

BACK ON TRACK

England & Wales · Charity number 1169764

Details

Status Registered

Legal form CIO

Registered 2016-10-19

Register [View on the Charity Commission register](#)

Contact

Address Consulting Rooms
14 Devonshire Place
London
W1G 6HX

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Activities

Objects: THE PRESERVATION OF HEALTH, REHABILITATION AND RESETTLEMENT INTO SOCIETY OF FORMER MEMBERS OF THE ARMED FORCES WHO HAVE BEEN WOUNDED, PHYSICALLY OR PSYCHOLOGICALLY, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING OR ASSISTING IN THE PROVISION OF MEDICAL TREATMENT (INCLUDING RECONSTRUCTIVE SURGERY) EMOTIONAL AND PSYCHOLOGICAL SUPPORT AND FACILITIES OR OTHER SUPPORT AT THE DISCRETION OF THE TRUSTEES

Activities: The preservation of health, rehabilitation and resettlement into society of former members of the armed forces who have been wounded, physically or psychologically, in particular but not exclusively by providing or assisting in the provision of medical treatment (including reconstructive surgery) emotional and psychological support and facilities or other support at the discretion of the Trustees.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes
- **Who:** Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£32,496	£45,680	-	-
2024-04-05	£85,719	£113,239	-	-
2023-04-05	£134,743	£132,239	-	-
2022-04-05	£28,095	£44,342	-	-
2021-04-05	£17,528	£49,483	-	-
2020-04-05	£125,903	£109,100	-	-

Trustees

Name	Role	Appointed
DEE CARPENTER		2016-10-19
LESLEY REYNOLDS		2016-10-19
MICHAEL RUST		2016-10-19
PAULA HALL		2020-01-01

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England & Wales - Charity number 1169764

Accounts

Charity registration number: 1169764

Back On Track

Annual Report and Financial Statements

for the Year Ended 5 April 2025

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Reference and Administrative Details

Patrons	Dr Aamer Khan Mark Allen
Ambassador	Salvio Cachia
Trustees	Lesley Reynolds Dee Carpenter Michael Rust Paula Hall
Charity Registration Number	1169764
Principal Office	14 Devonshire Place London W1G 6HX
Independent Examiner	MJ Wright FCA Just Audit & Assurance Ltd 37 Market Square Witney OX28 6RE
Bankers	Lloyds Bank PLC 113 - 117 Oxford Street London W1D 2HW

Back On Track

Vice Chair's Statement

As two of our Board members retired last year I am writing my first statement as the Vice Chair. The first thing I would like to do is to thank the other Board members for all their hard work. I really appreciate how much extra work there now is for them and, as usual, they have been incredible in their dedication to Back on Track. As, I think, most other small charities would agree Covid quickly followed by a severe downturn in the economy has made it increasingly difficult to find funds and even more difficult to hold large scale events to increase the monies in the Charity's coffers.

As a Board we have decided that this year we will take stock of where we are and will not hold any events that will involve huge commitments on the part of the Board members or take any chances with the monies we have by investing them in large events which may not bring in the funding that we would like, so we have decided that we will look towards holding much smaller and intimate events in the coming year and ensure that we have a good foundation of money before we aim to move things forward.

The purpose of our Charity is to look after the mental and physical health of our beneficiaries and we are blessed to have Dr Aamer Khan and his wonderful medical team who are always willing and able to look after the veterans we currently care for and to assess and advise any new beneficiaries that may come to us for assistance. Their expertise and professionalism are invaluable to us.

We must also make special mention of Mary Griffiths, whose dedication to the mental health of our beneficiaries is remarkable. The veterans who have benefitted from her help are unanimous in their praise and gratitude for her work.

Hayley Roberts, as Compliance Officer, continues to take control of all our matters that are Charity Commission based and we are very grateful for everything she does.

