

**Veterans in Sefton**

**Charity No. 1168128**

**Trustees' Report and Unaudited Accounts**

**31 March 2023**

**Veterans in Sefton**  
**Contents**

	Pages
Trustees' Annual Report	2 to 7
Independent Examiner's Report	8
Receipts and Payments Accounts	9
Statement of Assets and Liabilities	10
Notes to the Accounts	11
Detailed Receipts and Payments Accounts	12 to 13

**Veterans in Sefton**  
**Trustees Annual Report**

The trustees present their report with the unaudited financial statements of the charity for the year ended 31 March 2023.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Charity No. 1168128**

**Principal Office**

Vis, C/O Brunswick Y&CC  
Marsh Lane  
Bootle  
Merseyside  
L20 4JQ

**Names of the charity trustees who manage the charity:**

<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
S. Calderbank			
S.A. Hunter			
P. Lappin	Chair		
J.R. Price			

**Accountants**

Sefton Council for Voluntary Service  
Burlington House  
Crosby Road North  
Waterloo  
Liverpool  
L22 0LG

**Bankers**

HSBC UK  
99-101 Lord Street  
Liverpool  
L2 6PG

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Type of governing document**

Constitution

**How the charity is constituted**

Charitable incorporated Organisation

**Trustee selection methods**

Appointed by a quorate meeting of the Trustees properly notified as per our constitution and considered to have skills valuable to the charity

**Additional governance issues**

## **Veterans in Sefton**

### **Trustees Annual Report**

Veterans in Sefton have become embedded in the community, establishing links to multiple organisations, healthcare and council services, including housing, to ensure an integrated approach through Service Level Agreements, building relationships with local community service providers and employers.

Below is a comprehensive list of all the active partners and originations that ViS work alongside:

- Sefton Metropolitan Borough Council (MBC), Investment in Housing Scheme – Commissioned Service
- Sefton MBC, Preventing Men’s Suicide Scheme – Commissioned Service
- South Sefton, Formby & Southport Clinical Commissioning Group (CCG)- Formal NHS Partnership.
- Sefton Council for Voluntary Service (CVS) -Business and sustainability advice Formal Partnership
- Talking Matters Sefton-Mental Health-Formal Partnership
- Sovini Group(One Vision Housing), Housing. Service level Agreement - Formal Partnership
- My Space, Rehousing Veterans with needs – Formal Partnership
- Creative Change Housing (CCH) Housing-Rehousing Veterans with needs – Formal Partnership
- Riverside Housing-Rehousing Veterans with needs – Formal Partnership
- Launch Pad: Speke House-Housing Provider- Formal Agreement
- Liverpool City Waterfront, Pathways to Employment - Formal Partnership
- Complete Skill Solutions- Pathways into Employment- Formal Partnership
- Households into Work- Pathways to Employment, Veterans financial support and advice- Formal partnership
- Department of Work and Pensions (DWP)- Pathways into Employment- Formal Partnership
- The Royal British Legion- Veterans needs and welfare- Service level Agreement - Formal Partnership
- Armed Forces Bikers- Grant providers assisting veteran’s needs- Formal Partnership
- B- Skills Training-Pathways into Employment- Formal Partnership
- St Leonard's, Debt Advice Service - Formal Partnership
- Veterans Welfare Services-Welfare, pension and benefit advice-Service level Agreement - Formal Partnership
- The Rucksack Club, Well-fare & well-being residential Breaks - Formal Partnership
- Sale Sharks-activities- Formal Partnership
- Myerscough College- Myerscough specialises in education and training for the land-based and sports industries. Including horticulture, arboriculture and grounds maintenance skills
- Hope University - Psychologist placements.
- Southport College University Centre - Psychologist placements.

