTAL FUNDS	<u>189,802</u>	<u>(126,603)</u>	<u>63,199</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	7,378	(8,465)	(1,087)
Salute Cafe	25,000	(24,854)	146
Armed Forces Covenant-Positive Pathways & Family First Centre	57,097	(89,006)	(31,909)
NHS England - Designing a Service for Women Veterans	-	(104,168)	(104,168)
Armed Forces Covenant - Veterans Debate Training	9,749	(19,784)	(10,035)
Armed Forces Covenant - Mindful Dream & Sleep Retreats	23,750	(6,800)	16,950
Armed Forces Covenant - Veterans Health & Wellbeing	3,500	-	3,500
	<u>126,474</u>	<u>(253,077)</u>	<u>(126,603)</u>
TOTAL FUNDS	<u>126,474</u>	<u>(253,077)</u>	<u>(126,603)</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

13. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.9.21	Net movement in funds	At 31.8.23
	£	£	£
Unrestricted funds			
General fund	58,174	(27,297)	30,877
Salute Cafe	-	2,808	2,808
Armed Forces Covenant-Positive Pathways & Family First Centre	97,583	29,466	127,049
NHS England - Designing a Service for Women Veterans	(13,461)	(67,239)	(80,700)
Armed Forces Covenant - Veterans Debate Training	13,966	(7,029)	6,937
Armed Forces Covenant - Mindful Dream & Sleep Retreats	21,198	(1,120)	20,078
Armed Forces Covenant - Veterans Health & Wellbeing	9,500	3,500	13,000
North Tyneside Council - For Those Struggling with the Pandemic	2,842	-	2,842
Office for Veteran Affairs	-	24,279	24,279
Police Crime Commissioner	-	1,679	1,679
Armed Forces Covenant - Male MST	-	23,750	23,750
Armed Forces Covenant - Force for Change	-	500	500
	<u>189,802</u>	<u>(16,703)</u>	<u>173,099</u>
TOTAL FUNDS	<u>189,802</u>	<u>(16,703)</u>	<u>173,099</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

13. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	22,109	(49,406)	(27,297)
Salute Cafe	30,405	(27,597)	2,808
Armed Forces Covenant-Positive Pathways & Family First Centre	183,596	(154,130)	29,466
NHS England - Designing a Service for Women Veterans	145,780	(213,019)	(67,239)
Armed Forces Covenant - Veterans Debate Training	12,755	(19,784)	(7,029)
Armed Forces Covenant - Mindful Dream & Sleep Retreats	24,000	(25,120)	(1,120)
Armed Forces Covenant - Veterans Health & Wellbeing	3,500	-	3,500
Office for Veteran Affairs	48,750	(24,471)	24,279
Police Crime Commissioner	3,000	(1,321)	1,679
Armed Forces Covenant - Male MST	23,750	-	23,750
Armed Forces Covenant - Force for Change	500	-	500
	498,145	(514,848)	(16,703)
Restricted funds			
Armed Forces Covenant - Women MST	25,000	(25,000)	-
TOTAL FUNDS	<u>523,145</u>	<u>(539,848)</u>	<u>(16,703)</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2023

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2023.

Forward Assist Limited

Detailed Statement of Financial Activities
for the Year Ended 31 August 2023

	31.8.23 £	31.8.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	14,730	2,377
Other trading activities		
Fundraising events	3,605	5,000
Charitable activities		
Grants	378,336	119,097
Total incoming resources	396,671	126,474
 EXPENDITURE		
Charitable activities		
Wages	127,640	124,497
Social security	9,081	7,999
Pensions	2,734	2,428
Travel expenses	-	10,264
Training	1,230	3,114
Events and activities	120,501	69,901
Transport costs	-	4,651
Publicity	1,687	1,641
Professional fees	735	872
	263,608	225,367
 Support costs		
Management		
Rent and services	13,000	14,250
Insurance	2,207	2,237
Telephone and internet charges	2,760	2,357
Postage and stationery	481	2,686
Computer and IT costs	595	1,408
Sundries	-	567
Repairs and equipment	-	779
Bank charges	340	(174)
	19,383	24,110

This page does not form part of the statutory financial statements

Forward Assist Limited

Detailed Statement of Financial Activities
for the Year Ended 31 August 2023

	31.8.23 £	31.8.22 £
Management		
Governance costs		
Accountancy fees	3,780	3,600
Total resources expended	286,771	253,077
Net income/(expenditure)	109,900	(126,603)

This page does not form part of the statutory financial statements

FORWARD ASSIST LIMITED

England & Wales - Charity number 1150408

Accounts

REGISTERED COMPANY NUMBER: 08190905 (England and Wales)
REGISTERED CHARITY NUMBER: 1150408

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 August 2022
for
Forward Assist Limited

AWS Accountancy Limited
3 Berrymoor Court
Northumberland Business Park
Cramlington
Northumberland
NE23 7RZ

Forward Assist Limited

Contents of the Financial Statements
for the Year Ended 31 August 2022

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Detailed Statement of Financial Activities	19 to 20

Forward Assist Limited
Report of the Trustees
for the Year Ended 31 August 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2022. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our Charitable Objects remain unchanged and are:

1. To ensure that any former member of His Majesty's Armed Forces can access specialist advice and information advice and guidance and holistic support to reduce physical, psychological or social harm experienced by individuals as a result of military service and their assimilation back into the civilian community.
2. To promote social inclusion for the public benefit by preventing ex service personnel from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.
3. To develop the capacity and skills of former service personnel both socially and economically so that they are able to support themselves and other disadvantaged communities in the UK in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.
4. To promote such other charitable purposes as may from time to time be determined.

Mission, Aims and Statements

Our mission is to assist former service personnel to reintegrate into civilian life following their discharge from the armed forces. We want them to be able to use our services to help build their capacity and skills and assist them (and their families) into employment, becoming effective contributors to their communities.

Our aim is to develop and deliver innovative activities and services that support and assist veterans during their transition back into civilian life especially; those who become socially isolated and excluded over time. The range of projects we delivered over the last year included both physical and mental health promoting activities.

Over the last year we have continued to provide needs led support via Salute Café and a host of person-centred interventions. All Forward Assist activities are under constant review to ensure that they are both fit for purpose and value for money.

The range of activities delivered included, family focussed physical outdoor pursuits such as hillwalking and climbing, fishing and other less physically demanding activities such as art, creative writing, debating and cooking.

Our virtual support service which includes information, advice and guidance were available to all former military personnel and their families, regardless of age, gender or health condition. Our geographical footprint has widened, we are now providing services to Veterans UK wide.

Forward Assist Limited

Report of the Trustees **for the Year Ended 31 August 2022**

ACHIEVEMENT AND PERFORMANCE

Delivering on Our Promise

The Board of Trustees would like to thank staff, volunteers and service users of Forward Assist for their hard work and dedication and commitment in helping maintain services during the post coronavirus pandemic. The staff team at Forward Assist, led by our Chief Executive Officer Tony Wright, have had an exciting year delivering localised support to military families in need by connecting them to community-based services. The team has also concentrated on consulting with the most marginalised individuals within the Armed Forces Community and designing services specifically for those individuals. The Veterans Family First team have achieved outstanding success connecting families to benefits, entitlements and intersectional support.

Similarly, in order to identify hidden veteran populations, the team have carried out in-depth research and consultation exercises to ensure invisible veterans are given a voice and opportunity to raise their profiles. For example, a virtual military sexual trauma group for male veterans has been exceeding well received and plans are afoot to develop a dedicated service within Forward Assist for this disenfranchised cohort.

On a local level, the return to business as usual at Salute Café after two years of Covid-19 restrictions has been slow. The employment of a Salute Café business development manager has helped facilitate a significant return of those that support our overall objectives. Similarly, all of the white goods within the café have now been replaced thanks to the generosity of corporate supporters.

We were delighted to welcome Jessie Owen, Director of the Office of Veterans Affairs to the Forward Assist & Salute Her UK HQ, and talk about the services we offer to veterans accessing our services. The team also hosted a visit with Stephanie Peacock MP, who is the Labour MP for Barnsley East. During both visits the Salute Her team facilitated a virtual meeting with a group of women veterans with lived experience of in-service bullying, harassment, discrimination and sexual assault.

In 2023, we envisage Forward Assist and Salute Her UK to both be financially independent of each other, yet co-located, as both charities continue to collaborate to support both male and female veterans whose lives have been adversely affected by bullying, harassment, discrimination and sexual assault whilst in service. We look forward to reporting on the services developed by Forward Assist in the coming years.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The Forward Assist Trustee Board is made up of between 3 and 6 board members. Trustees may be identified and appointed by serving Trustees for their particular expertise, knowledge and qualifications.

