

REGISTERED COMPANY NUMBER: 08479090 (England and Wales)
REGISTERED CHARITY NUMBER: 1154429

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2020
FOR
VETERANS OUTREACH SUPPORT**

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VETERANS OUTREACH SUPPORT

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VETERANS OUTREACH SUPPORT
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 JULY 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 July 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

Charitable Objects

The Charity's Objects are specifically restricted to the following: "The preservation and protection of the mental health, wellbeing and the relief of need for Armed Forces Veterans (both Regular and Reservist) or former members of the merchant marines and their family members, insofar as they have charitable need, by the provision of a Drop-In service providing assessment, treatment, support, advice and advocacy".

Vision

The vision of the Trustees is: "A nation in which ex-service personnel are valued, understood and supported according to their needs."

Mission Statement

The mission of VOS is "To meet the welfare, wellbeing, and mental health needs of veterans¹".

Main Activities

- VOS provides monthly Drop-Ins in a friendly and sociable environment on the 1st Wed of the month in Portsmouth and on the 3rd Wed in Newport, Isle of Wight (IOW). The Drop-In is available to ex-service personnel (i.e. veterans) from the Royal Navy and Royal Marines, the Army, the Royal Air Force and the Merchant Navy, both Regular and Reservist, and their families and dependants. Those who meet the eligibility criteria and make use of VOS services are known as Service Users (SUs). Those attending can find:
 - General welfare and wellbeing support delivered through 40+ partner charities and agencies, termed Delivery Partners (DPs).
 - A social forum with refreshments and peer support delivered by a team of volunteers.
 - Mental health triage.
- Group peer support activity delivered through activity and visits programme outside of Drop-In days, supported by Mental Health First Aid (MHFA) trained volunteers.
- Weekly veterans and families outreach coffee mornings in Stubbington and Southsea.

¹ The term "veterans" encompasses ex-service personnel, their families and, where the appropriate eligibility criteria are met, their carers and helpers. Personnel who are still serving, especially those in transition out of the Armed Forces, are not excluded from support.

VETERANS OUTREACH SUPPORT

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OBJECTIVES AND ACTIVITIES

Main Activities (continued)

- SUs who require psychological assessment are seen by a member of the triage team at Drop-In. Cases are discussed in confidence among the clinical team and appropriate care pathways are established. Weekly mental health clinics delivered by clinical professionals comprising assessment, medication reviews or evidence-based therapy treatment. VOS contracts a team of professional Mental Health clinicians led by a consultant psychiatrist and including a number of mental health therapists and psychologists. The team is also supported by a substance misuse support worker, who is a VOS employee. These individuals are familiar with the problems encountered by veterans and deliver mental health support in accordance with the Contact Group Guiding Principles for the delivery of Veterans' and Service Families' Mental Health Care.
- Substance misuse support delivered through 1-2-1 support sessions as required by caseload by the VOS Substance Misuse Support Worker.

Values

VOS embraces and seeks to promote the following values:

- Accessible. We are there for anyone who needs us.
- Together. We are stronger in partnership.
- Responsive. We listen, we act.
- Reflective. We learn, we develop.
- Recovery-oriented. We can make a difference.
- User-centred. Our service users define us.

Principles

The key principles that guide the organisation are to ensure:

- A safe, friendly, sociable and accessible Drop-In;
- Professional, evidence-based Mental Health support;
- Trustworthy, one-stop agency services;
- Engagement of service users and family members;
- Intelligent and secure use of information.

VETERANS OUTREACH SUPPORT

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OBJECTIVES AND ACTIVITIES

Contribution made by Volunteers

VOS trustees and clinicians attend the monthly Drop-In on a pro bono basis. In addition, the Drop-Ins are supported by a team of 40+ volunteers who run the front of house, provide social support and advise on and manage the engagement of SUs with DPs. A sub-set of the team have completed Mental Health First Aid training and act as peer supporters, running the weekly social and activity groups. In addition, our hard-working volunteers represent VOS at the many information events and public displays that take place during the year.

Delivery Partners

The monthly Drop-Ins are attended by empowered representatives from 40+ partner charities and agencies to deliver general welfare support to SUs. During the reporting period the following attended as Delivery Partners:

- Action on Hearing Loss - *support for veterans with hearing loss.*
- Age UK - *befriending and information service for older veterans.*
- Alabaré - *supported accommodation for veterans.*
- Alcoholics Anonymous - *personal recovery.*
- Blesma - *assistance for those who have suffered life-changing limb loss or the use of a limb, an eye or loss of sight.*
- AFVBC - *breakfast club (IOW).*
- Citizens Advice - *debt, money and benefits advice.*
- Combat Stress - *residential mental health support.*
- Company of Makers - *creative making workshops.*
- Cranio-Sacral Therapy - *alternative relaxation therapy.*
- First Light Trust - *community café and welfare advice.*
- Forgotten Veterans - *peer support and respite camps.*
- Good Mental Health Cooperative - *recovery and volunteering in the community.*
- Help for Heroes - *lifelong support of WIS veterans.*
- Hire a Hero - *employment and transition support.*
- Hounds for Heroes - *assistance dogs.*
- Inclusion Hampshire & IOW - *substance misuse treatment and recovery.*
- Legal Clinics - *provided by Coffin Mew (Armed Forces team) and Biscoes Solicitors.*
- Models for Heroes - *plastic modelling activity group.*
- NHS Court Liaison and Diversion Service - *support in the criminal justice system.*
- National Careers Service - *learning, training and employment advice and support.*
- POA Learning - *free learning and development opportunities.*
- Portsmouth Carers Centre - *support for all carers in Portsmouth.*
- PWRR Association - *Southern branch association welfare service and social opportunities.*
- Ripple Pond - *support network for adult family members.*
- RFEA - *employment support and training.*
- RAF Association - *IOW branch providing advice and social support for the RAF family.*
- RAF Benevolent Fund - *welfare benevolence for the RAF family.*
- RBLI Lifeworks - *employment support.*
- RN Benevolent Trust - *welfare benevolence for the RN/RM family.*
- RN&RM Children's Fund - *supporting children whose parents serve or have served.*
- Rowans Hospice Living Well - *support for veterans and families with life-limiting illness.*
- Samaritans - *emotional support.*
- Seafarers' Advice and Information Line (SAIL) - *advice service for seafarers.*
- Shore Leave Haslar - *horticultural therapy project in Royal Hospital Haslar Memorial Garden.*
- Society of St James - *substance misuse and homelessness support.*
- Solent MIND - *support with employment and wellbeing.*
- SSAFA - *welfare support.*
- The Poppy Factory - *independence through employment with a health impairment.*
- The Royal British Legion - *lifelong financial/social/emotional support.*
- The Warrior Programme - *motivation and resilience training.*
- Time to Change - *advice on support for mental health.*
- Transition Intervention & Liaison Service (TILS) - *NHS specialist mental health service for veterans.*
- Veterans Welfare Service - *welfare, pensions and compensation advice.*

