

STANDEASY MILITARY SUPPORT

England & Wales · Charity number 1161089

Details

Other names	STANDEASY
Status	Registered
Legal form	CIO
Registered	2015-03-26
Register	View on the Charity Commission register

Contact

Address Elements Of Health Ltd
64 Bethel Street
Norwich
NR2 1NR

Phone 01603666546

Email mail@standeasy.org.uk

Website www.standeasy.org.uk

Activities

Objects: THE ADVANCEMENT OF HEALTH FOR THE PUBLIC BENEFIT OF SERVING MEMBERS OF THE ARMED FORCES, VETERANS AND THEIR FAMILIES WHO ARE SUFFERING FROM THE EFFECTS OF POST TRAUMATIC STRESS SYNDROME ("PTSS") IN PARTICULAR BUT NOT EXCLUSIVELY BY;? THE PROVISION OF ACUPUNCTURE, PHYSIOTHERAPY, PSYCHOTHERAPY, MASSAGE AND COUNSELLING; AND? RAISING AWARENESS OF PTSS BY THE GIVING OF TALKS AND LECTURES.

Activities: Provide treatment for serving and veterans of the UK's military services suffering with mental issues

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Armed Forces/emergency Service Efficiency
- **Who:** Other Defined Groups

Geography

- Norfolk
- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£29,258	£31,145	-	-
2024-03-31	£20,810	£34,500	-	-
2023-03-31	£32,800	£33,096	-	-
2022-03-31	£39,914	£27,448	-	-
2021-03-31	£26,580	£20,690	-	-

Trustees

Name	Role	Appointed
DAVID LAWS	Chair	2026-02-18
KEITH BENDELL		2026-02-18
William Cruickshank		2026-02-18

STANDEASY MILITARY SUPPORT

England & Wales - Charity number 1161089

Accounts



Trustees' Annual Report for the period

From 01.04.2024 **Period start date** **To** 31.03.2025 **Period end date**

Charity name: Stand Easy Military Support

Charity registration number: 1161089

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The Objects of Stand Easy are:</p> <p>The Advancement of Health for the public benefit of serving members of the armed forces, veterans and their families who are suffering from the effects of post-Traumatic Stress Disorder (PTSD) in particular but not exclusively by:</p> <ul style="list-style-type: none">• the provision of acupuncture and• Raising awareness of PTSD by giving of talks and lectures
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The main activities carried out by Stand Easy is the treating of veterans and uniformed services with PTSD with acupuncture to remove their trauma.</p> <p>Despite the pandemic and the challenging circumstances we have adapted our processes to minimise the time needed to treat a client, so whereas we would treat the veteran over 2-3 weeks we now, if possible treat over 3 days, this allows for cheaper transport costs and less anxiety.</p> <p>Feedback from veterans' informs us that their quality of life has dramatically improved and in some cases enabled them to return to work.</p> <p>Stand Easy continues to work with the NHS providers as well as military and mental health charities.</p> <p>We have also continued to raise awareness of PTSD and the plight of veterans with PTSD through talks, lectures, meetings and local providers.</p>
Statement confirming whether the trustees have had regard to the guidance	Para 1.18	In planning our activities for the year, we kept in mind the charity commissions

issued by the Charity Commission on public benefit		guidance on public benefit at our trustee meetings.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Our volunteers maintain client records, are involved with the charities book keeping, and carry out street collections. To allow us to reach more veterans and manage their data we have employed a part time administrative assistant.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Stand Easy has helped veterans and their families regain stability, secure employment, and mend relationships. Many have overcome challenges, including alcohol dependency, and found renewed purpose. Expanding our reach, we now support veteran spouses, strengthening family resilience. Referrals from service users and military charities reflect the trust in our work, with veterans reporting improved well-being, independence, and successful reintegration. By empowering veterans and their families, Stand Easy reduces reliance on support services and strengthens communities.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Stand Easy is currently building its financial base and we are looking to start building our reserves as soon as possible.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	£0
Reasons for holding zero reserves	Para 1.22	Currently we do not hold reserves as our funding conditions are for funding to be used for the treatment of Veterans.
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Donations from the public, either through street collections or bank transfers. Large grants from: <ul style="list-style-type: none"> ● Veterans Foundation ● The National Lottery
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO Foundation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	By Other trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and administrative details