## **OBJECTIVES AND ACTIVITIES**

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

Veterans in Sefton will relieve the need of persons living in Sefton, Merseyside and surrounding areas, who are currently serving or who have served in the armed forces, regular and reservists, their families and dependents, by advancing any lawful charitable purpose at the discretion of the trustees and in particular but not exclusively by: -

- Providing opportunities to participate in activities which promote their social inclusion;

## **Veterans in Sefton**

### **Trustees Annual Report**

- Providing counselling, advice and mentoring support;
- Promoting and protecting their health, mental health and well-being and well-being;
- Advancing the education and awareness of the public in the armed forces and; to promote and organise cooperation in the achievement of the above purposes.

#### **Summary of the main activities in relation to these objects**

Since inception ViS has worked with over 1500 veterans and almost the same number of dependants and families. During this reporting period ViS has received 453 referrals from Veterans requiring varying levels of support, many of which have been quite complex. These individuals have required intervention from multiple agencies, all the cases managed by the ViS staff and supported by the ViS wraparound service. An example a complex issue would be a combination of homelessness, debt, dependency, social isolation and mental health. Thankfully not all are so complex, however managing and balancing the needs of so many has been a test of resources and acquired skills (Further details are included later in 'What have you learned').

At ViS we use the term "broker" as opposed to signpost, by this we mean that ViS fully support the individual through whatever the process in order to help lower anxiety levels as opposed to 'signposting' which would be just giving them the contact details to self-sort.

We hold weekly 2 NAAFI Breaks (coffee mornings) normally attended by an average of 25-40 individuals many of them being family members, we, voluntarily, receive regular feedback from individual who attend the NAAFI Break.

At the end of any course, treatment plan or main activity we issue feedback forms. The feedback forms inform of a constant review of how we deliver our services and any change required in order to achieve the best result. Since, we work with such a diverse and complex range of individual issues we find we are constantly responding or 'shifting the goal posts', being adaptable is a trait which lends itself very well to our former military training.

There are an estimated 5 million veterans in the UK, an estimated 27,000 of whom reside in Sefton, Merseyside, and a further 20,000 personnel leave the forces each year. When staff leave HM Forces, their healthcare transfers from the military to the NHS, a system military personnel are not familiar with. Only around 6% of regular service personnel are discharged annually for mental health reasons. However, a large number of veterans develop mental health problems after leaving service, many of whom will be experiencing PTSD. (Iversen et al 2005).

Until recently, little was known about these veterans. What we know is that only half of those experiencing mental health problems sought help from the NHS, and those that did were rarely referred to specialist mental health services.

We believe the key to unlocking the issue of poor mental health is the in-depth needs assessment and finding the base cause of the issue, we have the time to unravel the bits and pieces and strike at the core. In many cases it is either poor social inclusion, financial issues, dependency issues, housing or homelessness, in nearly all cases it is a complex mixture of them all.

Following the very successful additional funding from the Armed Forces Covenant Trust Positive Pathways programme to support the Project Manager post. Tom Trainer, Head of Impact from the Trust, wrote a detailed case study on the project (please see the links attached at the end of question).

## **Veterans in Sefton**

### **Trustees Annual Report**

At ViS we now deliver a wide range of services for veterans, serving personnel and their families, which includes: mentoring and befriending services; health and wellbeing advice and activities; housing support; financial advice; employment support; volunteering opportunities; early intervention psychological support; social events and activities that promote social inclusion and reduce isolation and anxiety. The organisation is now the only approved provider of services to veterans in the Sefton area by the local council and other statutory agencies. We have now been made a Strategic Partner of Sefton Council and sit on the Sefton Armed Forces Community Convent's (SAFCC) Board, chaired by Sefton's Armed Forces Champion, Councillor Carragher, who is now also a Trustee to ViS., This links us directly with the SAFCC including the veterans' leads for the Police, Ambulance Service, Fire Department, Education, Health, Justice and Law.

ViS have also recently negotiated a resigning of the SAFCC which will be held in April 2023.