VETERANS OUTREACH SUPPORT

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OBJECTIVES AND ACTIVITIES

Other Partnerships

- Portsmouth Military Mental Health Alliance Programme Board, influencing veteran's mental health care delivery and welfare services for Portsmouth.
- Solent Armed Forces Covenant Partnership Board, contributing to the Solent AFCP Regional Needs Assessment and progressing actions as part of the Solent AFC Drop-In partnership.
- Portsmouth City of Sanctuary initiative.
- Hampshire Veterans Court Diversion Scheme, contributing to the network of support for veterans in the criminal justice system in Hampshire and IOW.

Public benefit

In setting our objectives and planning our activities our trustees have had due regard to the Charity Commission's general guidance on public benefit.

Effects of COVID-19 pandemic

The COVID-19 pandemic served as a strategic shock for VOS, with the lockdown denying the charity its signature delivery method of face-to-face support to veterans and their families. Despite this, VOS reacted quickly and adapted well to the loss of its physical footprint and direct access to service users by changing our delivery model to continue support by migrating services and support into the online environment. With no change to office hours, the charity was able to provide a point of contact for calls and enquiries, engaging with delivery partners where needed. Activities, social groups and clinical therapy were all delivered via video teleconferences (Zoom) and telephone. Online activities were also conducted online and were supported, where needed, by materials delivered or posted to participants. The quality of our engagement remained high and was a lifeline to those who were adversely affected by isolation and loneliness during lockdown, albeit that we inevitably lost contact with some who preferred to access VOS services and support in person only. Throughout the lockdown period, and beyond, VOS was able to access a variety of emergency funding, particularly from the Armed Forces Covenant Fund Trust (AFCFT), to support and enhance our new ways of working and replace revenue lost as a result of the pandemic.

VETERANS OUTREACH SUPPORT

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JULY 2020

ACHIEVEMENT AND PERFORMANCE

Drop-In Attendance

We continued to run our monthly Drop-Ins at the Royal Maritime Club in Portsmouth and the Riverside Centre, Newport, IOW until March 2020, when all activity was halted by the national coronavirus lockdown. The numbers of SUs attending the VOS Drop-Ins until this point are provided below. Comparative figures for 2018-19 are shown in brackets, noting that the previous year was a 12-month period.

Portsmouth. The total number of new registrations and returners to the Portsmouth service over the 8-month period was 544 (711) with 134 (166) new registrations. The average number of attendees per month was 68 (59).

Newport (IOW). The total number of registrations and returners to the Newport service over the 7-month period was 122 (169) with 36 (57) new registrations. The average number of attendees per month was 17 (14).

VOS Office. A further 56 (50) registrations were made by VOS staff outside of the monthly Drop-In, with 27 of these being taken by phone after the national lockdown.

In total there were 226 (273) new registrations during this period

	REPORTING YEAR 2019 - 20													
PORTSMOUTH	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Total	
Returners	40	46	44	60	48	50	62	60	0	0	0	0	410	
New Registrations	18	19	21	27	5	15	19	10	0	0	0	0	134	
Total	58	65	65	87	53	65	81	70	0	0	0	0	544	
New Registrations Outside Drop-In	8	1	12	3	4	1	0	0	0	0	14	13	56	
IOW														
Returners	14	16	11	9	15	6	15	0	0	0	0	0	86	
New Registrations	5	6	8	5	1	5	6	0	0	0	0	0	36	
Total	19	22	19	14	16	11	21	0	0	0	0	0	122	
Monthly Drop-Ins Total	77	87	84	101	69	76	102	70	0	0	0	0	666	
New Registration Total	31	26	41	35	10	21	25	10	0	0	14	13	226	

Mental Health Support

Until Mar 2020, VOS continued to provide immediate access to MH support on the day of the Drop-In. For the period Aug 2019 to Mar 2020 there were 202 (278) clinical interventions carried out in the Drop-In setting. Whilst at first sight this figure is down on the previous year; it should be noted that this is for an 8-month period only and when measured in pro rata terms is a 9% increase in activity. Where the demand on the clinical team at Drop-In increased at the beginning of 2020, we introduced a prioritisation system based on risk to ensure that those with the most critical needs were seen on the day, with the remainder followed up by a phone the next day.

Throughout the reporting period, veterans suffering from mental health issues have continued to access weekly treatment outside Drop-In days. Our clinical team provides: psychiatric assessment and review, medication reviews, psychological assessment, psychological therapies, and substance misuse support. The clinical team has worked throughout the lockdown, transferring their activity to telephone and virtual methods. Additionally, they carried out regular telephone welfare checks to those SUs deemed a high risk or who were on our waiting list for therapy. All but 2 service users were content to be supported remotely.

A total of 1480 (1543) hours of clinical activity has been delivered in this period to 236 (248) clients. In total 73 clients were seen by the consultant psychiatrist for psychiatric diagnosis or medication review, 70 clients received psychological assessment, 136 started a course of therapy and 43 received substance misuse recovery support. Currently we estimate that 75% of our service user population receive some form of clinical intervention each year.

VETERANS OUTREACH SUPPORT

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Therapy

Peer Support

Having reinvigorated our programme of peer support in 2018-19, the service went from strength to strength in 2019-20 with a weekly programme of activity groups and visits based out of the Royal Maritime Club, Portsmouth and two weekly coffee groups, Brew, Butty & Banter in Stubbington and Tea & Stickies in Southsea. We saw 127 (87) veterans engage with at least one peer support activity. Additionally, Models for Heroes established themselves as weekly group in the Royal Maritime Club under the VOS peer support initiative, led by a VOS Mental Health First Aid trained volunteer and with an average weekly group size of 6 veterans.