Charity name	Stand Easy Military Support
Other name the charity uses	Stand Easy
Registered charity number	1161089
Charity's principal address	64 Bethel St, Norwich, NR2 1NR

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)	David Laws	
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Full name(s)	DAVID ALAN LAWS	
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Position (for example Secretary, Chair, etc)	Chairman of Trustees	
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Date	06/06/2025
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Document Information

Document

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Sender	Claire Atkinson (claire@triplebottomlineaccounting.com)
Dept/business	Triple Bottom Line Accounting
Dept/business ID	triple-bottom-line-accounting
PDF Certified	True

Signers

Name	Authentication
David Laws <dal@lawsonline.co.uk>	Email

History

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
StandEasy Military Support

No (if any)
1161089

CC16a

Receipts and payments accounts

For the period from	Period start date 01.04.2024	To	Period end date 31.03.2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	1,508	-	-	1,508	1,360
Grants	27,750	-	-	27,750	19,450
Other	-	-	-	-	-
Large donations	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	29,258	-	-	29,258	20,810
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	29,258	-	-	29,258	20,810
A3 Payments					
Subcontractor costs	25,473	-	-	25,473	26,429
Rent	3,200	-	-	3,200	5,600
Bank charges	69	-	-	69	66
Printing	-	-	-	-	-
Stationery	189	-	-	189	62
Repairs and renewals	-	-	-	-	-
Advertising and promoton	220	-	-	220	537
Postage	17	-	-	17	78
Office costs	462	-	-	462	193
Web hosting	346	-	-	346	232
Accommodation and meals	56	-	-	56	127
Accountancy and legal fees	870	-	-	870	803
Insurance	146	-	-	146	146
Bad debts	-	-	-	-	-
Sundries	98	-	-	98	228
Sub total	31,145	-	-	31,145	34,500
A4 Asset and investment purchases, (see table)					
Computer equipment	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	31,145	-	-	31,145	34,500
Net of receipts/(payments)	- 1,887	-	-	- 1,887	- 13,690
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,028	-	-	5,028	18,718
Cash funds this year end	3,141	-	-	3,141	5,028

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	3,121	-	-
	Cash	20	-	-
		-	-	-
	Total cash funds	3,141	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Computer equipment	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>Keith Bendell</i>	Keith Bendell	13/05/2025

Document Information

Document

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Sender	Claire Atkinson (claire@triplebottomlineaccounting.com)
Dept/business	Triple Bottom Line Accounting
Dept/business ID	triple-bottom-line-accounting
PDF Certified	True

Signers

Name	Authentication
Keith Bendall <kbendell@btinternet.com>	Email

History

Event	Email	IP address	Date/Time
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Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
StandEasy Military Support

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1161089

Set out on pages

1 and 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

08/05/2025

Name:

Peter Ellington

**Relevant professional
qualification(s) or body
(if any):**

Address:

Triple Bottom Line Ltd

The Enterprise Centre, University of East Anglia, Norwich. NR4 7TJ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

The books and records for Stand Easy Military Support are maintained to a high standard and were presented in a neat order and in a timely manner.

There are no other significant matters to report.

STANDEASY MILITARY SUPPORT

England & Wales - Charity number 1161089

Accounts

Trustees' Annual Report for the period

Period start date			Period end date				
	Day	Month	Year		Day	Month	Year
From	01	04	2023	To	31	03	2024

Charity name Standeasy Military Support

Other names charity is known by Stand Easy

Registered charity number (if any) 1161089

Charity's principal address

Elements of Health
64 Bethel Street
Norwich
Postcode NR2 1NR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Laws	Chair		
2	Darren Edwards			
3	Keith Bendell	Treasurer		
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Description of the charity's trusts

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Appointed by Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

<p>A fully detailed safeguarding policy was adopted some years ago and remains in place.</p>

Summary of the objects of the charity set out in its governing document

The advancement of health for the public benefit of serving members of the armed forces, veterans and their families who are suffering from the effects of post traumatic stress syndrome (“ptss”) in particular but not exclusively by;
the provision of acupuncture, physiotherapy, psychotherapy, massage and counselling;
And raising awareness of ptss by the giving of talks and lectures.