However, my greatest thanks must go to the other members of the Board, without whose hard work and constant help this Charity would not be able to function. Lesley Reynolds Khan continues to help us with the use of her beautiful clinic and medical staff and with her PR and celebrity clientele who help and support our charity. Paula Hall is the go-to for every one of our beneficiaries both those that we have looked after for years and any new applicants. She knows each of the beneficiaries personally and also their families and they can apply to her for help at any time and it will be there for them. Mick Rust is the steady hand on the financial tiller and also always willing to go the extra mile to ensure that any event we put on is professional and well attended. I realise how much extra work each of these Trustees has put into the Charity over the last year and I am very grateful to each of them. While this year has been quiet with regards to the events we have been unable to hold, I have no doubt that next year we will come back stronger and with a clear direction so that we can continue to look after our veterans in the way that they deserve.

Dee Carpenter
Vice Chair of Back on Track

Back On Track

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 5 April 2025.

Objectives and activities

Objects and aims

The preservation of health, rehabilitation and resettlement into society of former members of the armed forces who have been wounded, physically or psychologically, in particular but not exclusively by providing or assisting in the provision of medical treatment (including reconstructive surgery) emotional and psychological support and facilities or other support at the discretion of the Trustees.

We have worked in partnership with a number of charities, organisations and companies:

- ▯ SSAFA
- ▯ The Not Forgotten Association
- ▯ The Irish Guards
- ▯ The Johnson Beharry Foundation
- ▯ Soldiering on awards
- ▯ The Harley Street Skin Clinic
- ▯ Defence medical Rehabilitation Centre (DMRC)
- ▯ Lee Rigby Foundation

Objectives, strategies and activities

Throughout the year, the charity has continued to support and advise all those who have approached us for assistance. Although financial pressures and the wider economic climate have limited our ability to deliver large-scale fundraising events, the trustees have ensured that our core purpose—supporting the mental and physical wellbeing of our beneficiaries—has remained central to our work.

With the invaluable support of our medical partners and wellbeing professionals, we have continued to provide assessments, treatment, and outreach services offering comfort, guidance, and reassurance to veterans in need. These donated services in kind have been essential in enabling the charity to operate effectively despite reduced financial resources.

Recognising the increased strain on reserves and the need for a cautious approach, the trustees have taken the decision to pause major events and instead focus on smaller, more manageable fundraising activities in the coming year. This strategy will allow the charity to rebuild a stable financial foundation while continuing to deliver meaningful support to our beneficiaries.

Fundraising disclosures

Back On Track is committed to high standards with regard to fundraising activity and has complied with all laws relating to charities and fundraising. We are clear, honest and open about our activities and fund raising requirements and received no complaints about our fundraising activities during the year

Back On Track does not employ any professional fundraisers or use commercial participators nor do we cold-call members of the public. Other than sponsored events no fundraising activities are carried out on the charity's behalf by external parties. Back On Track has not signed up to any voluntary fundraising scheme or standards; however, as noted above all, of our fundraising activities are carried out to the highest possible standards.

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Trustees' Report (continued)

Going concern

The trustees have considered the charity's financial position, including the reserves deficit of £18,872.

During the year, the charity faced ongoing challenges in generating income, reflecting wider economic pressures and the continued difficulty in delivering large-scale fundraising events. In response, the trustees have adopted a cautious approach to financial commitments in the future and have agreed to focus on smaller, lower-risk fundraising activities while taking stock of the charity's overall financial position.

Despite the current deficit, the trustees have reviewed projected income, expenditure, and cash flow for the forthcoming 12 months and are satisfied that the charity has sufficient resources to continue its operations. The charity continues to benefit from strong volunteer support, donated services in kind, and the commitment of its medical and wellbeing partners, all of which significantly reduce operational costs.

The trustees have implemented measures to strengthen financial sustainability, including reviewing expenditure, exploring new income opportunities, and planning a programme of smaller fundraising events designed to rebuild reserves over time. Based on these plans and the charity's ability to adjust its activities in line with available resources, the trustees consider that the charity remains a going concern.

Structure, governance and management

Nature of governing document

The charity is constituted as a Charitable Incorporated Organisation (CIO) and is controlled by its governing document, dated 1 April 2016.