Forward Assist Limited

Report of the Trustees
for the Year Ended 31 August 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Forward Assist is a Company Limited by Guarantee and is a Registered Charity. It is managed by a Board of Trustees, and governed under a Memorandum and Articles of Association. The Board takes strategic decisions of Forward Assist including;

- a) Appointing and receiving reports from the Chief Executive
- b) Acting as the formal employers for Forward Assist's, ensuring that activity and performance is reviewed regularly
- c) Monitoring and assessing the financial position of Forward Assist. This includes budget setting reviews

Induction and training of new trustees

New trustees meet with the chair and Chief Executive, prior to attending their first meeting. At this meeting they are provided with an induction pack, containing key information about Forward Assist and Charity Commission guidance.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08190905 (England and Wales)

Registered Charity number

1150408

Registered office

The John Willie Sams Centre
Market Street
Dudley
Cramlington
Northumberland
NE23 7HS

Trustees

G T Edwards Operations Manager
B J Hegarty Company Director
S Honor Researcher (appointed 28.7.22)
D Knowles Safeguarding (appointed 28.7.22)
N Preston Operations Manager (appointed 6.7.22)

Independent Examiner

Ian Cooney
AWS Accountancy Limited
3 Berry Moor Court
Northumberland Business Park
Cramlington
Northumberland
NE23 7RZ

Forward Assist Limited

Report of the Trustees
for the Year Ended 31 August 2022

Approved by order of the board of trustees on and signed on its behalf
by:

.....
Trustee

**Independent Examiner's Report to the Trustees of
Forward Assist Limited**

Independent examiner's report to the trustees of Forward Assist Limited ('the Company')

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

Responsibilities and basis of 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').

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.

Ian Cooney
AWS Accountancy Limited
3 Berrymoor Court
Northumberland Business Park
Cramlington
Northumberland
NE23 7RZ

Date:

Forward Assist Limited

Statement of Financial Activities
for the Year Ended 31 August 2022

		Unrestricted funds £	Restricted fund £	31.8.22 Total funds £	31.8.21 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	2,377	-	2,377	2,609
Charitable activities	4				
Grant Income		119,097	-	119,097	274,805
Other trading activities	3	5,000	-	5,000	1,197
Total		<u>126,474</u>	<u>-</u>	<u>126,474</u>	<u>278,611</u>
EXPENDITURE ON					
Charitable activities	5				
Training		3,114	-	3,114	2,883
Staff and support costs		134,924	-	134,924	81,743
Activities, expenses and equipment		87,329	-	87,329	91,769
Premises and administration costs		27,710	-	27,710	22,301
Total		<u>253,077</u>	<u>-</u>	<u>253,077</u>	<u>198,696</u>
NET INCOME/(EXPENDITURE)		(126,603)	-	(126,603)	79,915
RECONCILIATION OF FUNDS					
Total funds brought forward		189,802	-	189,802	109,887
TOTAL FUNDS CARRIED FORWARD		<u><u>63,199</u></u>	<u><u>-</u></u>	<u><u>63,199</u></u>	<u><u>189,802</u></u>

The notes form part of these financial statements

Forward Assist Limited

Balance Sheet
31 August 2022

	Notes	Unrestricted funds £	Restricted fund £	31.8.22 Total funds £	31.8.21 Total funds £
CURRENT ASSETS					
Debtors	11	-	-	-	261
Cash at bank		182,614	-	182,614	204,307
		<u>182,614</u>	<u>-</u>	<u>182,614</u>	<u>204,568</u>
CREDITORS					
Amounts falling due within one year	12	(119,415)	-	(119,415)	(14,766)
		<u>63,199</u>	<u>-</u>	<u>63,199</u>	<u>189,802</u>
NET CURRENT ASSETS					
		63,199	-	63,199	189,802
TOTAL ASSETS LESS CURRENT LIABILITIES					
		63,199	-	63,199	189,802
NET ASSETS		<u>63,199</u>	<u>-</u>	<u>63,199</u>	<u>189,802</u>
FUNDS	14				
Unrestricted funds				63,199	189,802
TOTAL FUNDS				<u>63,199</u>	<u>189,802</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 Sections 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.

The notes form part of these financial statements

Forward Assist Limited

Balance Sheet - continued
31 August 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on 28.3.23 and were signed on its behalf by:

G T Edwards

.....
G T Edwards - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 August 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Plant and machinery	- 25% on cost
Motor vehicles	- 25% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2022

2. DONATIONS AND LEGACIES

	31.8.22	31.8.21
	£	£
Donations	2,377	2,609
	<u> </u>	<u> </u>

3. OTHER TRADING ACTIVITIES

	31.8.22	31.8.21
	£	£
Fundraising events	5,000	1,197
	<u> </u>	<u> </u>

4. INCOME FROM CHARITABLE ACTIVITIES

	31.8.22	31.8.21
	Grant	Total
	Income	activities
	£	£
Grants	119,097	274,805
	<u> </u>	<u> </u>

Grants received, included in the above, are as follows:

	31.8.22	31.8.21
	£	£
NHS England	-	57,183
Armed Forces Covenant	94,097	197,956
North Tyneside Council	-	9,166
The Winston Churchill Trust	-	9,500
The Buckland Charitable Trust	-	1,000
Salute Cafe	25,000	-
	<u> </u>	<u> </u>
	<u>119,097</u>	<u>274,805</u>

Notes to the Financial Statements - continued
for the Year Ended 31 August 2022

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Training	3,114	-	3,114
Staff and support costs	134,924	-	134,924
Activities, expenses and equipment	87,329	-	87,329
Premises and administration costs	-	27,710	27,710
	<u>225,367</u>	<u>27,710</u>	<u>253,077</u>

6. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Premises and administration costs	24,110	3,600	27,710
	<u>24,110</u>	<u>3,600</u>	<u>27,710</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2022 nor for the year ended 31 August 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 August 2022 nor for the year ended 31 August 2021.

8. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.8.22	31.8.21
Project	<u>4</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2022

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2,609	-	2,609
Charitable activities			
Grant Income	274,805	-	274,805
Other trading activities	1,197	-	1,197
Total	<u>278,611</u>	<u>-</u>	<u>278,611</u>
EXPENDITURE ON			
Charitable activities			
Training	2,883	-	2,883
Staff and support costs	81,743	-	81,743
Activities, expenses and equipment	91,769	-	91,769
Premises and administration costs	22,301	-	22,301
Total	<u>198,696</u>	<u>-</u>	<u>198,696</u>
NET INCOME	79,915	-	79,915
RECONCILIATION OF FUNDS			
Total funds brought forward	109,887	-	109,887
TOTAL FUNDS CARRIED FORWARD	<u>189,802</u>	<u>-</u>	<u>189,802</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2022

10. TANGIBLE FIXED ASSETS

	Plant and machinery £	Motor vehicles £	Totals £
COST			
At 1 September 2021 and 31 August 2022	29,832	49,295	79,127
DEPRECIATION			
At 1 September 2021 and 31 August 2022	29,832	49,295	79,127
NET BOOK VALUE			
At 31 August 2022	-	-	-
At 31 August 2021	-	-	-

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.8.22	31.8.21
	£	£
Prepayments	-	261

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.8.22	31.8.21
	£	£
Inter fund loan (see note 13)	114,105	9,937
Social security and other taxes	-	2,759
Accrued expenses	5,310	2,070
	119,415	14,766

13. LOANS

An analysis of the maturity of loans is given below:

	31.8.22	31.8.21
	£	£
Amounts falling due within one year on demand:		
Inter fund loan	114,105	9,937

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2022

14. MOVEMENT IN FUNDS

	At 1.9.21 £	Net movement in funds £	At 31.8.22 £
Unrestricted funds			
General fund	58,174	(1,087)	57,087
Salute Cafe	-	146	146
Armed Forces Covenant-Positive Pathways & Family First Centre	97,583	(31,909)	65,674
NHS England - Designing a Service for Women Veterans	(13,461)	(104,168)	(117,629)
Armed Forces Covenant - Veterans Debate Training	13,966	(10,035)	3,931
Armed Forces Covenant - Mindful Dream & Sleep Retreats	21,198	16,950	38,148
Armed Forces Covenant - Veterans Health & Wellbeing	9,500	3,500	13,000
North Tyneside Council - For Those Struggling with the Pandemic	2,842	-	2,842
	<u>189,802</u>	<u>(126,603)</u>	<u>63,199</u>
TOTAL FUNDS	<u>189,802</u>	<u>(126,603)</u>	<u>63,199</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	7,378	(8,465)	(1,087)
Salute Cafe	25,000	(24,854)	146
Armed Forces Covenant-Positive Pathways & Family First Centre	57,097	(89,006)	(31,909)
NHS England - Designing a Service for Women Veterans	-	(104,168)	(104,168)
Armed Forces Covenant - Veterans Debate Training	9,749	(19,784)	(10,035)
Armed Forces Covenant - Mindful Dream & Sleep Retreats	23,750	(6,800)	16,950
Armed Forces Covenant - Veterans Health & Wellbeing	3,500	-	3,500
	<u>126,474</u>	<u>(253,077)</u>	<u>(126,603)</u>
TOTAL FUNDS	<u>126,474</u>	<u>(253,077)</u>	<u>(126,603)</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2022

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.9.20	Net	At
	£	movement	31.8.21
		in funds	£
		£	
Unrestricted funds			
General fund	62,512	(4,338)	58,174
Salute Cafe	9,280	(9,280)	-
Armed Forces Covenant-Positive Pathways & Family First Centre	38,155	59,428	97,583
NHS England - Designing a Service for Women Veterans	-	(13,461)	(13,461)
Armed Forces Covenant - Veterans Debate Training	-	13,966	13,966
Armed Forces Covenant - Mindful Dream & Sleep Retreats	-	21,198	21,198
Armed Forces Covenant - Veterans Health & Wellbeing	-	9,500	9,500
North Tyneside Council - For Those Struggling with the Pandemic	-	2,842	2,842
The Winston Churchill Trust - Salute Her UK Development	(60)	60	-
	<u>109,887</u>	<u>79,915</u>	<u>189,802</u>
TOTAL FUNDS	<u>109,887</u>	<u>79,915</u>	<u>189,802</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2022

14. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,806	(9,144)	(4,338)
Salute Cafe	-	(9,280)	(9,280)
Armed Forces Covenant-Positive Pathways & Family First Centre	120,206	(60,778)	59,428
NHS England - Designing a Service for Women Veterans	57,183	(70,644)	(13,461)
Armed Forces Covenant - Veterans Debate Training	33,250	(19,284)	13,966
Armed Forces Covenant - Mindful Dream & Sleep Retreats	35,000	(13,802)	21,198
Armed Forces Covenant - Veterans Health & Wellbeing	9,500	-	9,500
North Tyneside Council - For Those Struggling with the Pandemic	9,166	(6,324)	2,842
The Winston Churchill Trust - Salute Her UK Development	9,500	(9,440)	60
	<u>278,611</u>	<u>(198,696)</u>	<u>79,915</u>
TOTAL FUNDS	<u>278,611</u>	<u>(198,696)</u>	<u>79,915</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2022

14. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.9.20	Net	At
	£	movement	31.8.22
		in funds	£
		£	
Unrestricted funds			
General fund	62,512	(5,425)	57,087
Salute Cafe	9,280	(9,134)	146
Armed Forces Covenant-Positive Pathways & Family First Centre	38,155	27,519	65,674
NHS England - Designing a Service for Women Veterans	-	(117,629)	(117,629)
Armed Forces Covenant - Veterans Debate Training	-	3,931	3,931
Armed Forces Covenant - Mindful Dream & Sleep Retreats	-	38,148	38,148
Armed Forces Covenant - Veterans Health & Wellbeing	-	13,000	13,000
North Tyneside Council - For Those Struggling with the Pandemic	-	2,842	2,842
The Winston Churchill Trust - Salute Her UK Development	(60)	60	-
	<u>109,887</u>	<u>(46,688)</u>	<u>63,199</u>
TOTAL FUNDS	<u>109,887</u>	<u>(46,688)</u>	<u>63,199</u>

Forward Assist Limited

Notes to the Financial Statements - continued
for the Year Ended 31 August 2022

14. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	12,184	(17,609)	(5,425)
Salute Cafe	25,000	(34,134)	(9,134)
Armed Forces Covenant-Positive Pathways & Family First Centre	177,303	(149,784)	27,519
NHS England - Designing a Service for Women Veterans	57,183	(174,812)	(117,629)
Armed Forces Covenant - Veterans Debate Training	42,999	(39,068)	3,931
Armed Forces Covenant - Mindful Dream & Sleep Retreats	58,750	(20,602)	38,148
Armed Forces Covenant - Veterans Health & Wellbeing	13,000	-	13,000
North Tyneside Council - For Those Struggling with the Pandemic	9,166	(6,324)	2,842
The Winston Churchill Trust - Salute Her UK Development	9,500	(9,440)	60
	<u>405,085</u>	<u>(451,773)</u>	<u>(46,688)</u>
TOTAL FUNDS	<u>405,085</u>	<u>(451,773)</u>	<u>(46,688)</u>

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2022.

Forward Assist Limited

Detailed Statement of Financial Activities
for the Year Ended 31 August 2022

	31.8.22 £	31.8.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,377	2,609
Other trading activities		
Fundraising events	5,000	1,197
Charitable activities		
Grants	119,097	274,805
Total incoming resources	126,474	278,611
EXPENDITURE		
Charitable activities		
Wages	124,497	76,023
Social security	7,999	3,845
Pensions	2,428	1,875
Travel expenses	10,264	7,354
Training	3,114	2,883
Events and activities	69,901	56,098
Materials and equipment	-	164
Transport costs	4,651	264
Publicity	1,641	11,111
Professional fees	872	16,778
	225,367	176,395
Support costs		
Management		
Rent and services	14,250	6,130
Insurance	2,237	3,722
Telephone and internet charges	2,357	2,487
Postage and stationery	2,686	1,278
Computer and IT costs	1,408	4,105
Sundries	567	788
Repairs and equipment	779	1,051
Bank charges	(174)	320
Motor vehicles	-	350
	24,110	20,231

This page does not form part of the statutory financial statements

Forward Assist Limited

Detailed Statement of Financial Activities
for the Year Ended 31 August 2022

	31.8.22 £	31.8.21 £
Management		
Governance costs		
Accountancy fees	3,600	2,070
Total resources expended	253,077	198,696
Net (expenditure)/income	(126,603)	79,915

This page does not form part of the statutory financial statements

FORWARD ASSIST LIMITED

England & Wales - Charity number 1150408

Accounts

**REPORT OF THE DIRECTORS AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2021
FOR
FORWARD ASSIST LIMITED**

FORWARD ASSIST LIMITED

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FORWARD ASSIST LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2021. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our Charitable Objects remain unchanged and are:

1. To ensure that any former member of Her Majesty's Armed Forces can access specialist advice and information advice and guidance and holistic support to reduce physical, psychological or social harm experienced by individuals as a result of military service and their assimilation back into the civilian community.
2. To promote social inclusion for the public benefit by preventing ex service personnel from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.
3. To develop the capacity and skills of former service personnel both socially and economically so that they are able to support themselves and other disadvantaged communities in the UK in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.
4. To promote such other charitable purposes as may from time to time be determined.

Mission, Aims and Statements

Our mission is to assist former service personnel to reintegrate into civilian life following their discharge from the armed forces. We want them to be able to use our services to help build their capacity and skills and assist them (and their families) into employment, becoming effective contributors to their communities.

Our aim is to develop and deliver innovative diversionary activities and services that support and assist veterans during their transition back in to civilian life especially; those who become socially isolated and excluded over time. The range of projects delivered includes both physical and mental activities.

By continuing this approach we ensure that we provide something for everyone, taking into account veterans' capabilities. These activities are under constant review to ensure suitability and value for money.

The range of activities includes physical outdoor pursuits such as cycling, climbing, fishing and other sports through to less physically demanding activities including arts and history projects, debating and cooking, with new projects such as photography, free gym sessions and Pilates being added to the list over the year.

Our services are available to all former military personnel, regardless of age, gender, health condition or time served in the forces. This enables us to provide intergenerational activities linked to local communities in the North East of England.

We aim, where possible, to progress the veterans that we work with from service user to volunteer and eventually to act as mentor to other veterans. This approach assists our service users to develop their skills, contribute to our community and increase their self-belief through personal achievement.

FORWARD ASSIST LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2021

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Delivering on Our Promise

Board of Trustees would like to thank the Staff, Volunteers and Service Users of Forward Assist for their hard work and dedication across 2020 -21

The staff team at Forward Assist, led by our Chief Executive Officer Tony Wright, have had an exciting year.

We were delighted to host a visit to the Forward Assist HQ and facilitate a private and confidential consultation session with women accessing the support of Salute Her UK. We are proud to have Sarah as Patron of the charity and look forward to working with her to develop gender specific interventions for both female and male victims/survivors of Military Sexual Trauma.

Forward Assist were invited to give evidence to the US Independent Review Commission (IRC) on Sexual Assault in the Military. As the leading charity in the UK delivering and developing trauma informed interventions for serving personnel and veterans with lived experience of Military Sexual Trauma we were delighted to update the panel on the lack of services for UK victims and survivors.

We were honoured to welcome David Richmond CBE, Independent Veterans Advisor to UK Government Ministers at Cabinet Office to the Forward Assist HQ to talk about our work supporting disenfranchised former serving military personnel and our unique veteran centric interventions designed to empower and reskill those struggling to transition back to civilian life. During the visit we facilitated a virtual consultation session with a group of women veterans from across the UK who access the support of team Salute Her.

The team welcomed a visit from Leo Docherty MP, Parliamentary Under Secretary of State, Minister for Defence People and Veterans, to the Forward Assist Health & Wellbeing Hub on June 10th 2021. During the visit he was able to talk with veterans who had served in WW2, The Falklands War and Northern Ireland. He also had a private consultation with Salute Her project lead Paula Edwards and women veterans who had accessed support from the charity over the last 5 years.

Mayor Driscoll had the opportunity to meet a few of the veterans that access the Charity and they talked about how the Covid-19 pandemic and subsequent lockdowns had impacted on their mental health and wellbeing. Like the rest of the UK we are working hard to be 'covid compliant'.

Team Forward Assist & Salute Her were honoured to give evidence at the Defence Sub-Committee on Women in the Armed Forces: From Recruitment to Civilian Life chaired by Sarah Atherton MP. We are delighted to be mentioned as an example of best practice in the area of gender specific support for those traumatised by experiences of sexual assault whilst serving.

Thanks to funding from the Armed Forces Covenant Fund Trust, we have collaborated with Charlie Morley to deliver a series of six-week online courses for veterans struggling to cope with the harmful effects that stress and trauma can have on the amount of time we spend asleep. Over 500 veterans attended the virtual course proving that lack of sleep is a huge contributor to mental health difficulties in the veteran population.

Our continued partnership working with Bolt Burden Kemp has been a great success we have been providing a confidential virtual Legal Advice Clinic. The service is free, independent, confidential and has given over 50 Veterans the opportunity to discuss their rights.

