

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

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for the Year Ended 31 August 2022

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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>63,199</u>	<u>-</u>	<u>63,199</u>	<u>189,802</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					
		<u>63,199</u>	<u>-</u>	<u>63,199</u>	<u>189,802</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>63,199</u>	<u>-</u>	<u>63,199</u>	<u>189,802</u>
NET ASSETS					
		<u>63,199</u>	<u>-</u>	<u>63,199</u>	<u>189,802</u>
FUNDS	14				
Unrestricted funds				<u>63,199</u>	<u>189,802</u>
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 Income £	Total 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 movement in funds £	At 31.8.21 £
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><u>109,887</u></u>	<u><u>79,915</u></u>	<u><u>189,802</u></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