



## Dare to Live Report 2020

### Objectives of Dare to Live Trust

The Dare to Live Trust aims to improve wellbeing and ease challenges that servicemen and women experience as they transition into civilian life. It also aims to support families of veterans, and young adults who may experience challenges as they transition into adult life.

These aims are met by delivering one to three-day programmes using a combination of theory, classroom exercises and outdoor experiential activities with the horses, overseen by a team of highly qualified facilitators, based at Hale Court Farm, Sussex.

### Overview of 2020

CV-19 put all D2L projects on hold for 2020 and the charity was unable to offer any onsite programmes. Additionally, Robin and Sun's tenancy at Hale Court Farm was unexpectedly terminated, and so the charity had to suspend all further activities until a suitable site was found. This proved extremely difficult. September 2020, a site was sourced for Dare to Live at Bolebrook Farm, Hartfield and the horses and all equipment were moved (cost covered personally by Sun), but it quickly transpired that the owners were not flexible to accommodate the needs of the herd or indeed a charity and we were given notice to leave asap in 2021. Additionally, on top of lock down, the house move and the equine site move Robin was diagnosed with cancer in December 2020, and the decision was taken to put all D2L projects on hold until a new equine site was found.

### **Dare to Live Research Project**

2019 focused on securing universities to support the data analysis and to write up the service evaluation. Dr Jane Williams from Hartpury University, Professor Mark Shevlin and Dr Karen Kirby of Ulster University have all volunteered to do the service evaluation and have committed to support me to write up a paper for publishing in the European Journal of Psychotraumatology. All three have also committed to support an RCT; Professor Mark Shevlin stated he has some funding from the Armed Forces Covenant he could allocate, and Dr Jane Williams has stated that Hartpury will also be able to offer funding for a RCT along with neurobiological monitoring equipment for both horses and humans, to be supplied from Kings University.

Mark Shevlin is a professor of psychology at Ulster University (Magee) and an Honorary Professor of Psychological Research Methods and Statistics at the Southern University of Denmark.



Dr Karen Kirby (PhD, MSc, BSc, C.Psychol, AfBPS, SFHEA) has been employed by Ulster University as Lecturer of Counselling Psychology since 2004.

Dr Williams, a qualified veterinary nurse, is a trustee and treasurer for the International Society of Equitation Science. Her main areas of professional interest include scientific evaluation of equestrian performance and training, rider impacts on equitation, and reliability assessment across equestrian science and veterinary physiotherapy

No veteran programmes were delivered in 2020 and the progression of research projects were put on hold.

Sun had discussions with Dr Jane Williams from Hartpury University as to next steps in the RCT and writing an academic paper, but as all universities were experiencing significant stress on resources and it was agreed to postpone all further work until 2021.

The International Society for Anthrozoology (ISAZ) conference April 2020 was delayed until July 2020 and a pre-recorded presentation was delivered by Dr Jane Williams. This presentation was a summary of the outcomes from the Dare to Live qualitative and quantitative data collection for 45/59 participants data that was collated from 2017 - 2018 seven x three-day Forces in Transition military personal and veterans' programmes funded by the £50K from the National Lottery.

ISAZ promotes academic, scientific, and scholarly research into all aspects of human-animal interactions (HAI) and fosters interaction between researchers in this area on an international basis (Bradshaw, 1991; Friedmann, 1991).

### **Update on Hackney Youth Project EQUIB**

Despite several emails sent by Mary Joy Johnson, no response was had from EQUIB.

### **Dare to Live Wales – Armed Forces Covenant Trust Fund £35K**

Equus Ferus based in Wales were awarded £35K by the Armed Forces Covenant Trust to deliver a 3-day Dare to Live Forces in Transition programme, 3 x 1-day partners programmes and 6 x 2-hour online follow-on support sessions for 9 veterans and their key supporter (family or friend). This programme will start January 2021 and finish December 2021.

## 2020 Funding

1. Legal & General continued to include Dare to Live in their 'Pennies from Heaven' donation scheme, whereby employees donate the penny amounts from their pay cheques. In 2020 this amounted to £2,020.
2. A single donation of £430 was received.

## Dare to Live Trust Developments for 2021

1. Finding new Equine site for Dare to Live Trust and locating funding.
2. Further funding is being discussed with Hartpury and Ulster Universities to continue the research programme.
3. Discussions to run Dare to Live Programmes in Germany and Northern Ireland are still in progress but have been put on hold due to CV-19 travel restrictions.
4. Continuation of service evaluation and peer reviewed research paper.

