

**Veterans in Sefton**

**Charity No. 1168128**

**Trustees' Report and Unaudited Accounts**

**31 March 2024**



## Trustees' Annual Report for the period

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

### Section A

### Reference and administration details

Charity name

Veterans in Sefton CIO

Other names charity is known by

N/A

Registered charity number (if any)

1168128

Charity's principal address

ViS, C/O Brunswick Y&CC

104 Marsh Lane

Bootle

Merseyside

L20 4JQ

### 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 Jon Price			Trustees when quorate
2 Stephen Calderbank			"
3 Shirley Hunter	Chair		"
4 Paulette Lappin			"
			"

### 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)

David Smith – Chief Executive Officer

## Section B Structure, governance and management

### Description of the charity's trusts

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 (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.

## Section C Objectives and activities

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

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 and 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.

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;
- 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.

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

**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)**

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).

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 2023/24, ViS delivered 560 fully supported activities with over 1230 individuals taking part (please see charts below) Volunteers, including veterans providing peer support, gave 1840 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 642 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 450 individuals benefited indirectly from the funding, which includes family members. There were 18 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 tirelessly 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 (Optional information)

role	description	contribution
2 Fully qualified Psycho-therapeutic 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	To 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.
1 Activity Coordinator	responsible for the day to day activities of Veterans in Sefton including the mini-bus trips and coordination with outside organisations who wish to use the mini-bus	weekly total 20hours
2 Kitchen staff	Role provide bacon and sausage butties at the NAAFI Breaks and provide any catering beyond the	10 hours each per week. Weekly total hours 20

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

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

	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.	
6 Minibus drivers	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

## Section D

## Achievements and performance



## Section E Financial review

### Brief statement of the charity's policy on reserves

We fund raise constantly to ensure we have sufficient unrestricted funds to cover our operating costs. We adjust expenditure inline with income. Regular contributions received from local Rotary Clubs and also a dedicated Veterans Charity Shop in Crosby. Restricted funds are used for the purpose given and within the time period stated by the provider. These are not considered to be reserves.

### Details of any funds materially in deficit

### Further financial review details (Optional information)

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

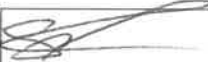
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F Other optional information

## Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	SHIRLEY HUNTER	
Position (eg Secretary, Chair, etc)	CHAIR	
Date	15.1.25	

## **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 2024.

#### **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.



Ian Wright

FCA

Sefton Council for Voluntary Service

Burlington House

Crosby Road North

Waterloo

Liverpool

L22 0LG

15 January 2025

**Veterans in Sefton**  
**Receipts and Payments Account**  
for the year ended 31 March 2024

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
<b>Receipts from:</b>				
Donations, legacies and similar income	57,730	-	57,730	23,386
Grants	-	34,448	34,448	90,456
Fundraising	-	-	-	900
<b>Total gross income</b>	<b>57,730</b>	<b>34,448</b>	<b>92,178</b>	<b>114,742</b>
<b>Total receipts</b>	<b>57,730</b>	<b>34,448</b>	<b>92,178</b>	<b>114,742</b>
<b>Payments on:</b>				
Charitable payments	322	4,052	4,374	11,262
Charity costs	56,918	48,919	105,837	116,417
<b>Total gross expenditure</b>	<b>57,240</b>	<b>52,971</b>	<b>110,211</b>	<b>127,679</b>
<b>Total payments</b>	<b>57,240</b>	<b>52,971</b>	<b>110,211</b>	<b>127,679</b>
<b>Net of receipts/(payments)</b>	<b>490</b>	<b>(18,523)</b>	<b>(18,033)</b>	<b>(12,937)</b>
Transfers between funds	-	-	-	-
Cash funds last year	325	30,812	31,137	44,074
<b>Cash funds this year end</b>	<b>815</b>	<b>12,289</b>	<b>13,104</b>	<b>31,137</b>

**Veterans in Sefton**  
**Statement of Assets and Liabilities**  
**at 31 March 2024**  
**Charity No. 1168128**

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
<b>Cash funds</b>				
Current accounts	815	12,289	13,104	31,137
<b>Total cash funds</b>	<u>815</u>	<u>12,289</u>	<u>13,104</u>	<u>31,137</u>

Signed by the trustees on 15 January 2025

And signed on their behalf by:



