



CHARITY COMMISSION
FOR ENGLAND AND WALES

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

Names of the charity trustees who manage the charity

[illegible]

Corporate trustees – names of the directors at the date the report was approved

[illegible]

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

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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ID	9b682892-885c-4c07-8f24-aa814dc50266
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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

	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
<i>Keith Bendell</i>	Keith Bendell	13/05/2025

Document Information

Document

Title	StandEasy Military Service CC16a 310325
ID	3d44b196-add3-490d-bdcc-fcea46595f56
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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

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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.