From March 2020 all face-to-face contact was suspended because of the national COVID-19 restrictions. In response, VOS initiated a virtual coffee group and a virtual activity group using Zoom, in the same weekly timeslots as the previous physical programme, to sustain the familiar routine with our service users. Several of our activity providers were able to provide their offering as a virtual workshop. Additionally, we sent out a total of 30 activity packs and took this as an opportunity to remind our service users that VOS remained open for business.

A wide variety of activities/visits were held over the year which included:

- Pre-lockdown:
 - Book Binding - facilitated by Bound by Veterans.
 - Expressive Writing - 3 workshops sponsored by the Royal Literary Fund.
 - Guided Painting - facilitated by the Paint Chill Co.
 - Day Sail on the Solent - provided by the Gwennili Trust in their disabled access catamaran.
 - Visits to HMS Victory, Portsmouth Museum, The Mary Rose, The D-Day Story, Pompey Pals and the Airframe Assemblies Spitfire factory on the IOW.
 - Armchair Pilates, Mindfulness and Meditation provided by Simply Mind, Heart and Soul.
 - Various arts and crafts activities.
- Virtual Delivery:
 - Expressive Writing, Paint Chill and Mindfulness and Meditation as above.
 - Macrame workshop by Alice Hume Textiles.
 - Armchair talk on Shipwreck Archeology by the National Museum of the Royal Navy.

A private Facebook group for VOS service users and peer supporters was established early on during lockdown as a place where SUs could receive support. This turned into a social forum, with participants posting about their daily activities, asking for support, joining in with virtual groups and sharing useful information. It grew to 60 members between Mar and Jul 2020 and was moderated by the VOS Asst Psychologist (Training), who was able to provide a direct link into the clinical team if a mental health concern was identified. In this way we have continued to deliver effect and support to our service users.

The facilitated peer support group approach has continued to deliver better results than originally anticipated, and has become a central pillar of VOS delivery, including being a complementary component to VOS clinical support, both pre- and post-treatment. This success prompted VOS to seek and acquire funding to extend the programme to the Isle of Wight in 2020 and plans to further extend the programme on the mainland in 2021.

VETERANS OUTREACH SUPPORT
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ACHIEVEMENT AND PERFORMANCE

Evaluation of Benefits

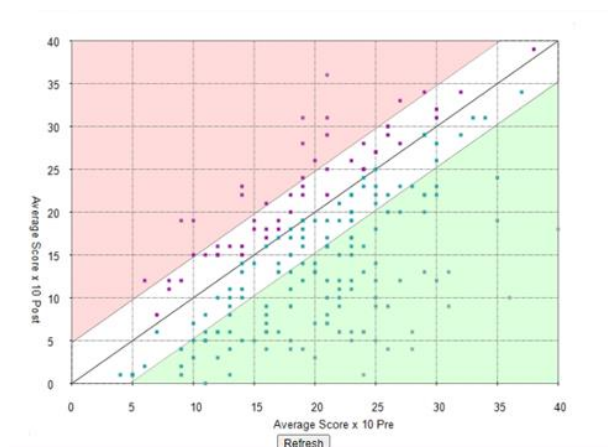
VOS is committed to monitoring and evaluating the benefits of its work to ensure that all its activities are having the desired outcomes and outputs and its charitable aims are being achieved. Evaluation works at 2 levels:

- Outcomes. The principal outcomes of VOS operations for SUs are better general welfare; improved mental health; and a heightened sense of wellbeing. These outcomes are measured both quantitatively and qualitatively through a combination of the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS), clinical measurements (GAD7, PHQ9, IES-R, AUDIT, WSAS, CORE10 and CORE34²) as well as general and clinical user feedback questionnaires.

- Outputs. VOS outputs take the form of the monthly Drop-In and its associated social gathering, mental health therapy sessions and peer support sessions. These outputs are measured quantitatively in terms of the numbers of SUs attending Drop-In (new and returning), the number of Agency engagements, the number of SUs undergoing therapy, the number of therapy sessions delivered, the number of Did Not Attends (DNAs) and the number of volunteer peer mentors and mentees.

CORE Report

Improved Mental Health is measured quantitatively and qualitatively through a combination of clinical measurements. The scatter plot below shows a sample of service users who have completed therapy. Each dot represents a single service user, green dots represent an improvement in mental health, purple dots represent deterioration. In this plot 122 (68%) show some to significant improvement in their mental health after their engagement with VOS clinical services. The SUs that show any significant deterioration are kept on follow up by the clinical team.



² Generalised Anxiety Disorder; Patient Health Questionnaire; Impact of Events Scale-Revised; Alcohol Use Disorders Identification Test; Work and Social Adjustment Scale;

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ACHIEVEMENT AND PERFORMANCE

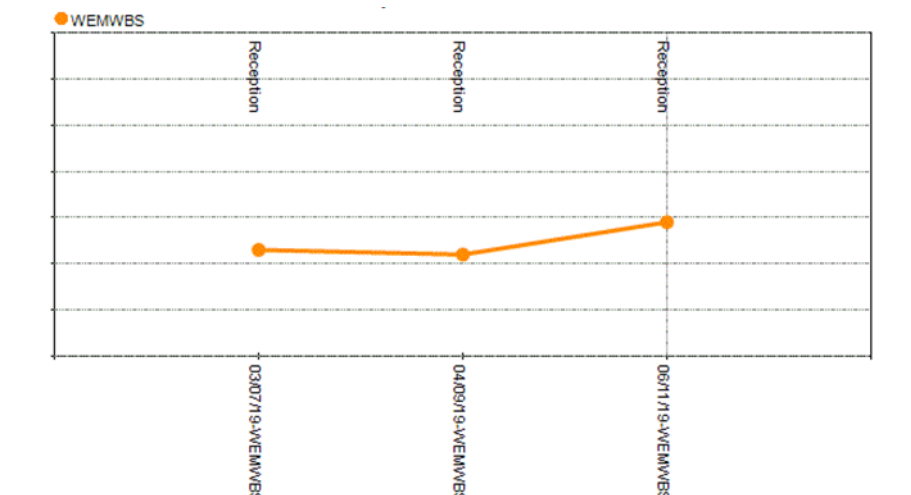
WEMWBS Report

WEMWBS was adopted in 2016 as part of VOS's impact measurement methodology. Whilst the survey has not been designed as a clinical tool, it is sensitive to changes in mental wellbeing at the individual level. It is not used to screen for risk, but very low scores may be indicative of the need for clinical support. The WEMWBS form is administered to every SU at every visit and the results are entered into VETRA after every Drop-In.