FORWARD ASSIST LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2021

Referrals into the Salute Her project has increased by 50% we now have 1988 women registered, the majority of referrals have come to the Charity seeking complex therapy or specialist Information, Advice and Guidance. The service has gone from strength to strength and have developed a host of virtual services including; a virtual 28 Day Mind - Body - Soul Virtual Body Transformation Course, Health Eating sessions, self - harm work shop, emotional wellbeing courses and a British Parliamentary Debate course in partnership with Parallel Histories. Many of the women who access Salute Her have asked that a hybrid model of engagement is used.

Despite restrictions the staff team have worked extremely hard and collected over 100 Christmas presents, food parcels and toiletries which were all distributed to Veterans and their families local to the region. Forward Assist and Salute Her also partnered with 'Suitability NE' to give twelve unemployed, male and female veterans the best chance possible chance of finding work. The twelve lucky veterans will be given a voucher which will enable them to access a free suit, shoes, shirt and tie to improve employment chances next year. The package of support will also include one to one confidence building sessions, a free haircut from veteran owned barbers 'The Mane Man' in Dudley and mock interview training from one of our business partners.

As Trustees we are extremely proud to report that the Charity and its army of volunteers were awarded the Queens Award For Voluntary Service in recognition of their outstanding contribution to the community. Forward Assist actively encourage military veterans to be of service to others when their military service comes to an end. The award is the organisational equivalent of an MBE and everyone connected to the charity couldn't be prouder to receive this prestigious award.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The Forward Assist Trustee Board is made up of between 3 and 6 board members. Trustees may be identified and appointed by serving Trustees for their particular expertise, knowledge and qualifications.

Organisational structure

Forward Assist is a Company Limited by Guarantee and is a Registered Charity. It is managed by a Board of Trustees, and governed under a Memorandum and Articles of Association. The Board takes strategic decisions of Forward Assist including;

- a) Appointing and receiving reports from the Chief Executive
- b) Acting as the formal employers for Forward Assist's, ensuring that activity and performance is reviewed regularly
- c) Monitoring and assessing the financial position of Forward Assist. This includes budget setting reviews

Induction and training of new trustees

New trustees meet with the chair and Chief Executive, prior to attending their first meeting. At this meeting they are provided with an induction pack, containing key information about Forward Assist and Charity Commission guidance.

FORWARD ASSIST LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governance

Trustees have reviewed and refreshed Forward Assist's approach to Risk Management this year, including a Governance Review. The Board are confident that all perceived risks have been identified, with preventative measures in place with remedial activities available. The continued appointment of Read Milburn accountants has facilitated a review of financial processes to ensure they are robust.

A full review of the Policies and Procedures has been undertaken, along with a review of the Articles of Association.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08190905 (England and Wales)

Registered Charity number

1150408

Registered office

The John Willie Sams Centre
Market Street
Dudley
Cramlington
Northumberland
NE23 7HS

Trustees

A Hewitt	Chair
G Edwards	Treasurer
B Hegarty	
T Crane	
L Puga	

resigned 9 November 2020
resigned 17 September 2020

Chief Executive Officer

Tony Wright

Independent Examiner

Read, Milburn & Co
71 Howard Street
North Shields
Tyne and Wear
NE30 1AF

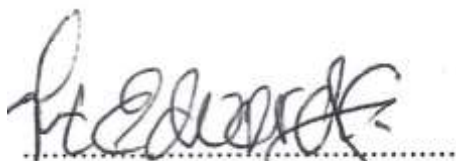
Bankers

National Westminster Bank Plc
18 Park View
Whitley Bay
Tyne and Wear
NE26 2TQ

Approved by order of the board of trustees on 1 July 2022 and signed on its behalf by:

FORWARD ASSIST LIMITED

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 AUGUST 2021**



.....
G T Edwards - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FORWARD ASSIST LIMITED

Independent examiner's report to the trustees of Forward Assist Limited ('the Company')

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

Responsibilities and basis of 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').

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.

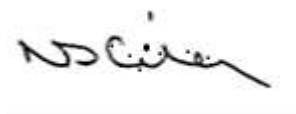
Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountants in England and Wales 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 (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.



Nick Liley FCA
Institute of Chartered Accountants in England and Wales
Read, Milburn & Co
71 Howard Street
North Shields
Tyne and Wear
NE30 1AF

4 July 2022

FORWARD ASSIST LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 AUGUST 2021**

	Notes	Unrestricted funds £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	2,609	-	2,609	21,308
Charitable activities					
Grant income	4	274,805	-	274,805	129,742
Other trading activities	3	-	-	-	6,730
Other income		<u>1,197</u>	<u>-</u>	<u>1,197</u>	<u>9,386</u>
Total		278,611	-	278,611	167,166
EXPENDITURE ON					
Charitable activities					
Staff and support costs	5	81,743	-	81,743	91,803
Training		2,883	-	2,883	1,587
Activities expenses and equipment		91,769	-	91,769	47,297
Premises and administration costs		<u>22,301</u>	<u>-</u>	<u>22,301</u>	<u>21,746</u>
Total		<u>198,696</u>	<u>-</u>	<u>198,696</u>	<u>162,433</u>
NET INCOME		79,915	-	79,915	4,733
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>109,887</u>	<u>-</u>	<u>109,887</u>	<u>105,154</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>189,802</u></u>	<u><u>-</u></u>	<u><u>189,802</u></u>	<u><u>109,887</u></u>

The notes form part of these financial statements

FORWARD ASSIST LIMITED**BALANCE SHEET
31 AUGUST 2021**

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	11	-	350
CURRENT ASSETS			
Debtors	12	261	3,144
Cash at bank and in hand		<u>204,307</u>	<u>111,944</u>
		204,568	115,088
CREDITORS			
Amounts falling due within one year	13	(14,766)	(5,551)
		<u>189,802</u>	<u>109,537</u>
NET CURRENT ASSETS			
		<u>189,802</u>	<u>109,537</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		189,802	109,887
NET ASSETS		<u>189,802</u>	<u>109,887</u>
FUNDS	16		
Unrestricted funds		<u>189,802</u>	<u>109,887</u>
TOTAL FUNDS		<u>189,802</u>	<u>109,887</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

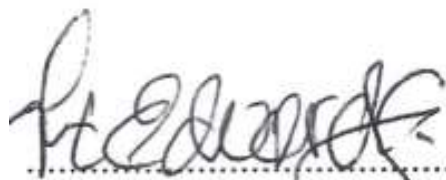
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 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.

FORWARD ASSIST LIMITED

BALANCE SHEET - continued
31 AUGUST 2021

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

The financial statements were approved by the Board of Trustees and authorised for issue on 1 July 2022 and were signed on its behalf by:


.....
G T Edwards - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Plant and machinery	- 25% on cost
Motor vehicles	- 25% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

FORWARD ASSIST LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2021

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	<u>2,609</u>	<u>21,308</u>

3. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Fundraising income	<u>-</u>	<u>6,730</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2021	2020
	£	£
Grants	<u>274,805</u>	<u>129,742</u>

Grants received, included in the above, are as follows:

	2021	2020
	£	£
Department of Digital, Culture, Media and Sport	-	36,389
NHS England	57,183	-
Armed Forces Covenant	197,956	93,353
North Tyneside Council	9,166	-
The Winston Churchill Trust	9,500	-
The Buckland Charitable Trust	<u>1,000</u>	<u>-</u>
	<u>274,805</u>	<u>129,742</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Staff and support costs	81,743	-	81,743
Training	2,883	-	2,883
Activities expenses and equipment	91,769	-	91,769
Premises and administration costs	<u>-</u>	<u>22,301</u>	<u>22,301</u>
	<u>176,395</u>	<u>22,301</u>	<u>198,696</u>

FORWARD ASSIST LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2021****6. SUPPORT COSTS**

	Management	Governance	Totals
	£	costs	£
	£	£	£
Premises and administration costs	<u>20,231</u>	<u>2,070</u>	<u>22,301</u>

Support costs, included in the above, are as follows:

	2021	2020
	Premises	Total
	and	activities
	administration	
	costs	
	£	£
Rent and services	6,130	2,250
Insurance	3,722	3,592
Telephone and internet charges	2,487	2,901
Postage and stationery	1,278	30
Computer and IT costs	4,105	1,768
Sundries	788	7
Repairs and equipment	1,051	-
Bank charges	320	176
Depreciation of tangible and heritage assets	350	9,522
Accountancy fees	<u>2,070</u>	<u>1,500</u>
	<u>22,301</u>	<u>21,746</u>

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	<u>350</u>	<u>9,522</u>

FORWARD ASSIST LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2021

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2021 nor for the year ended 31 August 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 August 2021 nor for the year ended 31 August 2020.

9. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	76,023	86,664
Social security costs	3,845	3,418
Other pension costs	<u>1,875</u>	<u>1,721</u>
	<u>81,743</u>	<u>91,803</u>

The charity's key management personnel comprise the Trustees and Chief Executive Officer. The total employee benefits of the key management personnel including employers national insurance were £42,577 (2020 - £39,904).