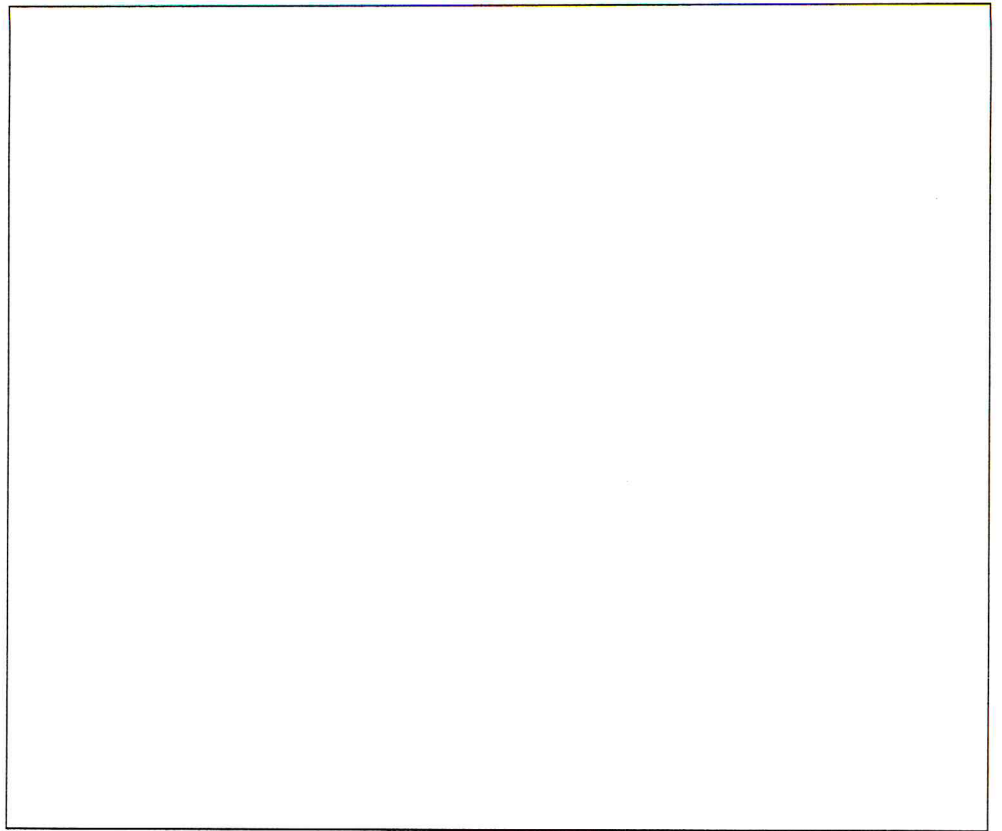
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The charity has continued to operate very much for the public benefit through the ongoing treatment of military veterans requiring the benefit of the unique treatment for their PTSD as offered by the charity. We use a before and after scoring system to ascertain the effectiveness of treatment the results give an average symptom score before treatment of 25 and an after treatment score of 11, reflecting an average improvement of at least 56%. Stand Easy is also reaching out to other military organisations so as to share the benefits of treatment with as many veterans as possible

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

During the course of this last accounting year, Stand Easy has continued to meet and treat veterans and military personnel suffering from PTSD & trauma. We have seen just under one hundred new veterans as well as continuing to provide support and treatment to those already known to us.

We continue to build relationships with other charities supporting the military community which has lead to successful bids for funding, enabling us to carry on with our important work and plan new projects.'

In planning activities for the year we keep in mind the Charity Commissions guidance on public benefit at our Trustee Meetings.

Brief statement of the charity's policy on reserves

Currently we do not hold reserves as our funding conditions are for funding to be used for the treatment of Veterans.

Details of any funds materially in deficit

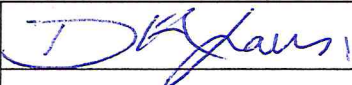
Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	DAVID ALAN LAWS	
Position (eg Secretary, Chair, etc)	Chair	
Date	30 January 2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name StandEasy Military Support	No (if any) 1161089
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CC16a