In 2021/22, ViS delivered 360 fully supported activities with over 973 individuals taking part (please see charts below) Volunteers, including veterans providing peer support, gave 2265 hours of their time to support these activities, which included: peer support groups; gardening; walking; cycling; yoga; cookery skills; and residential activities in Wales. A holistic and joined up approach to pathways of care for veterans is central to everything they do. 'We look for veterans that are hard to find the guys that can't do it themselves, the ones that are in a bad way.'

During this reporting period, there were 453 new referrals made to the project, averaging more than one per day, and an increase on the previous year. As a proportion of our funding, this is the equivalent of less than £50 per veteran, although the true cost of supporting them is much higher. ViS estimates that a further 300 people benefited indirectly from the funding, which includes family members. There were 24 veteran volunteers also engaged in the project.

Our feedback has shown that the majority of our referrals that have engaged successfully with our services have all suffered from multiple issues. They have told us of the importance of finding an organisation that both resonates with their background of Armed Forces culture and is committed to work on most or all of issues at the same time thus reducing their need to go tiredly searching from one place to another, while providing the opportunity to engage in activities and make new friends in a safe and friendly environment

#### **Additional details of objectives and activities**

2 Fully qualified Psychotherapeutic Counsellors to work alongside the Wellbeing Manager 20 each week per person- weekly total 40 hours

1 Art therapist to run 2 art therapy sessions per week. Total weekly hours 6

4 Fully trained Development Officers who work alongside the Operations Manager to carry out Needs Assessments and deliver Personal Centred Plans for Veterans in need of support. 10 hours each week per person- weekly total 40 hours.

## **Veterans in Sefton**

### **Trustees Annual Report**

1 Activity Coordinator responsible for the day to day activities of Veterans in Sefton including the minibus trips and coordination with outside organisations who wish to use the minibus. Weekly total 20 hours

2 Kitchen staff Role provide bacon and sausage butties at the NAAFI Breaks and provide any catering beyond the NAAFI Break, i.e. buffets and BBQs to eliminate the need for expensive outside catering. Along with the general volunteers they will be catering for the Veterans in Sefton Christmas dinner this year, which had 40 seated. 10 hours each per week. Weekly total hours 20

6 Minibus drivers to drive and maintain the minibus. Average 2 hours per week each, depending on the length of a day out. Weekly total 12 hours

4 Allotment coordinators, responsible for the maintenance and activity programme on the allotment. 5 hrs each week per person, Weekly hours 20

4 General Volunteers to assist with the daily running of the charity across all areas of general help. 2 hours each per week. Weekly hours total 16. Weekly hours total 174.

### **ACHIEVEMENTS AND PERFORMANCE**

#### **Summary of the main achievements of the charity during the year**

1. Another year of commissioning from Greater Manchester West Mental Health services for our wrap around service
2. 2 years of commissioning from Sefton Council for our strategies against male suicide programme
3. A revamped and updated SLA with One Vision Housing which includes more support services.
4. A SLA made with Veterans UK to provide a much speedier referral process and more integrated support for veterans and families
5. A SLA made with Households into Work to integrated support for veterans and families
6. A continued and improved contract with My Space Housing providing veterans with issues that need support and aren't quite ready for independent living to gain access to housing with support
7. Level 3 added to the diploma programme set up by Myerscough College to work directly with veterans on our allotment to gain City and Guilds 1,2&3 to assist with into employment
8. An employment contract set up with the City of Liverpool College and the Liverpool Waters Construction Hub on a 1.2-million-pound deal gaining direct access for veterans into employment for the next 20 years on the Liverpool Waterfronts 2.2 billion pound construction deal with Peel Ports.
9. 421 referrals have been put through the programme, all provided with guidance assistance and support.
10. Over 500 veterans and dependants have accessed our activities this year covering a plethora of outcomes and personal achievements.
11. We have rehoused 32 veterans 14 of which were homeless and through our various Housing SLAs and with the support of partnerships with One Vision Housing, Sleepy Headzz Beds, The Armed Forces Bikers, The Royal British Legion.