The average monthly number of employees during the year was as follows:

	2021	2020
Project	2	4
Administration and support	<u>-</u>	<u>1</u>
	<u>2</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	21,308	-	21,308
Charitable activities			
Grant income	93,353	36,389	129,742
Other trading activities	6,730	-	6,730
Other income	<u>9,386</u>	<u>-</u>	<u>9,386</u>
Total	130,777	36,389	167,166

EXPENDITURE ON

FORWARD ASSIST LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2021**

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Charitable activities			
Staff and support costs	59,681	32,122	91,803
Training	399	1,188	1,587
Activities expenses and equipment	27,847	19,450	47,297
Premises and administration costs	14,867	6,879	21,746
Total	102,794	59,639	162,433
NET INCOME/(EXPENDITURE)	27,983	(23,250)	4,733
Transfers between funds	(16,678)	16,678	-
Net movement in funds	11,305	(6,572)	4,733
RECONCILIATION OF FUNDS			
Total funds brought forward	98,582	6,572	105,154
TOTAL FUNDS CARRIED FORWARD	<u>109,887</u>	<u>-</u>	<u>109,887</u>

11. TANGIBLE FIXED ASSETS

	Plant and machinery £	Motor vehicles £	Totals £
COST			
At 1 September 2020 and 31 August 2021	<u>29,832</u>	<u>49,295</u>	<u>79,127</u>
DEPRECIATION			
At 1 September 2020	29,832	48,945	78,777
Charge for year	<u>-</u>	<u>350</u>	<u>350</u>
At 31 August 2021	<u>29,832</u>	<u>49,295</u>	<u>79,127</u>
NET BOOK VALUE			
At 31 August 2021	<u>-</u>	<u>-</u>	<u>-</u>
At 31 August 2020	<u>-</u>	<u>350</u>	<u>350</u>

FORWARD ASSIST LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2021**

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Other debtors	<u>261</u>	<u>3,144</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Inter fund loan (see note 14)	9,937	-
Social security and other taxes	2,759	1,351
Accrued expenses	<u>2,070</u>	<u>4,200</u>
	<u>14,766</u>	<u>5,551</u>

14. LOANS

An analysis of the maturity of loans is given below:

	2021	2020
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>9,937</u>	<u>-</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Fixed assets	-	-	-	350
Current assets	204,568	-	204,568	115,088
Current liabilities	<u>(14,766)</u>	<u>-</u>	<u>(14,766)</u>	<u>(5,551)</u>
	<u>189,802</u>	<u>-</u>	<u>189,802</u>	<u>109,887</u>

FORWARD ASSIST LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2021**

16. MOVEMENT IN FUNDS

	At 1/9/20 £	Net movement in funds £	Transfers between funds £	At 31/8/21 £
Unrestricted funds				
General fund	62,463	(4,338)	49	58,174
Salute Cafe	9,269	(9,280)	11	-
Armed Forces Covenant-Positive Pathways and Family First Centre	38,155	59,428	-	97,583
NHS England - Designing a Service for Women Veterans	-	(13,461)	-	(13,461)
Armed Forces Covenant - Veterans Debate Training	-	13,966	-	13,966
Armed Forces Covenant - Mindful Dream & Sleep Retreats	-	21,198	-	21,198
Armed Forces Covenant - Veterans Health & Wellbeing	-	9,500	-	9,500
North Tyneside Council - For Those Struggling with the Pandemic	-	2,842	-	2,842
The Winston Churchill Trust - Salute Her UK Development	-	60	(60)	-
	<u>109,887</u>	<u>79,915</u>	<u>-</u>	<u>189,802</u>
TOTAL FUNDS	<u>109,887</u>	<u>79,915</u>	<u>-</u>	<u>189,802</u>

FORWARD ASSIST LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2021

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,806	(9,144)	(4,338)
Salute Cafe	-	(9,280)	(9,280)
Armed Forces Covenant-Positive Pathways and Family First Centre	120,206	(60,778)	59,428
NHS England - Designing a Service for Women Veterans	57,183	(70,644)	(13,461)
Armed Forces Covenant - Veterans Debate Training	33,250	(19,284)	13,966
Armed Forces Covenant - Mindful Dream & Sleep Retreats	35,000	(13,802)	21,198
Armed Forces Covenant - Veterans Health & Wellbeing	9,500	-	9,500
North Tyneside Council - For Those Struggling with the Pandemic	9,166	(6,324)	2,842
The Winston Churchill Trust - Salute Her UK Development	9,500	(9,440)	60
	<u>278,611</u>	<u>(198,696)</u>	<u>79,915</u>
TOTAL FUNDS	<u>278,611</u>	<u>(198,696)</u>	<u>79,915</u>

Comparatives for movement in funds

	At 1/9/19 £	Net movement in funds £	Transfers between funds £	At 31/8/20 £
Unrestricted funds				
General fund	69,992	9,149	(16,678)	62,463
Salute Cafe	6,140	3,541	(412)	9,269
Sage Foundation - Enterprise Start Up	22,450	(22,862)	412	-
Armed Forces Covenant-Positive Pathways and Family First Centre	-	38,155	-	38,155
	98,582	27,983	(16,678)	109,887
Restricted funds				
Department of Digital, Culture, Media and Sport - Tampon Tax Fund	6,572	(23,250)	16,678	-
	<u>105,154</u>	<u>4,733</u>	<u>-</u>	<u>109,887</u>
TOTAL FUNDS	<u>105,154</u>	<u>4,733</u>	<u>-</u>	<u>109,887</u>

FORWARD ASSIST LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2021

16. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	30,694	(21,545)	9,149
Salute Cafe	6,730	(3,189)	3,541
Sage Foundation - Enterprise Start Up	-	(22,862)	(22,862)
Armed Forces Covenant-Positive Pathways and Family First Centre	<u>93,353</u>	<u>(55,198)</u>	<u>38,155</u>
	130,777	(102,794)	27,983
Restricted funds			
Department of Digital, Culture, Media and Sport - Tampon Tax Fund	<u>36,389</u>	<u>(59,639)</u>	<u>(23,250)</u>
TOTAL FUNDS	<u>167,166</u>	<u>(162,433)</u>	<u>4,733</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/9/19 £	Net movement in funds £	Transfers between funds £	At 31/8/21 £
Unrestricted funds				
General fund	69,992	4,811	(16,629)	58,174
Salute Cafe	6,140	(5,739)	(401)	-
Armed Forces Covenant-Positive Pathways and Family First Centre	-	97,583	-	97,583
NHS England - Designing a Service for Women Veterans	-	(13,461)	-	(13,461)
Armed Forces Covenant - Veterans Debate Training	-	13,966	-	13,966
Armed Forces Covenant - Mindful Dream & Sleep Retreats	-	21,198	-	21,198
Armed Forces Covenant - Veterans Health & Wellbeing	-	9,500	-	9,500
North Tyneside Council - For Those Struggling with the Pandemic	-	2,842	-	2,842
The Winston Churchill Trust - Salute Her UK Development	<u>-</u>	<u>60</u>	<u>(60)</u>	<u>-</u>
	<u>76,132</u>	<u>130,760</u>	<u>(17,090)</u>	<u>189,802</u>
TOTAL FUNDS	<u>105,154</u>	<u>84,648</u>	<u>-</u>	<u>189,802</u>

FORWARD ASSIST LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2021

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	35,500	(30,689)	4,811
Salute Cafe	6,730	(12,469)	(5,739)
Armed Forces Covenant-Positive Pathways and Family First Centre	213,559	(115,976)	97,583
NHS England - Designing a Service for Women Veterans	57,183	(70,644)	(13,461)
Armed Forces Covenant - Veterans Debate Training	33,250	(19,284)	13,966
Armed Forces Covenant - Mindful Dream & Sleep Retreats	35,000	(13,802)	21,198
Armed Forces Covenant - Veterans Health & Wellbeing	9,500	-	9,500
North Tyneside Council - For Those Struggling with the Pandemic	9,166	(6,324)	2,842
The Winston Churchill Trust - Salute Her UK Development	<u>9,500</u>	<u>(9,440)</u>	<u>60</u>
	<u>409,388</u>	<u>(278,628)</u>	<u>130,760</u>
TOTAL FUNDS	<u><u>445,777</u></u>	<u><u>(361,129)</u></u>	<u><u>84,648</u></u>

The restricted funds comprise grants received from funders for a specific purpose or project and can be expended only in the way already agreed to by the charity.

The NHS England project had a debit balance at the balance sheet date because the next grant for the project had not been received by the year end.

Transfers between funds

The fund transfers represent the transfer of restricted funds to unrestricted funds where a portion of the grant funding has been used to purchase fixed assets. Other transfers represent the completion of a project with the transfer of the remaining funds to unrestricted.

FORWARD ASSIST LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2021**

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2021.