The VOS Drop-In was suspended in Mar 2020 because of the national COVID-19 lockdown and so WEMWBS data is available for the period 1 Aug 2019 to 4 Mar 2020. This indicates that a total of 76 service users attended a Drop-In twice or more during the period and provided a response. Of these, 64% of service users have shown an improvement of 5 points or more (statistical significance) in their scores through their involvement in VOS, demonstrating increased wellbeing.

Those with scores that were consistently low and below clinical cut-off or had fallen in the reporting period were investigated on a case-by-case basis for referral to the VOS clinical team or other appropriate services, including our peer support programme.

For illustration, an anonymised set of results spanning the period July to Nov 2019 is shown below, where higher scores represent better subjective emotional wellbeing and the cut-off for clinical intervention (Triage) is set at 32 (depicted by red line):



Recognising that these results must be analysed with caution, nevertheless a broad interpretation can be drawn. This Service User first attended VOS in July 2019 and because of their low WEMWBS score of 23 was referred for triage and subsequent psychological assessment. They engaged in a course of psychological therapy and were also referred for peer support, joining the activity group in Jan 2020. By Nov 2019, their WEMWBS score showed improvement of 6 points, which is considered a statistically significant improvement in wellbeing.

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ACHIEVEMENT AND PERFORMANCE

Peer Support Impact Measurement

As the peer support programme is complementary to the formal mental health support offered by VOS, an in-house measure has been developed which is a subjective assessment of feelings of joy, sadness and levels of anxiety. Analysis of returns show that all those who participate in the activity programme declare increased feelings of joy and reduced feelings of sadness after an activity and their levels of anxiety decreased. They also indicate that the virtual experience is not detracting from the benefit felt. We have a core group of service users participating regularly in the virtual groups because they are shielding for health reasons and the clinical team have referred others to the programme for additional social support.

We also ask if they are 'satisfied/highly satisfied' with the peer mentor programme provided by VOS and returns indicate that 100% of participants were satisfied or highly satisfied. Feedback comments have included:

- What a lovely surprise received in the post this morning! (Activity packs)
- Another excellent session (Expressive Writing)
- Very therapeutic, visible effect on lowering stress (Paint Chill)
- A pleasure to attend and join in with fellow veterans (Paint Chill)
- I enjoy the interaction

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ACHIEVEMENT AND PERFORMANCE

Visitors

During the period Aug 2019 to March 2020 VOS was visited by representatives from:

- 16 Reg RA Welfare Officer
- ASDIC
- Autism Hampshire
- BAe Systems
- Cobseo
- Defence Medical Welfare Service
- DWP
- Help for Heroes
- HMS Antrim Association
- Portsmouth Hospitals University Trust - Veterans Lead
- Pompey Paras
- Portsdown Practice
- RM Association/RM Charity
- Shaping Portsmouth
- Solent Mind Recovery College
- Team Endeavour
- The Minstead Trust
- The Poppy Appeal
- Unite Union
- Zurich Community Trust

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ACHIEVEMENT AND PERFORMANCE

Funding 2019-20

A breakdown of the grant funding awarded in 2019-20 is as follows:

AF Covenant Fund Trust (Y2 of 2)	£20,000
Army Benevolent Fund (The Soldiers' Charity)	£20,000
Greenwich Hospital	£40,000
Hampshire and IOW Community Fund (HIWCF)	£5,000
Queen Mary's Roehampton Trust	£5,000
RAF Benevolent Fund	£12,500
Royal Navy and Royal Marines Charity	£50,000
RNRMC Helping Hands	£25,000
Royal Navy Benevolent Trust	£20,330
Seafarers UK MN Fund	£10,000
Tesco Bags of Help	£4,000
Treasury LIBOR (Y2 of 3)	£50,000
Veterans Foundation	£20,000
Zurich Community Trust	£3,000
Other Donations & Local fundraising	£13,269

VOS is most grateful for all our grant funding, without which it would not have been able to sustain its service to veterans and their families.

We would also like to acknowledge the support and donations received this year from Asda Fareham, Gosport and Newport, Barley Aid, the Southern Co-operative, the Association of Wrens Portsmouth Branch and Fareham Informal Group, Royal Naval Association Lee on Solent Branch, Fareham Rotary Club, Wildkeeper Gloves, Portsmouth Healthy Walkers and the Langstone Harbour Fishing Association.

Our special thanks go to veteran David Bridges who took off on an around mainland Britain sailing challenge, Op Aries, in February 2020, overcoming the challenges of both the weather and the national lockdown, to raise in excess of £500 for VOS.

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ASDIC

The Association of ex-Service Drop-In Centres (ASDIC) came to the end of its 2-year pilot project under the governance, administrative and financial support of VOS in April of 2020. At the direction of the VOS Board of Trustees and, having proven its value and contribution to the veterans' welfare sector, the Association pursued its own status and independence as a registered charity and limited company. Whilst this transition was planned to be completed by during the reporting period ending 31 July 2020, complications and delays resulting from the Coronavirus pandemic slowed the expected progress of this ambition. VOS therefore continued to support the organisation beyond this date and into the 2020-21 period with limited administrative support and the retention of ASDIC's restricted funds. In the meantime, ASDIC agreed funding from the Armed Forces Covenant Fund, established a Board of Trustees and arranged its inaugural meeting, and confirmed registration with Companies House (8th July 2020). By the end of the VOS 2019-20 reporting period, the Charities Commission application had not yet been confirmed, so plans to transfer residual funds across to ASDIC's new bank account were held until this registration was completed.

Post Balance Sheet Event

Having obtained independent charitable status and funding, ASDIC separated from VOS, and the funds held on behalf of this operation were transferred to the new body on 11 November 2020. ASDIC continues to thrive and can be followed as a registered charity no.1190952.