Signed on behalf of the Trustees



Robin Evans, Trustee



Summary of 2020 Financial Information and  
Statement of Financial Activities and Balance Sheet  
prepared using the Charity Commission cc39a template for

# The Dare to Live Trust

Registered Charity No. 1157442

31<sup>st</sup> December 2020

## **Independent examiner's report to the trustees of The Dare to Live Trust**

I report on the accounts of the Trust for the year ended 31 December 2020, which are set out on pages 1 to 8.

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the 2011 act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

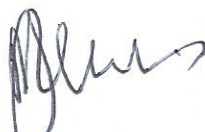
Signed

Name:

Relevant professional qualification or body:

Address:

Date:



Peter Morris

Actuary

16 Michael Fields, Forest Row, East Sussex  
RH18 5BH

13 October 2021

31-Dec-20

[illegible]

Delivery	-
Research	-
Development	-
Marketing	-
Administration	612.83
Travel & Accom	-
Bank	3.00
<b>Total</b>	<b>615.83</b>

Cash	4,636.25
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Debtors	-
of which:	

Creditors	-
of which:	

12/10/2021





The Dare to Live Trust			Charity No.	1157442	CC39a
Annual accounts for the period					
Period start date	01-Jan-20	To	Period end date	31-Dec-20	

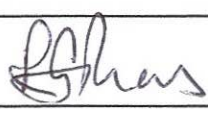
## Section A Statement of financial activities

Descriptions by natural category	Note	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
		£	£	£	£	£
<b>Incoming resources (Note 3)</b>		F01	F02	F03	F04	F05
Donations, legacies and Grants		2,451	-	-	2,451	3,811
Fundraising events		-	-	-	-	-
Interest and dividends		1	-	-	1	2
Grants for services		-	-	-	-	7,500
		-	-	-	-	-
<b>Total incoming resources</b>	S01	2,452	-	-	2,452	11,312
<b>Resources expended (Notes 4-7)</b>						
Programme Delivery		-	-	-	-	5,445
Wages, salaries, pensions and NI		-	-	-	-	-
Cost of fundraising events		-	-	-	-	-
Accreditation		-	-	-	-	-
Legal and professional fees		-	-	-	-	-
Research		-	-	-	-	2,000
Programme Development		-	-	-	-	1,500
Marketing materials & printing		-	-	-	-	-
Administration		613	-	-	613	832
Travel & Accommodation		-	-	-	-	452
Bank charges and interest		3	-	-	3	4
		-	-	-	-	-
<b>Total resources expended</b>	S02	616	-	-	616	10,233
<b>Net incoming/(outgoing) resources before transfers</b>	S03	1,836	-	-	1,836	1,079
<b>Gross transfers between funds</b>	S04	-	-	-	-	-
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>	S05	1,836	-	-	1,836	1,079
<b>Other recognised gains/(losses)</b>						
Gains and losses on revaluation of fixed assets for the charity's own use	S06	- 1,500	-	-	- 1,500	-
Gains and losses on investment assets	S07	-	-	-	-	-
<b>Net movement in funds</b>	S08	336	-	-	336	1,079
<b>Total funds brought forward</b>	S09	4,300	-	-	4,300	17,052
<b>Total funds carried forward</b>	S10	4,636	-	-	4,636	4,300

## Section B Balance sheet

	Note	Total this year £ F01	Total last year £ F02
<b>Fixed assets</b>			
Tangible assets (Note 8)	B01	-	-
	B02	-	-
Investments (Note 9)	B03	-	-
<b>Total fixed assets</b>	B04	-	-
<b>Current assets</b>			
Stock and work in progress	B05	-	-
Debtors (Note 10)	B06	-	-
(Short term) investments	B07	-	-
Cash at bank and in hand	B08	4,636	4,300
<b>Total current assets</b>	B09	4,636	4,300
Creditors: amounts falling due within one year (Note 11)	B10	-	1,500
<b>Net current assets/(liabilities)</b>	B11	4,636	2,800
<b>Total assets less current liabilities</b>	B12	4,636	2,800
Creditors: amounts falling due after one year (Note 11)	B13	-	-
Provisions for liabilities and charges	B14	-	-
<b>Net assets</b>	B15	4,636	2,800
<b>Funds of the Charity</b>			
Unrestricted funds	B16	4,636	3,220
Designated funds	B17	-	-
<b>Total unrestricted funds</b>		4,636	3,220
Restricted income funds (Note 12)	B18	-	-
Endowment funds (Note 12)	B19	-	-
<b>Total funds</b>	B20	4,636	3,220