FORWARD ASSIST LIMITED**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2021**

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,609	21,308
Other trading activities		
Fundraising income	-	6,730
Charitable activities		
Grants	274,805	129,742
Other income		
Other income	<u>1,197</u>	<u>9,386</u>
Total incoming resources	278,611	167,166
 EXPENDITURE		
Charitable activities		
Wages	76,023	86,664
Social security	3,845	3,418
Pensions	1,875	1,721
Travel expenses	7,354	8,904
Training	2,883	1,587
Events and activities	56,098	20,752
Materials and equipment	164	1,982
Transport costs	264	2,509
Publicity	11,111	1,596
Professional fees	16,778	10,355
Room hire	<u>-</u>	<u>1,199</u>
	176,395	140,687
Support costs		
Management		
Rent and services	6,130	2,250
Insurance	3,722	3,592
Telephone and internet charges	2,487	2,901
Postage and stationery	1,278	30
Computer and IT costs	4,105	1,768
Sundries	788	7
Repairs and equipment	1,051	-
Carried forward	19,561	10,548

This page does not form part of the statutory financial statements

FORWARD ASSIST LIMITED**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2021**

	2021 £	2020 £
Management		
Brought forward	19,561	10,548
Bank charges	320	176
Plant and machinery	-	6,922
Motor vehicles	<u>350</u>	<u>2,600</u>
	20,231	20,246
 Governance costs		
Accountancy fees	<u>2,070</u>	<u>1,500</u>
 Total resources expended	<u>198,696</u>	<u>162,433</u>
 Net income	<u><u>79,915</u></u>	<u><u>4,733</u></u>

This page does not form part of the statutory financial statements

FORWARD ASSIST LIMITED

England & Wales - Charity number 1150408

Accounts

REGISTERED COMPANY NUMBER: 08190905 (England and Wales)
REGISTERED CHARITY NUMBER: 1150408

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2020
FOR
FORWARD ASSIST LIMITED

Read, Milburn & Co
71 Howard Street
North Shields
Tyne and Wear
NE30 1AF

FORWARD ASSIST LIMITED

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FORWARD ASSIST LIMITED

CHAIRPERSON'S REPORT FOR THE YEAR ENDED 31 AUGUST 2020

I am extremely proud and honoured to step into the role of Chair of Forward Assist. We are living in uncertain and trying times yet Team Forward Assist continues to adapt and innovate to support the most vulnerable members of our community. Forward Assists 'can do' approach to problem solving is both inspiring and aspirational in its intent.

The way the team has embraced information technology to keep in touch with veterans and their families has been awe inspiring with a two-fold increase in self referrals and geographic foot print across the Nation. The difficulties created by the worldwide pandemic resulted in the team having to cancel every planned intervention from March to September. Yet the virtual world has opened up new opportunities and possibilities not least International interest in the work of the charity and requests to share their learning with the Five Eyes partners in UK, Australia, New Zealand, Canada and America.

The coming year will be challenging but I am certain my fellow Trustees and CEO will lead the charity through the uncertainty of the future overcoming obstacles and adversity.

I am especially grateful to staff, past and present, Trustees, volunteers, Patrons, supporters, Funders and particularly the veterans that continue to access our services on a daily basis albeit virtually.

Anthony Hewitt Chair of Board of Trustees

FORWARD ASSIST LIMITED

CHIEF EXECUTIVE'S REPORT FOR THE YEAR ENDED 31 AUGUST 2020

Welcome

The period from March 2020 to September 2020 has proved to be one of the most challenging six months of my professional career. The first six months of the reporting year (Sept-March) showed we were on track to celebrate our most successful year in relation to those wanting to access our service and interest in our innovative approach to veteran support and care coming from as far afield as the USA Australia and Canada. All opening up new opportunities for exciting working relationships. Sadly, in March 2020 we had to close down all operations in response to the Covid-19 pandemic and the subsequent Government advised lockdowns. In response we established a virtual support service to ensure those veterans in need could access support and our 'safe & well' telephone call initiative went into turbo drive. This enabled us to monitor both the psychological and physical wellbeing of those self-isolating due to the worldwide pandemic. The veterans that accessed our service responded well given the circumstances and set up their own mutual support groups in addition to our online interventions.

Despite these difficult times, Forward Assist were awarded the Queens Award for Voluntary Service and I was delighted to receive the Prime ministers Points of Light award for our work in the community supporting lonely and isolated veterans. The Covid -19 pandemic and subsequent closure of all face to face operations meant that we had to close Salute Café and other staff left to find other employment during lockdown. At the time of writing this report it is unknown when we will be able to return to fulltime office working and at present we are working from home as dictated by Government. Whilst our population of male service users has remained static the women veteran cohort has expanded due to the excellent work of Salute Her team leader Paula Edwards and the innovative virtual interventions that she and her volunteers have delivered.

It's been a difficult year, but our financial accounts are in order and our funders have been extremely understanding and accommodating in regard to suspending reporting criteria during the pandemic and numerous lockdowns. The Board of Trustees and Senior Management Team will continue to lead with honesty and integrity and drive forward the strategic vision of Forward Assist for the next 5 years. A 'can do' attitude will create new opportunities to directly help and support the 'Service Community' during what will prove to be uncertain and challenging times.

As Chief Executive, I would like to take this opportunity to thank all those that support our work and by doing so, enable us to make the 'quantum leap' from idea to reality. Your faith, belief and your support is truly appreciated. Finally, we would like to thank all the veterans referred to Forward Assist, especially those that have taken up the opportunity to let us know their personal experiences both good and bad. Particular heart-felt thanks go out to those veterans and volunteers that give up their free time to support this charity and help those less fortunate than themselves.

We salute you all.

Tony Wright

FORWARD ASSIST LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2020. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our Charitable Objects remain unchanged and are:

1. To ensure that any former member of Her Majesty's Armed Forces can access specialist advice and information advice and guidance and holistic support to reduce physical, psychological or social harm experienced by individuals as a result of military service and their assimilation back into the civilian community.
2. To promote social inclusion for the public benefit by preventing ex service personnel from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.
3. To develop the capacity and skills of former service personnel both socially and economically so that they are able to support themselves and other disadvantaged communities in the UK in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.
4. To promote such other charitable purposes as may from time to time be determined.

Mission, Aims and Statements

Our mission is to assist former service personnel to reintegrate into civilian life following their discharge from the armed forces. We want them to be able to use our services to help build their capacity and skills and assist them (and their families) into employment, becoming effective contributors to their communities.

Our aim is to develop and deliver innovative diversionary activities and services that support and assist veterans during their transition back in to civilian life especially; those who become socially isolated and excluded over time. The range of projects delivered includes both physical and mental activities.

By continuing this approach we ensure that we provide something for everyone, taking into account veterans' capabilities. These activities are under constant review to ensure suitability and value for money.

The range of activities includes physical outdoor pursuits such as cycling, climbing, fishing and other sports through to less physically demanding activities including arts and history projects, debating and cooking, with new projects such as photography, free gym sessions and Pilates being added to the list over the year.

Our services are available to all former military personnel, regardless of age, gender, health condition or time served in the forces. This enables us to provide intergenerational activities linked to local communities in the North East of England.

We aim, where possible, to progress the veterans that we work with from service user to volunteer and eventually to act as mentor to other veterans. This approach assists our service users to develop their skills, contribute to our community and increase their self-belief through personal achievement.

FORWARD ASSIST LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2020

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Delivering on Our Promise

The Board of Trustees would like to thank the Staff, Volunteers and Service Users of Forward Assist for their hard work and dedication across 2019-20.

The staff team at Forward Assist, led by our Chief Executive Officer Tony Wright, had an exceptionally busy six months prior to the C-19 Pandemic starting in March 2020. The referral route into Forward Assist increased significantly following the publication on the charity website of the ethnographic 'No Man's Land' report looking at the lived experience of women veterans before, during and after military service.

Interest from academics, Government Ministers and campaign groups helped raise the profile of the charity to a new level. As did the CEO being awarded the Prime Ministers Point of Light Award and the Board of Trustees were absolutely delighted when the Charity was awarded the Queens Award for Voluntary Service the equivalent of an MBE for a Voluntary organisations.

Multi-disciplinary partnerships continue to be important to our work and we have plans for several exciting collaborations in the coming year. For example, Forward Assist are now a member of ASDIC (The Association of Ex-Service Drop in Centres) and its community-based services are viewed as best in class provision for military veterans and their families.

Salute Café acted as a natural meeting point for veterans accessing the numerous activities on offer by the charity up until March 2020. Yet the staff team continued to work with numerous veterans in crisis virtually during the pandemic providing food parcels or organising collection and delivery of prescriptions for the most vulnerable. This included accessing information advice and guidance or more intense trauma informed support to address suicidal ideation, drug and alcohol addiction or more enduring mental health problems due to social isolation and loneliness and/or unemployment. The Veteran 'Drop in' volunteer Community Navigators were also stood down in March but were a great help prior to this as they distributed food hampers and toys to over 100 unemployed veterans just before Christmas 2019. Such projects increase the volunteer's confidence and self-esteem and helped the charity to extend its capacity and reach to those in need.

The 'volunteer led' Cook2Give initiative, prior to lockdown, reached an incredible 11,000 meals served to both veterans and community members since its inception a couple of years ago. The weekly two course community luncheon club meetings and Christmas dinners for isolated veterans was very well received until the Centre closed down as per Government guidelines in March 2020. Similarly, our 'let's end food poverty' strategy and partnership with Lidl to redistribute unsold surplus supermarket food donations came to a sudden end when volunteers were asked to stay at home to protect themselves and others from catching the C-19 variant. Staff started working from home, if not furloughed and kept in touch with veterans via online consultations and telephone calls. It is hoped we can resume these activities at some point in 2020.

Prior to lockdown Forward Assist continued to lead the way in delivering therapeutic abstinence based residential retreats. The annual trip to France in September 2019 was a great success and included a WW2 veteran who celebrated his 96th birthday in the blistering heat of Southern France. It was another life changing inter-generational experience for all those that took part.

FORWARD ASSIST LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2020

It must be said that the period from March to September 2020 has proved to be the most challenging six months the charity has experienced since its inception. The world-wide pandemic has had a cataclysmic impact on the charities ability to raise funds and survive in what is probably a 'once in a life time' economic downturn. It was with regret, but a somewhat necessary evil that the charity closed down all front-line operations in March 2020 but the virtual online support service for the most vulnerable veterans has been a great success and points the way to the future. In the last six months we have seen our delivery model move from proactive to reactive Yet, our future strategic goals are still very much aligned with our core aims and objectives.