FINANCIAL REVIEW

Financial position

This has been another successful financial period for VOS and the financial position remains stable. There was an excess of income over expenditure of £85,492, a deficit of £585 on restricted funds but an excess of £86,077 on unrestricted funds. Restricted funds are those where donors have placed specific requirements on their use. Overall, income for the period increased by £54,259, however expenditure decreased by £17,342.

The total funds brought forward from 1 Aug 2019 were £83,818, while total funds carried forward to the next financial year are £169,310. Details are in note 15 of the Notes to the Financial Statements.

At the end of the period cash assets (cash at bank) totalled £310,694. This large figure is because of the balance of a LIBOR grant for a 3-year period previously paid in a single sum and grants received in year from AFCFT and RNRMC that are deferred to 2020-21. £130,396 is deemed to cover the next and subsequent financial years. The majority of cash funds are held in a deposit account and only transferred to the current account as required for immediate expenditure. The deposit account is interest bearing.

Five staff were paid on payroll. Following auto-enrolment for pensions, all have been paid pensions at the minimum amounts since 1 July 2018. Two directors received remuneration from the Company for part of the year for their roles in ASDIC management and clinical activity. Payroll software used is that provided at no cost by HMRC. All clinicians are paid on production of monthly invoices. The accounting software used is Xero, rented through our accountants.

Updated management accounts spreadsheets are provided in advance of management and trustee meetings to all attendees.

The principal risk facing the Charity is that of long-term financial sustainability. Given the uncertainty of future funding streams, additional sources are continually investigated. There is a small but steady increase in donations from supporters.

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FINANCIAL REVIEW

Reserves policy

A financial reserve of £50,000 is held. It is estimated that this sum would be sufficient to wind down the organisation if necessary, whilst allowing Service Users to complete their courses of treatment - approximately 3 months. If Net Assets were to fall this low, the use of the reserve would be triggered, and the organisation run down. A review of this policy and any changes to it will likely be considered in FY 2020-21 to take account of increased VOS staff and outputs.

The relatively high balance of funds in excess of our financial reserves being carried forward into the next financial year is a reflection of funds that are held against future delivery for specific projects and multi-year awards for core deliverables and running costs. There are also more funds available than would normally be the case, due to monies not spent as a result of the Coronavirus pandemic, including the furlough of staff, venue hire and other costs. We anticipate that many of these costs will now be incurred in the following two years as society and permitted activities reopen.

The VOS Board of Trustees plan to review the current level of reserve, in light of the growth of the charity, in the next financial year (2020-21).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Memorandum and Articles of Association.

Charity constitution

The Charity is a company limited by guarantee (Company number 08479090) incorporated on 8 April 2013 and a registered Charity (number 1154429) registered 1 November 2013. The Charity's constitution is its Memorandum and Articles of Association (adopted 16 October 2013).

The charity is also known as VOS.

VETERANS OUTREACH SUPPORT
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STRUCTURE, GOVERNANCE AND MANAGEMENT

Trustees Appointments

The Charity is governed by a Board of Trustees with responsibility for the strategic management of the Charity. The board consists of a minimum of 4 trustees and has no maximum number.

Annually, one third of the Trustees are required to retire by rotation dependent on the length of their service. The Charity recognises that the creation of a diverse Board is an important factor in recruiting the professional competence required to administer the Charity successfully while increasing the accountability and public confidence in the overall management of the organization.

Full meetings of the Board took place on 19 Sep 2019, 12 Dec 2019, and 12 May 2020.

The AGM was held on 12 May 2020, at which Col (Retd) J M Bowles and Lt Cdr (Retd) J Scivier were re-elected, and to receive and approve the Annual Company Accounts. This meeting was held by virtual conference because of the national COVID-19 restrictions, and this was recorded in the minutes of the meeting.

Induction and Training of Trustees

New Trustees are inducted by the Chairman, the CEO and the Portsmouth Delivery Manager. Trustees make use of the online training packages offered by the National Council of Voluntary Organisations (NCVO), of which VOS is a member.

Retirements

Cdr (Retd) Peter Mosse and Mr Charles Swain resigned from the Board on 12 May 2020.

Management Staff

Ian Millen remains in post as CEO, supported by a team of six permanent staff across the disciplines of charitable delivery, from Drop-Ins, peer support and social groups to clinical administration, substance misuse support, office administration and specific projects. Two of the permanent staff are integral parts of the wider clinical team, which is led by a Consultant Psychiatrist and was comprised of five additional members, including a Counselling Psychologist and, an Assistant Psychologist and two therapists during the reporting period.

Volunteers

VOS has continued with the recruitment of further volunteers during the year and now has 40+ volunteers supporting the organisation. A Mental Health First Aid (MHFA) training course was held in Mar 2020. VOS is a member of the National Council for Volunteer Organisations (NCVO).

Clinical Governance

As an independent provider of clinical services, VOS elected, in 2012, to adopt the Clinical Governance procedures introduced into the NHS in 1999 by Health Service Circular 1999/065: 'Clinical Governance in the new NHS'. These procedures were updated by the Care Quality Commission (CQC) regulations 'Essential Standards of Quality and Safety' (2009) based on the legislation outlined in the Health and Social Care Act, 2008 (Regulated Activities).

VOS is a signatory to Cobseo's Guiding Principles for the Delivery of Veterans' and Service Families' Mental Healthcare. The aim of the Principles are to ensure that organisations that provide mental healthcare (in any form) for serving or ex-serving personnel and their families do so in a manner which is safe, does no harm and facilitates properly informed decisions about the care they might receive. Organisations that follow the principles have demonstrated that they have taken reasonable steps to assure that they provide a safe and reasonable service and do no harm.