Signed by one or two trustees on behalf of all the trustees

Signature	Date of approval
	11 OCT 21



## Notes to the pro-forma accounts where relevant entries have been made:

### 1.1 Basis of Preparation

These accounts have been prepared on the basis of historic cost (except where investments are shown at market value) in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005) and with Financial Reporting Standards for Smaller Enterprises (FRSSE).

### 1.2 Change in basis of accounting

This is the first year for which accounts have been produced.

### 1.3 Changes to previous accounts

This is the first year for which accounts have been produced.

Section C	Notes to the accounts	(cont)
<b>Note 2</b>	<b>Accounting policies</b>	
<i>This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.</i>		
<b>INCOMING RESOURCES</b>		
<b>Recognition of incoming resources</b>	These are included in the Statement of Financial Activities (SoFA) when: { the charity becomes entitled to the resources; { the trustees are virtually certain they will receive the resources; and { the monetary value can be measured with sufficient reliability.	
<b>Incoming resources with related expenditure</b>	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.	
<b>Grants and donations</b>	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.	
<b>Tax reclaims on donations and gifts</b>	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.	
<b>Contractual income and performance related grants</b>	This is only included in the SoFA once the related goods or services have been delivered.	
<b>Gifts in kind</b>	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.	
<b>Donated services and facilities</b>	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received. The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	
<b>Volunteer help</b>	This is included in the accounts when receivable.	
<b>Investment income</b>	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.	
<b>Investment gains and losses</b>		
<b>EXPENDITURE AND LIABILITIES</b>		
<b>Liability recognition</b>	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources. Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.	
<b>Grants with performance conditions</b>	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.	
<b>Grants payable without performance conditions</b>		
<b>ASSETS</b>		
<b>Tangible fixed assets for use by charity</b>	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.	
<b>Investments</b>	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.	
<b>Stocks and work in progress</b>	These are valued at the lower of cost or market value.	
<b>POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE</b>	None	

3. NA
4. NA
5. NA

Section C	Notes to the accounts	(cont)
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**Note 6**                      **Paid employees**

*Please complete this note if the charity has any employees.*

**6.1 Staff Costs**

	This year £	Last year £
Gross wages, salaries and benefits in kind	-	-
Employer's National Insurance costs	-	-
Pension costs	-	-
<b>Total staff costs</b>	-	-

**6.2 Average number of full-time equivalent employees in the year**

	This year Number	Last year Number
The parts of the charity in which the employees work	-	-
	-	-
	-	-
<b>Total</b>	-	-

**6.3 Defined contribution pension scheme**

*Please complete if a defined contribution pension scheme is operated.*

Brief details of the scheme

None

	This year £	Last year £
The costs of the scheme to the charity for the year		
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		

7. NA
8. NA
9. NA

**Note 10 Debtors and prepayments**

Please complete this note if the charity has any debtors or prepayments.

**Analysis of debtors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	-	-	-	-
<b>Total</b>	-	-	-	-

**Note 11 Creditors and accruals**

Please complete this note if the charity has any creditors or accruals.

**11.1 Analysis of creditors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	1,500	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	-	-	-	-
<b>Total</b>	-	1,500	-	-

**11.2 Security over assets**

If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.

None

12. NA

**Note 13 Transactions with related parties**

If the charity has any transactions with related parties (other than the trustee expenses explained in note 5) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.

**13.1 Remuneration and benefits**

Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.

Name of trustee or related party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
IFEAL (Emma Meyer's business; partner of Trustee Robin Evans)		-	7,534
<b>Total</b>		-	7,534

**13.2 Loans**

Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.

	Name of trustee or related party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties	IFEALQualifications Ltd (owned by Emma Meyer)	Founding document	-	1,500
Due from trustees and related parties			-	
<b>Total</b>			-	1,500

**13.3 Other transaction(s) with trustees or related parties**

Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
<b>Total</b>			-	-

14. NA

END.