



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

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

**From: Period start date** 1<sup>st</sup> 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"><li>• the provision of acupuncture,</li><li>• Raising awareness of PTSD via social media and news agencies.</li></ul>
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	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 will seek to employ a part time administrative assistant, providing we get the financial support.
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	A good many of our clients are referrals from previous service users or other Military charities. 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.
---	-----------	---

**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, <a href="#">trust deed</a> , <a href="#">memorandum and articles of association</a> etc	Para 1.25	Constitution
How is the charity constituted? for example <a href="#">limited company</a> , <a href="#">unincorporated association</a> , <a href="#">CIO</a>	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 £
<b>A1 Receipts</b>				
Donations	1,604	-	-	1,604
Grants	24,976	-	-	24,976
Other	-	-	-	-
Large donations	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	26,580	-	-	26,580
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	26,580	-	-	26,580
<b>A3 Payments</b>				
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
<b>Sub total</b>	20,690	-	-	20,690
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	20,690	-	-	20,690
<b>Net of receipts/(payments)</b>	5,890	-	-	5,890
<b>A5 Transfers between funds</b>	-	-	-	-
<b>A6 Cash funds last year end</b>	658	-	-	658
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	Current account	6,528	-
	Cash	20	-
		-	-
	<b>Total cash funds</b>	<b>6,548</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

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

	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

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.**