S.A. Hunter  
Trustee  
15 January 2025

**Veterans in Sefton**  
**Notes to the Accounts**

**for the year ended 31 March 2024**

**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 2024</b>	<b>Total 2023</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Lottery Main Grant	19,725	19,725	78,901
One Vision	350	350	-
HSBC SFX Foundation	4,500	4,500	-
Armed Forces Conv 2	-	-	1,750
Veterans Foundation Grant	8,793	8,793	-
SCVS Community Heritage Grant	1,080	1,080	-
Anabasis (Awards for All) Grant	-	-	9,805
	<u>34,448</u>	<u>34,448</u>	<u>90,456</u>

**Veterans in Sefton**  
**Detailed Receipts and Payments Account**  
**for the year ended 31 March 2024**

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
<b>Receipts from:</b>				
<b>Donations, legacies and similar income</b>				
Donations	8,230	-	8,230	8,386
Sefton MBC Housing	49,500	-	49,500	15,000
	<u>57,730</u>	<u>-</u>	<u>57,730</u>	<u>23,386</u>
<b>Grants</b>				
Lottery Main Grant	-	19,725	19,725	78,901
One Vision	-	350	350	-
HSBC SFX Foundation	-	4,500	4,500	-
Armed Forces Conv 2	-	-	-	1,750
Veterans Foundation Grant	-	8,793	8,793	-
SCVS Community Heritage Grant	-	1,080	1,080	-
Anabasis (Awards for All) Grant	-	-	-	9,805
	<u>-</u>	<u>34,448</u>	<u>34,448</u>	<u>90,456</u>
<b>Fundraising</b>				
Normandy Trip	-	-	-	900
	<u>-</u>	<u>-</u>	<u>-</u>	<u>900</u>
<b>Total gross income</b>	<u>57,730</u>	<u>34,448</u>	<u>92,178</u>	<u>114,742</u>
<b>Total receipts</b>	<u>57,730</u>	<u>34,448</u>	<u>92,178</u>	<u>114,742</u>
<b>Payments on:</b>				
<b>Charitable payments</b>				
Charitable Activities Cost	322	4,052	4,374	11,262
	<u>322</u>	<u>4,052</u>	<u>4,374</u>	<u>11,262</u>
<b>Employee costs</b>				
Salaries/wages	42,590	37,361	79,951	87,289
Pension costs	4,803	-	4,803	5,229
	<u>47,393</u>	<u>37,361</u>	<u>84,754</u>	<u>92,518</u>
<b>Motor and travel costs</b>				
Vehicles - General costs	-	850	850	-
Vehicles - Fuel	26	170	196	131
Vehicles - Insurance and licences	-	1,221	1,221	1,156
Vehicles - Repairs and maintenance	167	-	167	307
	<u>193</u>	<u>2,241</u>	<u>2,434</u>	<u>1,594</u>
<b>Premises costs</b>				
Rent	3,083	4,717	7,800	13,000

# Veterans in Sefton

## Detailed Receipts and Payments Account

	3,083	4,717	7,800	13,000
General administrative costs				
Bank charges	328	-	328	80
Equipment expensed	-	417	417	214
Equipment leasing and hire charges	-	-	-	190
Equipment repairs and maintenance	404	-	404	224
General insurances	-	1,089	1,089	1,089
Software, IT support and related costs	1,972	1,625	3,597	2,792
Stationery and printing	197	-	197	60
Subscriptions	36	180	216	736
Sundry expenses	35	-	35	24
Telephone, fax and broadband	2,484	964	3,448	3,236
	5,456	4,275	9,731	8,645
Legal and professional costs				
Accountancy and bookkeeping	793	325	1,118	660
	793	325	1,118	660
<b>Total gross expenditure</b>	<b>57,240</b>	<b>52,971</b>	<b>110,211</b>	<b>127,679</b>
<b>Total payments</b>	<b>57,240</b>	<b>52,971</b>	<b>110,211</b>	<b>127,679</b>
<b>Net receipts (payments)</b>	<b>490</b>	<b>(18,523)</b>	<b>(18,033)</b>	<b>(12,937)</b>
<b>Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	
<b>Cash fund last year end</b>	<b>325</b>	<b>30,812</b>	<b>31,137</b>	<b>44,074</b>
<b>Cash fund this year end</b>	<b>815</b>	<b>12,289</b>	<b>13,104</b>	<b>31,137</b>