VETERANS OUTREACH SUPPORT

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JULY 2020

STRUCTURE, GOVERNANCE AND MANAGEMENT

Delivery Partners Code of Conduct

A Code of Conduct has been established to ensure that Delivery Partners share VOS's values and can be regarded as trustworthy by SUs. All Delivery Partners are invited to sign up to the Code, by which they agree to:

- Attend or be represented every month, unless there is an emergency, in which case they agree to provide VOS with as much notice as possible.
- Conform to the highest standards of behaviour, language and dress (casual).
- Act with kindness and consideration for all SUs and other participants.
- Work together to deliver the best overall service to SUs in partnership with other agencies, and never to try to compete with each other.
- Be covered by appropriate professional indemnity insurance (evidence required).
- Abide by the guidance framework set by VOS (opening hours, layout, processes, appointment routines etc). This will be briefed during their induction process on first joining VOS and updated in writing (usually by email).
- Work with VOS management staff by: complying with any reasonable requests while on the premises during VOS hours; accepting their decisions, especially in event of incidents or internal differences between members; consulting them in event of anything unexpected concerning the routine or facilities; and notifying VOS of any incidents, accidents or complaints.
- In event of dispute with VOS or another Delivery Partner, enter into Alternative Dispute Resolution (ADR).
- Provide feedback on the services delivered to SUs and outcome information as requested by VOS.
- Attend periodic VOS governance and feedback workshops.

In addition, organisations offering therapeutic interventions agree to:

- Share SU data with VOS clinicians within the data protection regime outlined in the Privacy Notice on the SU registration form and the processes detailed for information governance.
- Demonstrate that they are covered by an appropriate clinical governance regime.

Policies

VOS policy documents cover the following areas:

- Absence and Sickness
- Clinical Governance
- Clinical Operating Procedures
- Complaints
- Confidentiality
- Conflicts of Interest
- Data Protection
- Disciplinary Procedure
- Donor Communications
- Eligibility
- Email and Internet Backup
- Emergency Procedures
- Equality and Diversity
- Grievance Procedure
- Health & Safety
- Impact Measurement
- Lone Working
- Media Handling
- Pay & Expenses
- Reserves Policy
- Risk Management
- Safeguarding
- Volunteer Recruitment & Selection
- Whistleblowing
- Working from Home

VETERANS OUTREACH SUPPORT

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JULY 2020

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08479090 (England and Wales)

Registered Charity number

1154429

Registered office

Larch House
Parklands Business Park
Denmead
Hampshire
PO7 6XP

Trustees

Col (Retd) J M Bowles	(Re-elected 12 May 2020 and elected Chairman 21 Mar 2019)
Dr R S G Kent	(Re-elected 21 Mar 2019)
Cdr RN (Retd) P J M Mosse	(Resigned 12 May 2020)
Lt Cdr RN (Retd) A Sard	(Co-opted 12 May 2020)
Ltd Cdr RN (Retd) J Scivier	(Re-elected 12 May 2020)
Surg Capt J G Sharpley RN	(Re-elected 21 Mar 2019)
Mr C Swain	(Resigned 12 May 2020)
Ms R C White	(Re-elected 21 Mar 2019)
Cdr RN (Retd) R Williams	(Co-opted 21 Jun 2018 and elected 11 Dec 2018)

Co-opted Member

Mr M Dawe, Trustee of Royal Maritime Club (joined the board 11 Dec 2018)
VOS has a reciprocal position on the Board of Trustees of the Royal Maritime Club

President

Rear Admiral Sir Jeremy de Halpert KCVO CB (Appointed 27 February 2014)

Honorary Vice Presidents

Surg Capt (Retd) M R O'Connell
CPO (Retd) J Erskine
Mrs A E M Townsend
WO1 (Retd) D Watts

Chief Executive

Cdr (Retd) Ian Millen

Clinical Lead

Dr R Jackson

Independent Examiner

Gibson Whitter
Chartered Accountants
and Chartered Tax Advisers
Larch House
Parklands Business Park
Denmead
Hampshire
PO7 6XP

VETERANS OUTREACH SUPPORT
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 JULY 2020

REFERENCE AND ADMINISTRATIVE DETAILS

Treasurer

Mr Michael Powell
Flat 2 St Helen's Court
St Helen's Parade
Southsea
Hampshire
PO4 0RR

Bankers

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the board of trustees on 18 March 2021 and signed on its behalf by:

A handwritten signature in dark ink that reads "Mike Bowles". The signature is written in a cursive, slightly slanted style.

Col (Retd) J M Bowles - Chairman

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF VETERANS OUTREACH SUPPORT

Independent examiner's report to the trustees of Veterans Outreach Support ('the Company')

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

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 ICAEW 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.

Gavin Whitter
ICAEW
Gibson Whitter
Chartered Accountants
and Chartered Tax Advisers
Larch House
Parklands Business Park
Denmead
Hampshire
PO7 6XP

Date: 12 April 2021

VETERANS OUTREACH SUPPORT

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

	Notes	Unrestricted funds £	Restricted funds £	31.7.20 Total funds £	31.7.19 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	14,233	1	14,234	40,146
Charitable activities	4				
Veterans welfare		299,982	105,605	405,587	325,287
Investment income	3	<u>274</u>	<u>-</u>	<u>274</u>	<u>403</u>
Total		314,489	105,606	420,095	365,836
EXPENDITURE ON					
Charitable activities	5				
Veterans welfare		<u>228,412</u>	<u>106,191</u>	<u>334,603</u>	<u>351,945</u>
NET INCOME/(EXPENDITURE)		86,077	(585)	85,492	13,891
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>70,132</u>	<u>13,686</u>	<u>83,818</u>	<u>69,927</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>156,209</u></u>	<u><u>13,101</u></u>	<u><u>169,310</u></u>	<u><u>83,818</u></u>

The notes form part of these financial statements

VETERANS OUTREACH SUPPORT

BALANCE SHEET 31 JULY 2020

	Notes	31.7.20 £	31.7.19 £
FIXED ASSETS			
Tangible assets	12	1,899	-
CURRENT ASSETS			
Cash at bank and in hand		310,694	299,522
CREDITORS			
Amounts falling due within one year	13	(143,283)	(215,704)
NET CURRENT ASSETS		<u>167,411</u>	<u>83,818</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>169,310</u>	<u>83,818</u>
NET ASSETS		<u>169,310</u>	<u>83,818</u>
FUNDS	15		
Unrestricted funds		156,209	70,132
Restricted funds		<u>13,101</u>	<u>13,686</u>
TOTAL FUNDS		<u>169,310</u>	<u>83,818</u>

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

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

The trustees acknowledge their responsibilities for

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

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 and authorised for issue by the Board of Trustees and authorised for issue on 18 March 2021 and were signed on its behalf by:

Mike Bowles

Col (Retd) J M Bowles – Trustee

The notes form part of these financial statements

VETERANS OUTREACH SUPPORT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Income

Donations and legacies and grants that provide core funding or are of a general nature are recognised where there is entitlement, the receipt is probable and the amount can be measured with sufficient reliability. Such income is only deferred when:

- the donor specifies that the grant or donation must only be used in future accounting periods; or
- the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income is recognised on a receivable basis.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific conditions is recognised as earned (as the related goods and services are provided). Grant income included in this category provides funding to support activities and is recognised where there is entitlement, the receipt is probable and the amount can be measured with sufficient reliability.