Receipts and payments accounts

For the period from	Period start date 01.04.2023	To	Period end date 31.03.2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	1,360	-	-	1,360	4,138
Grants	19,450	-	-	19,450	28,562
Other	-	-	-	-	100
Large donations	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	20,810	-	-	20,810	32,800
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,810	-	-	20,810	32,800
A3 Payments					
Subcontractor costs	26,429	-	-	26,429	22,822
Rent	5,600	-	-	5,600	5,100
Bank charges	66	-	-	66	82
Printing	-	-	-	-	92
Stationery	62	-	-	62	5
Repairs and renewals	-	-	-	-	-
Advertising and promoton	537	-	-	537	128
Postage	78	-	-	78	58
Office costs	193	-	-	193	452
Web hosting	232	-	-	232	105
Accommodation and meals	127	-	-	127	307
Accountancy and legal fees	803	-	-	803	3,273
Insurance	146	-	-	146	186
Bad debts	-	-	-	-	-
Sundries	228	-	-	228	487
Sub total	34,500	-	-	34,500	33,096
A4 Asset and investment purchases, (see table)					
Computer equipment	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	34,500	-	-	34,500	33,096
Net of receipts/(payments)	- 13,690	-	-	- 13,690	- 296
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	18,718	-	-	18,718	19,014
Cash funds this year end	5,028	-	-	5,028	18,718

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	5,008	-	-
	Cash	20	-	-
		-	-	-
	Total cash funds	5,028	-	-
	<small>(agree balances with receipts and payments account(s))</small>	<small>OK</small>	<small>OK</small>	<small>OK</small>

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Computer equipment	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>Keith Bendell</i>	Keith Bendell	28/01/2025



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
StandEasy Military Support

On accounts for the year ended

31 March 2024

Charity no (if any)

1161089

Set out on pages

1 and 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

22/01/2025

Name:

Peter Ellington

Relevant professional qualification(s) or body (if any):

[Empty box for professional qualification]

Address:

Triple Bottom Line Ltd
The Enterprise Centre, University of East Anglia, Norwich. NR4 7TJ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

The books and records for Stand Easy Military Support are maintained to a high standard and were presented in an easily accessible and neat order.

There are no other significant matters to report.

STANDEASY MILITARY SUPPORT

England & Wales - Charity number 1161089

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
StandEasy Military Support

No (if any)
1161089

CC16a

Receipts and payments accounts

For the period from **01.04.2022** To **31.03.2023**

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	4,138	-	-	4,138	3,418
Grants	28,562	-	-	28,562	36,496
Other	100	-	-	100	-
Large donations	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	32,800	-	-	32,800	39,914
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,800	-	-	32,800	39,914
A3 Payments					
Subcontractor costs	22,822	-	-	22,822	17,836
Rent	5,100	-	-	5,100	6,950
Bank charges	82	-	-	82	28
Printing	92	-	-	92	-
Stationery	5	-	-	5	-
Repairs and renewals	-	-	-	-	-
Advertising and promoton	128	-	-	128	-
Postage	58	-	-	58	16
Office costs	452	-	-	452	239
Web hosting	105	-	-	105	83
Accommodation and meals	307	-	-	307	126
Accountancy and legal fees	3,273	-	-	3,273	413
Insurance	186	-	-	186	146
Bad debts	-	-	-	-	-
Sundries	487	-	-	487	512
Sub total	33,096	-	-	33,096	26,349
A4 Asset and investment purchases, (see table)					
Computer equipment	-	-	-	-	1,099
	-	-	-	-	-
Sub total	-	-	-	-	1,099
Total payments	33,096	-	-	33,096	27,448
Net of receipts/(payments)	- 296	-	-	- 296	12,466
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	19,014	-	-	19,014	6,548
Cash funds this year end	18,718	-	-	18,718	19,014

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	18,698	-	-
	Cash	20	-	-
		-	-	-
	Total cash funds	18,718	-	-

(agree balances with receipts and payments account(s))

OK

OK

OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Computer equipment	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trade ceditors	Unrestricted	-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>Keith Bendell</i>	Keith Bendell	31/01/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
StandEasy Military Support

**On accounts for the year
ended**

31 March 2023
**Charity no
(if any)** 1161089

Set out on pages

1 and 2
(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Peter Ellington

Date:

08/01/2024

Name:

Peter Ellington

**Relevant professional
qualification(s) or body
(if any):**

Address:

Triple Bottom Line Ltd

The Enterprise Centre, University of East Anglia, Norwich. NR4 7TJ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

STANDEASY MILITARY SUPPORT

England & Wales - Charity number 1161089

Accounts



Charity Commission Annual Return 2022

STANDEASY MILITARY SUPPORT

Charity registration number: 1161089

Most of the information you give in this form will become publicly available on the Register of Charities. Any field that the Charity Commission will not display will be clearly marked.

