

Trustees' Annual Report for the period

Period start date

Period end date

From

Day 01 Month 04 Year 2023

To

Day 31 Month 03 Year 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)

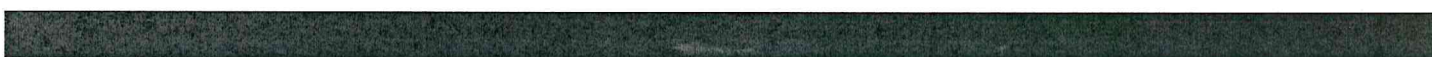
Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--



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.

A fully detailed safeguarding policy was adopted some years ago and remains in place.



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.

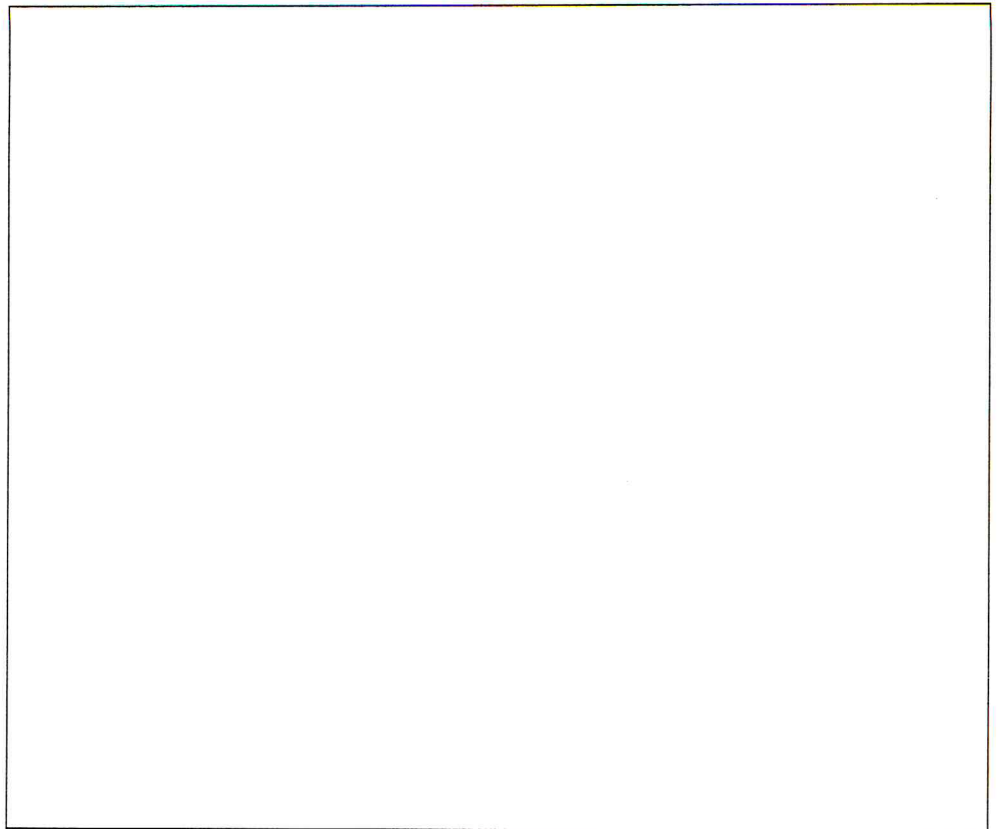
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

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)

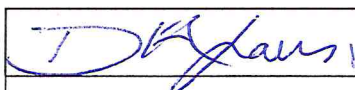
You **may choose** to include additional information, where relevant about:

- 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

CC16a

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	01.04.2023		31.03.2024

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 promotion	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	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

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

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

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

	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
Keith Bendell	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):

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.