## **Veterans in Sefton**

### **Trustees Annual Report**

All the veterans that have moved in have all engaged in a full wrap around service provided by our Holistic Support Programme

12. 122 individuals and 8 couples have engaged with our holistic programme reducing the financial stress on an already overstretched mainstream Mental Health NHS service

13. Our Facebook entries are getting an average 4000 views and similar figures on shares.

### **FINANCIAL REVIEW**

We fund raise constantly to ensure we have sufficient unrestricted funds to cover our operating costs. We adjust expenditure inline with income.

Restricted funds are used for the purpose given and within the time period stated by the provider. These are not considered to be reserves.

### **DECLARATION**

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

Signed on behalf of the charity's trustees



S.A. Hunter

Trustee

20 September 2023



**Veterans in Sefton**  
**Independent Examiners Report**

**Independent Examiner's Report to the trustees of Veterans in Sefton**

I report to the trustees on my examination of the accounts of Veterans in Sefton for the year ended 31 March 2023.

**Responsibilities and basis of report**

As the charity's trustees 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 charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the 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 this report in order to enable a proper understanding of the accounts to be reached.



Anthony Deegan  
MAAT  
Sefton Council for Voluntary Service  
Burlington House  
Crosby Road North  
Waterloo  
Liverpool  
L22 0LG  
20 September 2023

**Veterans in Sefton**  
**Receipts and Payments Account**  
**for the year ended 31 March 2023**

	<b>Unrestricted funds 2023 £</b>	<b>Restricted funds 2023 £</b>	<b>Total funds 2023 £</b>	<b>Total funds 2022 £</b>
<b>Receipts from:</b>				
Donations, legacies and similar income	23,386	-	23,386	19,254
Grants	-	90,456	90,456	81,981
Fundraising	900	-	900	10,728
<b>Total gross income</b>	<b>24,286</b>	<b>90,456</b>	<b>114,742</b>	<b>111,963</b>
<b>Total receipts</b>	<b>24,286</b>	<b>90,456</b>	<b>114,742</b>	<b>111,963</b>
<b>Payments on:</b>				
Charitable payments	6,647	4,615	11,262	14,581
Charity costs	37,491	78,926	116,417	126,855
<b>Total gross expenditure</b>	<b>44,138</b>	<b>83,541</b>	<b>127,679</b>	<b>141,436</b>
<b>Total payments</b>	<b>44,138</b>	<b>83,541</b>	<b>127,679</b>	<b>141,436</b>
<b>Net of receipts/(payments)</b>	<b>(19,852)</b>	<b>6,915</b>	<b>(12,937)</b>	<b>(29,473)</b>
Transfers between funds	-	-	-	-
Cash funds last year	20,178	23,897	44,075	73,548
<b>Cash funds this year end</b>	<b>325</b>	<b>30,812</b>	<b>31,137</b>	<b>44,075</b>

**Veterans in Sefton**  
**Statement of Assets and Liabilities**  
**at 31 March 2023**  
**Charity No. 1168128**

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
<b>Cash funds</b>				
Current accounts	325	30,812	31,137	44,075
<b>Total cash funds</b>	<u>325</u>	<u>30,812</u>	<u>31,137</u>	<u>44,075</u>

Signed by the trustees on 20 September 2023

And signed on their behalf by:



S.A. Hunter  
Trustee  
20 September 2023

**Veterans in Sefton**  
**Notes to the Accounts**  
**for the year ended 31 March 2023**

**1 Accounting policies**

**Basis of preparation**

The financial statements have been prepared on the 'Receipts and Payments' basis.