This document is a record of the information provided in the Annual Return 2022.

PART A - Charity information

Financial period

Financial period start date

01/04/2021

Financial period end date

31/03/2022

Income and spending

Income £

£ 39,914

Spending £

£ 27,448

Serious Incidents

For the period of this return, were there any serious incidents in your charity that have not been reported to the Charity Commission?

Fundraising - professional fundraiser

Did your charity raise funds from the public?

Did the charity work with any professional fundraisers?

Fundraising - commercial participator

Did your charity work with any commercial participators?

Government contracts

During the financial period for this annual return, did the charity receive income from contracts (other than grant agreements) with central government or local authorities?

Government grants

During the financial period for this annual return, did the charity receive income from grants from central government or local authorities?

Income from outside the UK

Did your charity receive income from outside the UK ?

Spending outside England & Wales

Did your charity operate outside England and Wales?

Total Spending outside England & Wales

Trading subsidiaries

Did the charity have any subsidiaries?

Trustee payments

Did any of the trustees receive any remuneration, payments or benefits from the charity other than refunds of legitimate trustee expenses?

Did any of the trustees resign and then take up employment with the charity?

Employees' salaries

Did any of your charity's staff receive total employee benefits of £60,000 or more?
Select No if your charity does not have any staff or does not pay any staff.

For your highest paid member of staff only, what was the total value of their employee benefits?

(For example if your highest paid member of staff received £35,000 enter 35000). If you do not have any staff or did not pay any staff, enter 0 (zero)

Volunteers

How many UK volunteers, excluding trustees, did the charity have during the financial period?

Financial controls

Did your charity review its internal financial controls?

Privacy statement

Any information you give us will be held securely and processed only in accordance with the rule on data protection. We will not disclose your personal details to anyone unconnected to the Charity Commission unless:

- you have consented to their release; or
- we are legally obliged to disclose them; or
- we regard disclosure as either (a) necessary so that we can properly carry out our statutory functions or (b) necessary in the public interest.

We may share and disclose information about you with relevant public authorities, regulatory bodies and agencies, outside the Charity Commission but only if:

- we can lawfully do so; and
- we decide that disclosure is necessary for national security, crime detection, prevention, and law enforcement, or other issues in the public interest

Information we collect about you

We will use this information:

To enable us to carry out our statutory functions and duties;

This will include the following actions:

- (a) update, consolidate, and improve the accuracy of our records;
- (b) undertake crime detection and prevention and law enforcement and assist the third parties specified above to investigate or prevent crime and carry out law enforcement;
- (c) data analysis, testing, research, statistical and survey purposes

Information we receive from other sources.

Information we receive from other sources

We may combine this information with information you give to us and information we collect about you.

We may use this information and the combined information for the purposes set out above (depending on the types of information we receive).

We will ensure that any such disclosure and use is proportionate; considers your right to respect for your private life; and is done fairly and lawfully in accordance with the data protection principles of the Data Protection Act.

The Data Protection Act 1998 regulates the use of 'personal data', which is essentially any information, however stored, about identifiable living individuals.

As a 'data controller' under the Act, the Charity Commission must comply with it. Any changes we may make to our privacy statement in the future will be set out in the replacement version of this form.

Please check back frequently to see any updates or changes to our privacy policy.

