

**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

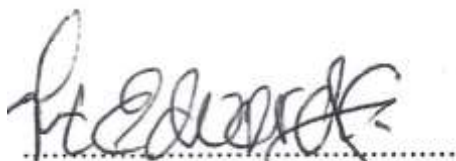
Bankers

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.

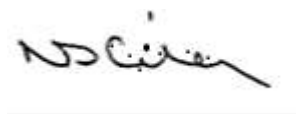
Independent examiner's statement

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

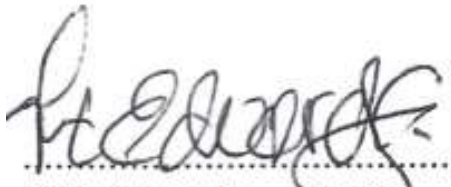
- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its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

	Activity	2021	2020
		£	£
Grants	Grant income	<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	<u>(16,678)</u>	<u>16,678</u>	<u>-</u>
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

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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>

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