

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

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6 to 7
Statement of Financial Activities	8
Balance Sheet	9 to 10
Notes to the Financial Statements	11 to 21
Detailed Statement of Financial Activities	22 to 23

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 Berry Moor 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	4				
Grant Income		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	5				
Training		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
		<u>191,150</u>	<u>-</u>	<u>191,150</u>	<u>68,509</u>
CREDITORS					
Amounts falling due within one year	12	(18,051)	-	(18,051)	(5,310)
		<u>173,099</u>	<u>-</u>	<u>173,099</u>	<u>63,199</u>
NET CURRENT ASSETS					
		<u>173,099</u>	<u>-</u>	<u>173,099</u>	<u>63,199</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>173,099</u>	<u>-</u>	<u>173,099</u>	<u>63,199</u>
NET ASSETS					
		<u>173,099</u>	<u>-</u>	<u>173,099</u>	<u>63,199</u>
FUNDS	13				
Unrestricted funds				<u>173,099</u>	<u>63,199</u>
TOTAL FUNDS				<u>173,099</u>	<u>63,199</u>

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
	<u>371,671</u>	<u>(261,771)</u>	<u>109,900</u>
Restricted funds			
Armed Forces Covenant - Women MST	25,000	(25,000)	-
	<u>396,671</u>	<u>(286,771)</u>	<u>109,900</u>
TOTAL FUNDS			

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