If the CIO is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

Recruitment and appointment of trustees

The appointment and induction of new Trustees is regularly reviewed and requires Trustees to demonstrate the way in which their expertise adds value to the work of the charity.

Apart from the first charity Trustees, every Trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity Trustees. There is no maximum number of Trustees but there must be at least four; if the number of Trustees fall below this minimum the remaining trustee or trustees may act only to call a meeting of the charity to appoint new Trustees.

Induction and training of trustees

The charity Trustees make available to each new Trustee, on or before his or her first appointment, a copy of the current constitution and a copy of the latest financial statements, together with Trustees' Report. Thereafter, the training requirements of the Trustees are reviewed regularly at Trustee meetings.

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Trustees' Report (continued)

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

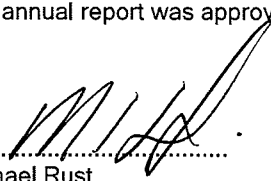
The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 12/5/26 and signed on its behalf by:


.....
Michael Rust
Trustee

Back On Track

Statement of Financial Activities for the Year Ended 5 April 2025

	Note	Unrestricted funds £	Total 2025 £	Total 2024 £
Income and Endowments from:				
Donations and legacies		<u>32,496</u>	<u>32,496</u>	<u>85,719</u>
Total income		<u>32,496</u>	<u>32,496</u>	<u>85,719</u>
Expenditure on:				
Raising funds		(16,558)	(16,558)	(13,063)
Charitable activities		(24,703)	(24,703)	(90,582)
Other expenditure	5	<u>(4,419)</u>	<u>(4,419)</u>	<u>(9,594)</u>
Total expenditure		<u>(45,680)</u>	<u>(45,680)</u>	<u>(113,239)</u>
Net expenditure		<u>(13,184)</u>	<u>(13,184)</u>	<u>(27,520)</u>
Net movement in funds		(13,184)	(13,184)	(27,520)
Reconciliation of funds				
Total funds brought forward		<u>(5,688)</u>	<u>(5,688)</u>	<u>21,832</u>
Total funds carried forward	12	<u><u>(18,872)</u></u>	<u><u>(18,872)</u></u>	<u><u>(5,688)</u></u>

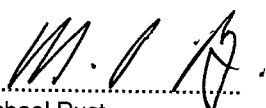
All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2024 is shown in note 12.

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(Registration number: 1169764)
Balance Sheet as at 5 April 2025

	Note	2025 £	2024 £
Current assets			
Cash at bank and in hand	10	1,992	660
Creditors: Amounts falling due within one year	11	<u>(20,864)</u>	<u>(6,348)</u>
Net liabilities		<u>(18,872)</u>	<u>(5,688)</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>(18,872)</u>	<u>(5,688)</u>
Total funds	12	<u>(18,872)</u>	<u>(5,688)</u>

The financial statements on pages 7 to 14 were approved by the trustees, and authorised for issue on and signed on their behalf by:


.....
Michael Rust
Trustee

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2025

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Back On Track meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Donated services and facilities

Where services or facilities are provided to the charity as a donation that would normally be purchased from our suppliers, this benefit is included in the financial statements at its fair value unless its fair value cannot be reliably measured, then at the cost to the donor or the resale value of goods that are to be sold.

Gift aid

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

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Notes to the Financial Statements for the Year Ended 5 April 2025 (continued)

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grant provisions

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

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Notes to the Financial Statements for the Year Ended 5 April 2025 (continued)

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from companies, trusts and similar proceeds	9,283	9,283
Donations from individuals	4,064	4,064
Donated services and facilities	14,410	14,410
Other income from donations and legacies	4,739	4,739
Total for 2025	32,496	32,496
Total for 2024	85,719	85,719