Volunteers and donated services

The value of services provided by volunteers is not incorporated into these financial statements.

Where goods or services are provided to the charity as a donation that would normally be purchased from suppliers, this contribution is included in the financial statements at an estimate based on the value of the contribution to the charity.

Expenditure

Expenditure is recognised when a liability is incurred. Contractual arrangements are recognised as goods or services are supplied.

- Costs of raising funds are those costs incurred in attracting voluntary income.
- Charitable activities include expenditure associated with providing services to the charity's beneficiaries and include both the direct costs and support costs relating to those activities.
- Support costs include governance costs and central functions and have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT

All resources expended are classified under activity headings that aggregate all costs related to the category. Irrecoverable VAT is charged against the category of resources expended for which it was incurred.

Tangible fixed assets

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

Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

Individual fixed assets costing £250 or more are capitalised at cost.

Taxation

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

VETERANS OUTREACH SUPPORT

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

1. ACCOUNTING POLICIES - continued

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.

2. DONATIONS AND LEGACIES

	31.7.20	31.7.19
	£	£
Donations	<u>14,234</u>	<u>40,146</u>

3. INVESTMENT INCOME

	31.7.20	31.7.19
	£	£
Deposit account interest	<u>274</u>	<u>403</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	31.7.20	31.7.19
	£	£
Grants	<u>405,587</u>	<u>325,287</u>

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

	31.7.20	31.7.19
	£	£
Ministry of Defence - LIBOR Funding	125,397	98,365
Royal Navy and Royal Marines Charity	75,000	70,000
Seafarers UK	10,000	10,000
Army Benevolent Fund	20,000	16,667
RAF Benevolent Fund	12,500	8,000
Greenwich Hospital Grant	40,000	40,000
HIWCF	5,000	6,750
Queen Mary's Roehampton Trust	5,000	5,000
Masonic Charitable Foundation	-	1,000
The Veterans' Foundation	20,000	20,000
The Royal Naval Benevolent Trust	17,285	27,005
Portsmouth City Council	12,333	22,000
Victoria Rifles	-	500
Armed Forces Covenant Fund	57,072	-
Surrey County Council	3,000	-
Zurich	<u>3,000</u>	<u>-</u>
	<u>405,587</u>	<u>325,287</u>

VETERANS OUTREACH SUPPORT

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

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6) £	Support costs (see note 7) £	Totals £
Veterans welfare	<u>217,438</u>	<u>117,165</u>	<u>334,603</u>

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.7.20 £	31.7.19 £
Staff costs	61,767	45,027
Direct charitable costs	14,128	600
Training costs	2,974	-
Subcontracted clinical fees	123,757	146,552
Travel and subsistence	13,399	4,979
Conference expenses	<u>1,413</u>	<u>3,320</u>
	<u>217,438</u>	<u>200,478</u>

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Veterans welfare	<u>115,695</u>	<u>1,470</u>	<u>117,165</u>

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

Management

	31.7.20 Veterans welfare £	31.7.19 Total activities £
Wages	68,210	81,481
Social security	3,142	3,945
Pensions	1,031	1,189
Insurance	5,300	4,305
Light and heat	-	28
Telephone	2,846	1,556
Postage and stationery	2,895	2,487
Advertising	6,357	3,668
Sundries	902	838
Rent	4,728	11,631
Computer and software costs	9,283	4,460
Legal and professional fees	2,041	334
Repairs and renewals	91	-
Staff training	-	3,315
Subscriptions	339	374
Travel and subsistence	-	16,853
Conferences	-	99
Recruitment expenses	7,800	13,440
Depreciation of tangible assets	<u>730</u>	<u>-</u>
	<u>115,695</u>	<u>150,003</u>

VETERANS OUTREACH SUPPORT

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

7. SUPPORT COSTS - continued Governance costs

	31.7.20 Veterans welfare £	31.7.19 Total activities £
Accountancy fees	<u>1,470</u>	<u>1,464</u>

8. NET INCOME/(EXPENDITURE)

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

	31.7.20 £	31.7.19 £
Depreciation - owned assets	<u>730</u>	<u>-</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

During the year two (2019: two) trustee directors were remunerated by the charitable company totalling £26,289 (2019: £37,754) for the following management and clinical services.

	2020 £	2019 £
Subcontracted		
Dr R S G Kent - Clinical	12,546	15,584
Commander P J Mosse- Management (ASDIC)	<u>13,743</u>	<u>22,170</u>
	<u>26,289</u>	<u>37,754</u>
	<u>26,289</u>	<u>37,754</u>

Trustees' expenses

During the year two (2019: three) trustee directors were reimbursed expenses by the charitable company totalling £2,628 (2019: £5,251) for telephone and travel costs.