Declaration

This annual return has not been submitted and no Declaration has been made



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
StandEasy Military Support

No (if any)
1161089

CC16a

Receipts and payments accounts

For the period from 01.04.2021 To 31.03.2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	3,418	-	-	3,418	1,604
Grants	36,496	-	-	36,496	24,976
Other	-	-	-	-	-
Large donations	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	39,914	-	-	39,914	26,580
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	39,914	-	-	39,914	26,580
A3 Payments					
Subcontractor costs	17,836	-	-	17,836	15,130
Rent	6,950	-	-	6,950	3,900
Bank charges	28	-	-	28	-
Printing	-	-	-	-	-
Stationery	-	-	-	-	150
Repairs and renewals	-	-	-	-	135
Advertising and promoton	-	-	-	-	-
Postage	16	-	-	16	27
Office costs	239	-	-	239	112
Web hosting	83	-	-	83	112
Accommodation and meals	126	-	-	126	36
Accountancy	413	-	-	413	240
Insurance	146	-	-	146	146
Bad debts	-	-	-	-	-
Sundries	512	-	-	512	702
Sub total	26,349	-	-	26,349	20,690
A4 Asset and investment purchases, (see table)					
Computer equipment	1,099	-	-	1,099	-
	-	-	-	-	-
Sub total	1,099	-	-	1,099	-
Total payments	27,448	-	-	27,448	20,690
Net of receipts/(payments)	12,466	-	-	12,466	5,890
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,548	-	-	6,548	658
Cash funds this year end	19,014	-	-	19,014	6,548

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	18,994	-	-
	Cash	20	-	-
		-	-	-
	Total cash funds	19,014	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Computer equipment	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trade ceditors	Unrestricted	-	
			-	
			-	
			-	
			-	

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

Signature <i style="font-size: 2em; font-family: cursive;">keith bendell</i>	Print Name _____	Date of approval 21/11/2022

Document Information

Document

Title	SE M S CC16a 310322
ID	7e5c6a1d-e0e6-4167-98fc-3ae8a0d67b3d
Status	Signed
Sender	Kevin Murfitt (kevin@triplebottomlineaccounting.com)
Dept/business	Triple Bottom Line Accounting
Dept/business ID	triple-bottom-line-accounting
PDF Certified	True

Signers

Name	Authentication
Standeasy Trustee <mail@standeasy.org.uk>	Email

History

Event	Email	IP address	Date/Time
SE M S CC16a 310322 created by Kevin Murfitt	kevin@triplebottomlineaccounting.com	46.17.160.196	Tue, 15 Nov 2022 12:18:27 +0000
SE M S CC16a 310322 emailed to Standeasy Trustee	kevin@triplebottomlineaccounting.com		Tue, 15 Nov 2022 12:18:28 +0000
mail@standeasy.org.uk opened email for document SE M S CC16a 310322	mail@standeasy.org.uk		Thu, 17 Nov 2022 10:34:04 +0000
SE M S CC16a 310322 visited by Standeasy Trustee <mail@standeasy.org.uk>	mail@standeasy.org.uk	86.170.86.244	Mon, 21 Nov 2022 14:48:28 +0000
Browser geo-location provided: Lat 52.7189103, Long 0.9780017	mail@standeasy.org.uk	86.170.86.244	Mon, 21 Nov 2022 14:48:37 +0000
Signature applied (page 2)	mail@standeasy.org.uk	86.170.86.244	Mon, 21 Nov 2022 14:49:39 +0000
Ticked checkbox for statement: I confirm that I am authorised to accept the terms of this document.	mail@standeasy.org.uk	86.170.86.244	Mon, 21 Nov 2022 14:51:02 +0000
Ticked checkbox for statement: I understand that accepting the terms of this document creates a legally binding obligation.	mail@standeasy.org.uk	86.170.86.244	Mon, 21 Nov 2022 14:51:02 +0000
Signer offered option to accept or reject document	mail@standeasy.org.uk	86.170.86.244	Mon, 21 Nov 2022 14:51:02 +0000
Clicked button with text: By clicking this button I hereby ACCEPT the terms of this document	mail@standeasy.org.uk	86.170.86.244	Mon, 21 Nov 2022 14:51:02 +0000
SE M S CC16a 310322 completed by Standeasy Trustee <mail@standeasy.org.uk>	mail@standeasy.org.uk	86.170.86.244	Mon, 21 Nov 2022 14:51:02 +0000



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
StandEasy Military Support

On accounts for the year ended

31 March 2022

Charity no (if any)

1161089

Set out on pages

1 and 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Independent examiner's statement

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: Peter Ellington

Date: 22/11/22

Name: Peter Ellington

Relevant professional

qualification(s) or body (if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to provide details as requested in the text to its left.