3 Expenditure on raising funds

Costs of generating donations and legacies

	Unrestricted General £	Total 2025 £	Total 2024 £
Donations	16,558	16,558	13,063

4 Expenditure on charitable activities

	Unrestricted General £	Total 2025 £	Total 2024 £
Events and awards	6,510	6,510	71,862
Donated services	16,267	16,267	7,615
Grant funding of activities	-	-	8,657
Governance costs	1,926	1,926	2,448
	24,703	24,703	90,582

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Notes to the Financial Statements for the Year Ended 5 April 2025 (continued)

5 Other expenditure

	Unrestricted		
	General	Total	Total
	£	2025	2024
		£	£
Legal fees	3,600	3,600	5,740
Printing, postage and stationery	222	222	1,320
Sundry expenses	80	80	52
Web maintenance	336	336	2,236
Bank charges	181	181	246
	<u>4,419</u>	<u>4,419</u>	<u>9,594</u>

6 Analysis of governance and support costs

Governance costs

	Unrestricted		
	funds	Total	Total
	General	2025	2024
	£	£	£
Independent examiner fees			
Examination of the financial statements	1,926	1,926	2,448
	<u>1,926</u>	<u>1,926</u>	<u>2,448</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2025 (continued)

7 Grant-making

Analysis of grants

	Grants to individuals 2024 £
Analysis	
Individual awards	<u>8,657</u>

The support costs associated with grant-making are £Nil (5 April 2024 - £Nil).

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any other benefits from the charity during the year.

Donations made by the trustees without any conditions attached totalled £740 for the year (2024 - £3,500).

9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

10 Cash and cash equivalents

	2025 £	2024 £
Cash on hand	48	48
Cash at bank	<u>1,944</u>	<u>612</u>
	<u>1,992</u>	<u>660</u>

11 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	15,391	1,800
Accruals	<u>5,473</u>	<u>4,548</u>
	<u>20,864</u>	<u>6,348</u>

Included within trade creditors is an amount of £12,000 (2024: £nil) owed to two trustees in respect of expenditure they incurred personally to support fundraising events during the year. These balances are unsecured, interest-free and were repayable on demand at the year end.

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Notes to the Financial Statements for the Year Ended 5 April 2025 (continued)

12 Funds

	Balance at 6 April 2024 £	Incoming resources £	Resources expended £	Balance at 5 April 2025 £
Unrestricted				
General	<u>(5,688)</u>	<u>32,496</u>	<u>(45,680)</u>	<u>(18,872)</u>
	Balance at 6 April 2023 £	Incoming resources £	Resources expended £	Balance at 5 April 2024 £
Unrestricted				
General	<u>21,832</u>	<u>85,719</u>	<u>(113,239)</u>	<u>(5,688)</u>

13 Analysis of net assets between funds

	Unrestricted General £	Total funds £
5 April 2025		
Current assets	1,992	1,992
Current liabilities	<u>(20,864)</u>	<u>(20,864)</u>
Total net assets	<u>(18,872)</u>	<u>(18,872)</u>

	Unrestricted General £	Total funds £
5 April 2024		
Current assets	660	660
Current liabilities	<u>(6,348)</u>	<u>(6,348)</u>
Total net assets	<u>(5,688)</u>	<u>(5,688)</u>

14 Related party transactions

During the year, two trustees incurred expenditure personally to support fundraising events held by the charity. The amounts incurred and reimbursed were as follows:

Paul Hall incurred £5,000 (2024 - £Nil) of event-related costs, of which £1,000 was reimbursed. The remaining £4,000 was outstanding at the year end and is included within creditors.

Dee Carpenter incurred £10,000 of event-related costs, of which £2,000 was reimbursed. The remaining £8,000 was outstanding at the year end and is included within creditors.

At the year end, the charity owed £12,000 to trustees (2024: £Nil).