We as Trustee have been amazed at the charities ability to adapt and keep delivering services to those in need. In some areas the expertise of the team has been shared both Nationally and Internationally. It's been a pleasure to see the team take such a proactive role by embracing technology to support those that may struggle with social isolation and anxiety during this pandemic.

I am very proud of what the Charity has achieved over this year in the face of such unique challenges. Operationally we have maintained our key objective which is to deliver exceptionally high-quality support to veterans and their families and we are proud to have gained recognition for our ground-breaking research into women veterans from both the Veterans Minister Johnny Mercer MP and Sharon Hodgson MP Shadow Defence Minister. Our unique delivery model brings veterans and members of the local community together to assist those less fortunate themselves which in turn helps veterans feel valued and part of the local community.

Like any Charity, we rely heavily on fundraising through various means and this has become more competitive and challenging during the C-19 pandemic. We are hoping that as we come out of this pandemic our social enterprises can be developed to create employment and support our aims and objectives as well as generate a financial contribution to the charitable activities.

Due to the reduction of staff during this financial year we have had to rely heavily on virtual support systems to maintain the delivery of our activities. We are delighted that this has led to new and exciting opportunities and we look forward to reaching many more veterans in the future. On behalf of the Board of Trustees, a massive heartfelt thank-you goes out to staff and volunteers for all their support.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The Forward Assist Trustee Board is made up of between 3 and 6 board members. Trustees may be identified and appointed by serving Trustees for their particular expertise, knowledge and qualifications.

Organisational structure

Forward Assist is a Company Limited by Guarantee and is a Registered Charity. It is managed by a Board of Trustees, and governed under a Memorandum and Articles of Association. The Board takes strategic decisions of Forward Assist including;

- a) Appointing and receiving reports from the Chief Executive
- b) Acting as the formal employers for Forward Assist's, ensuring that activity and performance is reviewed regularly
- c) Monitoring and assessing the financial position of Forward Assist. This includes budget setting reviews

FORWARD ASSIST LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2020

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

New trustees meet with the chair and Chief Executive, prior to attending their first meeting. At this meeting they are provided with an induction pack, containing key information about Forward Assist and Charity Commission guidance.

Governance

Trustees have reviewed and refreshed Forward Assist's approach to Risk Management this year, including a Governance Review. The Board are confident that all perceived risks have been identified, with preventative measures in place with remedial activities available. The continued appointment of Read Milburn accountants has facilitated a review of financial processes to ensure they are robust.

A full review of the Policies and Procedures has been undertaken, along with a review of the Articles of Association.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08190905 (England and Wales)

Registered Charity number

1150408

Registered office

The John Willie Sams Centre
Market Street
Dudley
Cramlington
Northumberland
NE23 7HS

Trustees

A Hewitt	Chair	
G Edwards	Treasurer	appointed 11 November 2019
B Hegarty		
T Crane		resigned 9 November 2020
L Puga		resigned 17 September 2020

Chief Executive Officer

Tony Wright

Independent Examiner

Read, Milburn & Co
71 Howard Street
North Shields
Tyne and Wear
NE30 1AF

FORWARD ASSIST LIMITED

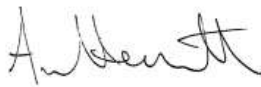
**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 AUGUST 2020**

REFERENCE AND ADMINISTRATIVE DETAILS

Bankers

National Westminster Bank Plc
18 Park View
Whitley Bay
Tyne and Wear
NE26 2TQ

Approved by order of the board of trustees on 15th June 2021 and signed on its behalf by:



.....
A Hewitt - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FORWARD ASSIST LIMITED

Independent examiner's report to the trustees of Forward Assist Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 August 2020.

Responsibilities and basis of 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').

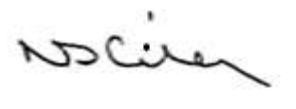
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').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



Nick Liley FCA
Institute of Chartered Accountants in England and Wales
Read, Milburn & Co
71 Howard Street
North Shields
Tyne and Wear
NE30 1AF

Date: 15th June 2021

FORWARD ASSIST LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 AUGUST 2020**

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	21,308	-	21,308	11,724
Charitable activities					
Grant income	4	93,353	36,389	129,742	161,290
Other trading activities	3	6,730	-	6,730	14,922
Other income		<u>9,386</u>	<u>-</u>	<u>9,386</u>	<u>1,440</u>
Total		130,777	36,389	167,166	189,376
EXPENDITURE ON					
Raising funds	5	-	-	-	500
Charitable activities					
Staff and support costs	6	59,681	32,122	91,803	96,063
Training		399	1,188	1,587	348
Activities expenses and equipment		27,847	19,450	47,297	46,738
Premises and administration costs		<u>14,867</u>	<u>6,879</u>	<u>21,746</u>	<u>36,622</u>
Total		<u>102,794</u>	<u>59,639</u>	<u>162,433</u>	<u>180,271</u>
NET INCOME/(EXPENDITURE)		27,983	(23,250)	4,733	9,105
Transfers between funds	16	<u>(16,678)</u>	<u>16,678</u>	<u>-</u>	<u>-</u>
Net movement in funds		11,305	(6,572)	4,733	9,105
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>98,582</u>	<u>6,572</u>	<u>105,154</u>	<u>96,049</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>109,887</u></u>	<u><u>-</u></u>	<u><u>109,887</u></u>	<u><u>105,154</u></u>

The notes form part of these financial statements

FORWARD ASSIST LIMITED**BALANCE SHEET
31 AUGUST 2020**

	Notes	2020 £	2019 £
FIXED ASSETS			
Tangible assets	12	350	9,872
CURRENT ASSETS			
Debtors	13	3,144	1,664
Cash at bank and in hand		<u>111,944</u>	<u>96,478</u>
		115,088	98,142
CREDITORS			
Amounts falling due within one year	14	(5,551)	(2,860)
		<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>109,537</u>	<u>95,282</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		109,887	105,154
		<u> </u>	<u> </u>
NET ASSETS		<u>109,887</u>	<u>105,154</u>
FUNDS	16		
Unrestricted funds		109,887	98,582
Restricted funds		<u>-</u>	<u>6,572</u>
TOTAL FUNDS		<u>109,887</u>	<u>105,154</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 Sections 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.

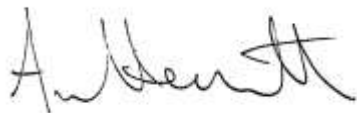
The notes form part of these financial statements

FORWARD ASSIST LIMITED

BALANCE SHEET - continued
31 AUGUST 2020

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

The financial statements were approved by the Board of Trustees and authorised for issue on 15th June 2021 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'A Hewitt', is written over a faint horizontal line.

.....
A Hewitt - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2020**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Plant and machinery	- 25% on cost
Motor vehicles	- 25% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

FORWARD ASSIST LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2020****2. DONATIONS AND LEGACIES**

	2020	2019
	£	£
Donations	<u>21,308</u>	<u>11,724</u>

3. OTHER TRADING ACTIVITIES

	2020	2019
	£	£
Fundraising income	<u>6,730</u>	<u>14,922</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2020	2019
		£	£
Grants	Grant income	<u>129,742</u>	<u>161,290</u>

Grants received, included in the above, are as follows:

	2020	2019
	£	£
Greggs Foundation	-	15,000
Starbucks	-	21,000
Department of Digital, Culture, Media and Sport	36,389	74,254
NHS England	-	10,000
Sage Foundation	-	41,036
Armed Forces Covenant	<u>93,353</u>	<u>-</u>
	<u>129,742</u>	<u>161,290</u>

5. RAISING FUNDS**Raising donations and legacies**

	2020	2019
	£	£
Fundraising costs	<u>-</u>	<u>500</u>

FORWARD ASSIST LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2020**

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Staff and support costs	91,803	-	91,803
Training	1,587	-	1,587
Activities expenses and equipment	47,297	-	47,297
Premises and administration costs	-	21,746	21,746
	<u>140,687</u>	<u>21,746</u>	<u>162,433</u>

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Premises and administration costs	<u>20,246</u>	<u>1,500</u>	<u>21,746</u>

Support costs, included in the above, are as follows:

	2020 Premises and administration costs £	2019 Total activities £
Rent and services	2,250	7,308
Insurance	3,592	3,531
Telephone and internet charges	2,901	2,895
Postage and stationery	30	1,630
Computer and IT costs	1,768	1,439
Sundries	7	61
Bank charges	176	207
Depreciation of tangible and heritage assets	9,522	17,751
Accountancy fees	<u>1,500</u>	<u>1,800</u>
	<u>21,746</u>	<u>36,622</u>

FORWARD ASSIST LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2020

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2020	2019
	£	£
Depreciation - owned assets	<u>9,522</u>	<u>17,751</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2020 nor for the year ended 31 August 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 August 2020 nor for the year ended 31 August 2019.

10. STAFF COSTS

	2020	2019
	£	£
Wages and salaries	86,664	85,278
Social security costs	3,418	4,156
Other pension costs	<u>1,721</u>	<u>1,287</u>
	<u>91,803</u>	<u>90,721</u>

The charity's key management personnel comprise the Trustees and Chief Executive Officer. The total employee benefits of the key management personnel including employers national insurance were £39,904 (2019 - £36,398).