STANDEASY MILITARY SUPPORT

England & Wales - Charity number 1161089

Accounts



Trustees' annual report (including Directors' report) for the period

From: Period start date 1st April 2020

To: Period end date 31st March 2021

Charity name: Stand Easy Military Support

Charity registration number: 1161089

Company number:

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The Advancement of Health for the public benefit of serving members of the armed forces, veterans and their families who are suffering from the effects of post-Traumatic Stress Disorder (PTSD) in particular but not exclusively by:</p> <ul style="list-style-type: none">● the provision of acupuncture,● Raising awareness of PTSD via social media and news agencies.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The main activities carried out by Stand Easy is the treating of veterans and uniformed services with PTSD with acupuncture to remove their trauma. Despite the pandemic and the challenging circumstances we have adapted our processes to minimise the time needed to treat a client, so whereas we would treat the veteran over 2-3 weeks we now, if possible treat over 3 days, this allows for cheaper transport costs and less anxiety.</p> <p>Feedback from veterans' informs us that their quality of life has dramatically improved and in some cases enabled them to return to work.</p> <p>Stand Easy continues to work with the NHS providers as well as military and mental health charities.</p> <p>We have also continued to raise awareness of PTSD and the plight of veterans with PTSD through talks, lectures, meetings and local providers.</p>

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In planning our activities for the year, we kept in mind the charity commissions guidance on public benefit at our trustee meetings.
------------------------------------------------------------------------------------------------------------------------------	-----------	--------------------------------------------------------------------------------------------------------------------------------------

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<p>Our volunteers maintain client records, are involved with the charities book keeping, and carry out street collections.</p> <p>To allow us to reach more veterans and manage their data we will seek to employ a part time administrative assistant, providing we get the financial support.</p>
Other		

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>A good many of our clients are referrals from previous service users or other Military charities.</p> <p>We rely upon feedback from our clients to measure the performance of our treatment, and this year we can report that the overwhelming majority of veterans have posted positive feedback, many have returned to work, relationships have been mended and the reliance on drink as been broken.</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	Stand Easy is currently building its financial base and we are looking to start building our reserves as soon as possible.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	zero
Reasons for holding zero reserves	Para 1.22	Stand Easy is currently building its financial base and we are looking to start building our reserves as soon as possible.
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Donations from the public, either through street collections or bank transfers. Large grants from: National lottery, Veterans Foundation and Handelsbanken with the help of Norfolk Foundation.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Constitution
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	CIO Foundation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	By Other Trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	zero
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
StandEasy Military Support

No (if any)
1161089

Receipts and payments accounts

For the period from	Period start date 01.04.2020	To	Period end date 31.03.2021
----------------------------	---------------------------------	-----------	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Donations	1,604	-	-	1,604
Grants	24,976	-	-	24,976
Other	-	-	-	-
Large donations	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	26,580	-	-	26,580
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	26,580	-	-	26,580
A3 Payments				
Subcontractor costs	15,130	-	-	15,130
Rent	3,900	-	-	3,900
Internet & telephone	-	-	-	-
Printing	-	-	-	-
Stationery	150	-	-	150
Repairs and renewals	135	-	-	135
Advertising and promoton	-	-	-	-
Postage	27	-	-	27
Office costs	112	-	-	112
Web hosting	112	-	-	112
Accommodation and meals	36	-	-	36
Accountancy	240	-	-	240
Insurance	146	-	-	146
Bad debts	-	-	-	-
Sundries	702	-	-	702
Sub total	20,690	-	-	20,690
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	20,690	-	-	20,690
Net of receipts/(payments)	5,890	-	-	5,890
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	658	-	-	658
Cash funds this year end	6,548	-	-	6,548

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Current account	6,528	-
	Cash	20	-
		-	-
	Total cash funds	6,548	-
	(agree balances with receipts and payments account(s))	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

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

Signature	Print Name

CC16a



Last year
to the nearest £

6,697
-
100
1,000
-
-
-
-
7,797

-
-

7,797

9,884
3,600
70
171
42
39
7
12
220
31
68
624
29
150
120
15,067

-

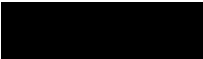
15,067

-	7,270
---	-------

-

7,928

658



Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
StandEasy Military Support

On accounts for the year ended

31 March 2021

Charity no (if any)

1161089

Set out on pages

1 and 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2021.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

Name:

Peter Ellington

Relevant professional qualification(s) or

body (if any):

--

Address:

Triple Bottom Line Ltd
The Enterprise Centre, University of East Anglia, Norwich. NR4 7TJ

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the right two-thirds of the page. It is intended for the user to provide details as requested in the text to its left.