**Fund accounting**

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

**2 Income from grants**

	<b>Restricted funds</b>	<b>Total 2023</b>	<b>Total 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Lottery Main Grant	78,901	78,901	78,901
Covid 19 Response Grant	-	-	3,080
Armed Forces Covenant Grant	1,750	1,750	-
Anabasis (Awards for All) Grant	9,805	9,805	-
	<u>90,456</u>	<u>90,456</u>	<u>81,981</u>

**Veterans in Sefton**  
**Detailed Receipts and Payments Account**  
**for the year ended 31 March 2023**

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
<b>Receipts from:</b>				
<b>Donations, legacies and similar income</b>				
Donations	8,386	-	8,386	4,254
Sefton MBC Housing	15,000	-	15,000	15,000
	<u>23,386</u>	<u>-</u>	<u>23,386</u>	<u>19,254</u>
<b>Grants</b>				
Lottery Main Grant	-	78,901	78,901	78,901
Covid 19 Response Grant	-	-	-	3,080
Armed Forces Covenant Grant	-	1,750	1,750	-
Anabasis (Awards for All) Grant	-	9,805	9,805	-
	<u>-</u>	<u>90,456</u>	<u>90,456</u>	<u>81,981</u>
<b>Fundraising</b>				
Normandy Trip	900	-	900	10,728
	<u>900</u>	<u>-</u>	<u>900</u>	<u>10,728</u>
<b>Total gross income</b>	<u>24,286</u>	<u>90,456</u>	<u>114,742</u>	<u>111,963</u>
<b>Total receipts</b>	<u>24,286</u>	<u>90,456</u>	<u>114,742</u>	<u>111,963</u>
<b>Payments on:</b>				
<b>Charitable payments</b>				
Charitable Activities Cost	6,647	4,615	11,262	14,581
	<u>6,647</u>	<u>4,615</u>	<u>11,262</u>	<u>14,581</u>
<b>Employee costs</b>				
Salaries/wages	28,908	58,381	87,289	97,326
Pension costs	5,229	-	5,229	6,551
	<u>34,137</u>	<u>58,381</u>	<u>92,518</u>	<u>103,877</u>
<b>Motor and travel costs</b>				
Vehicles - Leasing and hire costs	-	-	-	80
Vehicles - Fuel	-	131	131	1,033
Vehicles - Insurance and licences	-	1,156	1,156	1,168
Vehicles - Repairs and maintenance	248	59	307	390
	<u>248</u>	<u>1,346</u>	<u>1,594</u>	<u>2,671</u>
<b>Premises costs</b>				
Rent	-	13,000	13,000	10,400
	<u>-</u>	<u>13,000</u>	<u>13,000</u>	<u>10,400</u>
<b>General administrative costs</b>				
Bank charges	80	-	80	15

## Veterans in Sefton

### Detailed Receipts and Payments Account

Equipment expensed	214	-	214	394
Equipment leasing and hire charges	190	-	190	-
Equipment repairs and maintenance	224	-	224	320
General insurances	-	1,089	1,089	973
Postage and couriers	-	-	-	65
Software, IT support and related costs	-	2,792	2,792	2,496
Stationery and printing	60	-	60	193
Subscriptions	329	407	736	940
Sundry expenses	24	-	24	60
Telephone, fax and broadband	1,325	1,911	3,236	3,455
	<u>2,446</u>	<u>6,199</u>	<u>8,645</u>	<u>8,911</u>
Legal and professional costs				
Accountancy and bookkeeping	660	-	660	996
	<u>660</u>	<u>-</u>	<u>660</u>	<u>996</u>
<b>Total gross expenditure</b>	<u>44,138</u>	<u>83,541</u>	<u>127,679</u>	<u>141,436</u>
<b>Total payments</b>	<u>44,138</u>	<u>83,541</u>	<u>127,679</u>	<u>141,436</u>
<b>Net receipts (payments)</b>	<u>(19,852)</u>	<u>6,915</u>	<u>(12,937)</u>	<u>(29,473)</u>
<b>Transfers between funds</b>	-	-	-	
<b>Cash fund last year end</b>	20,178	23,897	44,075	73,548
<b>Cash fund this year end</b>	<u>326</u>	<u>30,812</u>	<u>31,138</u>	<u>44,075</u>