10. STAFF COSTS

	31.7.20 £	31.7.19 £
Wages and salaries	129,977	121,814
Social security costs	3,142	7,850
Other pension costs	<u>1,031</u>	<u>1,978</u>
	<u>134,150</u>	<u>131,642</u>

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

	31.7.20	31.7.19
Direct charitable	2	2
Support	<u>3</u>	<u>3</u>
	<u>5</u>	<u>5</u>

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

VETERANS OUTREACH SUPPORT

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

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	40,146	-	40,146
Charitable activities			
Veterans welfare	251,922	73,365	325,287
Investment income	<u>403</u>	<u>-</u>	<u>403</u>
Total	292,471	73,365	365,836
EXPENDITURE ON			
Charitable activities			
Veterans welfare	274,028	77,917	351,945
NET INCOME/(EXPENDITURE)	18,443	(4,552)	13,891
RECONCILIATION OF FUNDS			
Total funds brought forward	51,689	18,238	69,927
TOTAL FUNDS CARRIED FORWARD	<u>70,132</u>	<u>13,686</u>	<u>83,818</u>

12. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 August 2019	3,197	2,353	5,550
Additions	<u>-</u>	<u>2,629</u>	<u>2,629</u>
At 31 July 2020	<u>3,197</u>	<u>4,982</u>	<u>8,179</u>
DEPRECIATION			
At 1 August 2019	3,197	2,353	5,550
Charge for year	<u>-</u>	<u>730</u>	<u>730</u>
At 31 July 2020	<u>3,197</u>	<u>3,083</u>	<u>6,280</u>
NET BOOK VALUE			
At 31 July 2020	<u>-</u>	<u>1,899</u>	<u>1,899</u>
At 31 July 2019	<u>-</u>	<u>-</u>	<u>-</u>

VETERANS OUTREACH SUPPORT

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

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.7.20	31.7.19
	£	£
Accrued expenses	12,887	20,432
Deferred income	<u>130,396</u>	<u>195,272</u>
	<u>143,283</u>	<u>215,704</u>

Deferred income

Deferred income comprises grants received for future financial periods.

	31.7.20	31.7.19
	£	£
Balance brought forward	195,272	327,051
Amount released to incoming resources	(195,272)	(327,051)
Amount deferred in the year	<u>130,396</u>	<u>195,272</u>
Balance carried forward	<u>130,396</u>	<u>195,272</u>

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	31.7.20 Total funds £	31.7.19 Total funds £
Fixed assets	1,899	-	1,899	-
Current assets	292,423	18,271	310,694	299,522
Current liabilities	<u>(138,113)</u>	<u>(5,170)</u>	<u>(143,283)</u>	<u>(215,704)</u>
	<u>156,209</u>	<u>13,101</u>	<u>169,310</u>	<u>83,818</u>

15. MOVEMENT IN FUNDS

	At 1.8.19 £	Net movement in funds £	At 31.7.20 £
Unrestricted funds			
General fund	70,132	86,077	156,209
Restricted funds			
ASDIC	12,444	(4,769)	7,675
RNRMC- Helping hands	<u>1,242</u>	<u>4,184</u>	<u>5,426</u>
	<u>13,686</u>	<u>(585)</u>	<u>13,101</u>
TOTAL FUNDS	<u>83,818</u>	<u>85,492</u>	<u>169,310</u>

VETERANS OUTREACH SUPPORT

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

15. 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	314,489	(228,412)	86,077
Restricted funds			
ASDIC	80,606	(85,375)	(4,769)
RNRMC- Helping hands	<u>25,000</u>	<u>(20,816)</u>	<u>4,184</u>
	<u>105,606</u>	<u>(106,191)</u>	<u>(585)</u>
TOTAL FUNDS	<u>420,095</u>	<u>(334,603)</u>	<u>85,492</u>

Comparatives for movement in funds

	At 1.8.18 £	Net movement in funds £	At 31.7.19 £
Unrestricted funds			
General fund	1,689	18,443	20,132
Contingency fund	<u>50,000</u>	<u>-</u>	<u>50,000</u>
	51,689	18,443	70,132
Restricted funds			
ASDIC	18,238	(5,795)	12,443
RNRMC- Helping hands	<u>-</u>	<u>1,243</u>	<u>1,243</u>
	<u>18,238</u>	<u>(4,552)</u>	<u>13,686</u>
TOTAL FUNDS	<u>69,927</u>	<u>13,891</u>	<u>83,818</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	292,471	(274,028)	18,443
Restricted funds			
ASDIC	48,365	(54,160)	(5,795)
RNRMC- Helping hands	<u>25,000</u>	<u>(23,757)</u>	<u>1,243</u>
	<u>73,365</u>	<u>(77,917)</u>	<u>(4,552)</u>
TOTAL FUNDS	<u>365,836</u>	<u>(351,945)</u>	<u>13,891</u>

VETERANS OUTREACH SUPPORT

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

15. MOVEMENT IN FUNDS - continued

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

	At 1.8.18 £	Net movement in funds £	At 31.7.20 £
Unrestricted funds			
General fund	1,689	104,520	106,209
Contingency fund	<u>50,000</u>	<u>-</u>	<u>50,000</u>
	51,689	104,520	156,209
Restricted funds			
ASDIC	18,238	(10,564)	7,674
RNRMC- Helping hands	<u>-</u>	<u>5,427</u>	<u>5,427</u>
	<u>18,238</u>	<u>(5,137)</u>	<u>13,101</u>
TOTAL FUNDS	<u><u>69,927</u></u>	<u><u>99,383</u></u>	<u><u>169,310</u></u>

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	606,960	(502,440)	104,520
Restricted funds			
ASDIC	128,971	(139,535)	(10,564)
RNRMC- Helping hands	<u>50,000</u>	<u>(44,573)</u>	<u>5,427</u>
	<u>178,971</u>	<u>(184,108)</u>	<u>(5,137)</u>
TOTAL FUNDS	<u><u>785,931</u></u>	<u><u>(686,548)</u></u>	<u><u>99,383</u></u>

Contingency Fund

The contingency fund is calculated on the basic cost of the administration of VOS and provision of the Drop-In-Facility. If future funding is not forthcoming, this reserve is to ensure sufficient funds are in place to run down the business and liquidate the charitable company.

ASDIC

ASDIC funding was provided to support a programme to join-up service drop-in centres across the UK, with the aim of sharing best practice and providing support and guidance under the structure of a membership association. Activities include, but are not limited to, an annual conference, website and newsletter.

RNRMC- Helping Hands

The helping hands is to fund projects that recruit volunteers to provide support, friendship and practical help for Royal Navy beneficiaries, specifically; to combat loneliness and social isolation, to promote health and well-being and to prevent escalation of need or deterioration in health.

VETERANS OUTREACH SUPPORT

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

16. RELATED PARTY DISCLOSURES

There were no related party transactions in the year ended 31 July 2020 or 31 July 2019 other than those disclosed in note 9.

17. ULTIMATE CONTROLLING PARTY

The charitable company is under the control of its trustees. No one trustee has control of the charitable company.