The average monthly number of employees during the year was as follows:

	2020	2019
Project	4	5
Administration and support	<u>1</u>	<u>1</u>
	<u>5</u>	<u>6</u>

No employees received emoluments in excess of £60,000.

FORWARD ASSIST LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2020**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	11,724	-	11,724
Charitable activities			
Grant income	77,036	84,254	161,290
Other trading activities	14,922	-	14,922
Other income	<u>1,440</u>	<u>-</u>	<u>1,440</u>
Total	105,122	84,254	189,376
 EXPENDITURE ON			
Raising funds	500	-	500
Charitable activities			
Staff and support costs	43,071	52,992	96,063
Training	-	348	348
Activities expenses and equipment	2,732	44,006	46,738
Premises and administration costs	<u>21,881</u>	<u>14,741</u>	<u>36,622</u>
Total	<u>68,184</u>	<u>112,087</u>	<u>180,271</u>
NET INCOME/(EXPENDITURE)	36,938	(27,833)	9,105
Transfers between funds	<u>389</u>	<u>(389)</u>	<u>-</u>
Net movement in funds	37,327	(28,222)	9,105
 RECONCILIATION OF FUNDS			
Total funds brought forward	<u>61,255</u>	<u>34,794</u>	<u>96,049</u>
 TOTAL FUNDS CARRIED FORWARD	<u><u>98,582</u></u>	<u><u>6,572</u></u>	<u><u>105,154</u></u>

FORWARD ASSIST LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2020**

12. TANGIBLE FIXED ASSETS

	Plant and machinery £	Motor vehicles £	Totals £
COST			
At 1 September 2019 and 31 August 2020	<u>29,832</u>	<u>49,295</u>	<u>79,127</u>
DEPRECIATION			
At 1 September 2019	22,910	46,345	69,255
Charge for year	<u>6,922</u>	<u>2,600</u>	<u>9,522</u>
At 31 August 2020	<u>29,832</u>	<u>48,945</u>	<u>78,777</u>
NET BOOK VALUE			
At 31 August 2020	<u>-</u>	<u>350</u>	<u>350</u>
At 31 August 2019	<u>6,922</u>	<u>2,950</u>	<u>9,872</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Other debtors	<u>3,144</u>	<u>1,664</u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Social security and other taxes	1,351	1,060
Accrued expenses	<u>4,200</u>	<u>1,800</u>
	<u>5,551</u>	<u>2,860</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
Fixed assets	350	-	350	9,872
Current assets	115,088	-	115,088	98,142
Current liabilities	<u>(5,551)</u>	<u>-</u>	<u>(5,551)</u>	<u>(2,860)</u>
	<u>109,887</u>	<u>-</u>	<u>109,887</u>	<u>105,154</u>

FORWARD ASSIST LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2020**

16. MOVEMENT IN FUNDS

	At 1/9/19 £	Net movement in funds £	Transfers between funds £	At 31/8/20 £
Unrestricted funds				
General fund	69,992	9,149	(16,678)	62,463
Salute Cafe	6,140	3,541	(412)	9,269
Sage Foundation - Enterprise Start Up	22,450	(22,862)	412	-
Armed Forces Covenant-Positive				
Pathways and Family First Centre	-	38,155	-	38,155
	98,582	27,983	(16,678)	109,887
Restricted funds				
Department of Digital, Culture, Media and Sport - Tampon Tax Fund	6,572	(23,250)	16,678	-
TOTAL FUNDS	<u>105,154</u>	<u>4,733</u>	<u>-</u>	<u>109,887</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	30,694	(21,545)	9,149
Salute Cafe	6,730	(3,189)	3,541
Sage Foundation - Enterprise Start Up	-	(22,862)	(22,862)
Armed Forces Covenant-Positive			
Pathways and Family First Centre	93,353	(55,198)	38,155
	130,777	(102,794)	27,983
Restricted funds			
Department of Digital, Culture, Media and Sport - Tampon Tax Fund	36,389	(59,639)	(23,250)
TOTAL FUNDS	<u>167,166</u>	<u>(162,433)</u>	<u>4,733</u>

FORWARD ASSIST LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2020**

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/9/18 £	Net movement in funds £	Transfers between funds £	At 31/8/19 £
Unrestricted funds				
General fund	58,916	9,677	1,399	69,992
Greggs Foundation-Core Costs	-	441	(441)	-
Salute Cafe	1,770	4,370	-	6,140
Donations - Tampon Tax Fund	569	-	(569)	-
Sage Foundation - Enterprise Start Up	-	22,450	-	22,450
	61,255	36,938	389	98,582
Restricted funds				
Northstar Foundation-Salute Coffee Set Up	5,334	(5,334)	-	-
Department of Digital, Culture, Media and Sport - Tampon Tax Fund	23,248	(16,676)	-	6,572
Big Lottery Fund - Line of Sight Arts Project	6,212	(5,823)	(389)	-
	34,794	(27,833)	(389)	6,572
TOTAL FUNDS	<u>96,049</u>	<u>9,105</u>	<u>-</u>	<u>105,154</u>

FORWARD ASSIST LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2020

16. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	28,086	(18,409)	9,677
Greggs Foundation-Core Costs	15,000	(14,559)	441
Salute Cafe	39,586	(35,216)	4,370
Sage Foundation - Enterprise Start Up	<u>22,450</u>	<u>-</u>	<u>22,450</u>
	105,122	(68,184)	36,938
Restricted funds			
Northstar Foundation-Salute Coffee Set Up	-	(5,334)	(5,334)
Department of Digital, Culture, Media and Sport - Tampon Tax Fund	74,254	(90,930)	(16,676)
Big Lottery Fund - Line of Sight Arts Project	-	(5,823)	(5,823)
NHS England-Business Feasibility	<u>10,000</u>	<u>(10,000)</u>	<u>-</u>
	<u>84,254</u>	<u>(112,087)</u>	<u>(27,833)</u>
TOTAL FUNDS	<u>189,376</u>	<u>(180,271)</u>	<u>9,105</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/9/18 £	Net movement in funds £	Transfers between funds £	At 31/8/20 £
Unrestricted funds				
General fund	58,916	18,826	(15,279)	62,463
Salute Cafe	1,770	7,911	(412)	9,269
Sage Foundation - Enterprise Start Up	-	(412)	412	-
Armed Forces Covenant-Positive Pathways and Family First Centre	<u>-</u>	<u>38,155</u>	<u>-</u>	<u>38,155</u>
	60,686	64,480	(15,279)	109,887
Restricted funds				
Department of Digital, Culture, Media and Sport - Tampon Tax Fund	23,248	(39,926)	16,678	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>96,049</u>	<u>13,838</u>	<u>-</u>	<u>109,887</u>

FORWARD ASSIST LIMITED**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2020****16. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	58,780	(39,954)	18,826
Salute Cafe	46,316	(38,405)	7,911
Sage Foundation - Enterprise Start Up	22,450	(22,862)	(412)
Armed Forces Covenant-Positive Pathways and Family First Centre	<u>93,353</u>	<u>(55,198)</u>	<u>38,155</u>
	220,899	(156,419)	64,480
Restricted funds			
Department of Digital, Culture, Media and Sport - Tampon Tax Fund	<u>110,643</u>	<u>(150,569)</u>	<u>(39,926)</u>
TOTAL FUNDS	<u><u>356,542</u></u>	<u><u>(342,704)</u></u>	<u><u>13,838</u></u>

The restricted funds comprise grants received from funders for a specific purpose or project and can be expended only in the way already agreed to by the charity.

Transfers between funds

The fund transfers represent the transfer of restricted funds to unrestricted funds where a portion of the grant funding has been used to purchase fixed assets. Other transfers represent the completion of a project with the transfer of the remaining funds to unrestricted.

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2020.

FORWARD ASSIST LIMITED**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2020**

	2020 £	2019 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	21,308	11,724
Other trading activities		
Fundraising income	6,730	14,922
Charitable activities		
Grants	129,742	161,290
Other income		
Other income	<u>9,386</u>	<u>1,440</u>
Total incoming resources	167,166	189,376
 EXPENDITURE		
Raising donations and legacies		
Fundraising costs	-	500
Charitable activities		
Wages	86,664	85,278
Social security	3,418	4,156
Pensions	1,721	1,287
Travel expenses	8,904	13,960
Training	1,587	348
Events and activities	20,752	10,986
Materials and equipment	1,982	4,682
Transport costs	2,509	3,139
Publicity	1,596	936
Professional fees	10,355	11,409
Room hire	1,199	1,626
Redundancy payment	<u>-</u>	<u>5,342</u>
	140,687	143,149
Support costs		
Management		
Rent and services	2,250	7,308
Insurance	3,592	3,531
Telephone and internet charges	2,901	2,895
Carried forward	8,743	13,734

This page does not form part of the statutory financial statements

FORWARD ASSIST LIMITED**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2020**

	2020 £	2019 £
Management		
Brought forward	8,743	13,734
Postage and stationery	30	1,630
Computer and IT costs	1,768	1,439
Sundries	7	61
Bank charges	176	207
Plant and machinery	6,922	6,926
Motor vehicles	<u>2,600</u>	<u>10,825</u>
	20,246	34,822
 Governance costs		
Accountancy fees	<u>1,500</u>	<u>1,800</u>
 Total resources expended	<u>162,433</u>	<u>180,271</u>
 Net income	<u><u>4,733</u></u>	<u><u>9,105</u></u>

This page does not form part of the statutory financial statements