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Detailed Statement of Financial Activities for the Year Ended 5 April 2025

	Total 2025 £	Total 2024 £
Income and Endowments from:		
Donations and legacies (analysed below)	<u>32,496</u>	<u>85,719</u>
Total income	<u>32,496</u>	<u>85,719</u>
Expenditure on:		
Raising funds (analysed below)	(16,558)	(13,063)
Charitable activities (analysed below)	(22,777)	(88,134)
Other expenditure (analysed below)	<u>(6,345)</u>	<u>(12,042)</u>
Total expenditure	<u>(45,680)</u>	<u>(113,239)</u>
Net expenditure	<u>(13,184)</u>	<u>(27,520)</u>
Net movement in funds	(13,184)	(27,520)
Reconciliation of funds		
Total funds brought forward	<u>(5,688)</u>	<u>21,832</u>
Total funds carried forward	<u><u>(18,872)</u></u>	<u><u>(5,688)</u></u>

Back On Track

Detailed Statement of Financial Activities for the Year Ended 5 April 2025 (continued)

	Total 2025 £	Total 2024 £
<i>Donations and legacies</i>		
Appeals and donations - corporate	9,283	54,658
Appeals and donations - individual	4,064	12,349
Appeals and donations - anonymous	4,739	12,022
Donated services	14,410	6,690
	<u>32,496</u>	<u>85,719</u>
<i>Raising funds</i>		
Fundraising costs	16,558	13,063
	<u>16,558</u>	<u>13,063</u>
<i>Charitable activities</i>		
Direct costs	6,510	71,862
Grants payable - individuals	-	8,657
Consultancy fees	16,267	7,615
	<u>22,777</u>	<u>88,134</u>
<i>Other expenditure</i>		
Printing, postage and stationery	222	1,320
Sundry expenses	80	52
Web maintenance	336	2,236
Legal and professional fees	3,600	5,740
Bank charges	181	246
Independent Examiner's remuneration	1,926	2,448
	<u>6,345</u>	<u>12,042</u>

Back On Track

Independent Examiner's Report to the trustees of Back On Track

I report to the trustees on my examination of the accounts of Back On Track for the year ended 5 April 2025.

Responsibilities and basis of report

As the charity trustees of Back On Track 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 Back On Track'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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Back On Track as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.



.....
MJ Wright FCA

Just Audit & Assurance Ltd
37 Market Square
Witney
OX28 6RE

Date:.....12.May.2026..

BACK ON TRACK

England & Wales - Charity number 1169764

Accounts

Charity registration number: 1169764

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Annual Report and Financial Statements

for the Year Ended 5 April 2024

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Back On Track

Reference and Administrative Details

Patrons	Dr Aamer Khan Mark Allen
Ambassador	Salvio Cachia
Trustees	Lesley Reynolds Dee Carpenter Michael Rust Paula Hall
Charity Registration Number	1169764
Principal Office	14 Devonshire Place London W1G 6HX
Independent Examiner	MJ Wright FCA Just Audit & Assurance Ltd 37 Market Square Witney OX28 6RE
Bankers	Lloyds Bank PLC 113 - 117 Oxford Street London W1D 2HW

Back On Track

Chairman's Report

As the Chair of the Charity, Back on Track, I would firstly like to take this opportunity of thanking the Board. The long reach of Covid disruption, along with the worldwide financial crisis, have meant that, yet again, much of our planned fundraising has had to be postponed or curtailed. I know how frustrating it has been for everyone who has spent so much of their time and effort arranging events that have had to be cancelled and I can only applaud their continuing efforts to find new and varied ways to raise funds so that we can continue with the important work of our Charity. Our biggest disappointment this year was, once again, having to cancel our Kart Racing Day. This has always been the backbone of our fundraising events as Dr Khan and his wife, Lesley, were organizing this special get together for our vets before the charity was even inaugurated. The vets look forward to this event probably more than any other event in our calendar but we had to make the disappointing decision to postpone it until next year partly because the monies needed to set it up would leave us short of funds for the vital work of looking after our beneficiaries' mental and physical health needs and partly because some of the Kart Racing Tracks have had to close because of a combination of the pandemic and the global financial downturn. We decided to put all our fundraising efforts into our Ball on 25th November 2023, which we held at the Intercontinental Hotel in London. This would mean that we would have enough funds to care for our veterans during the year and the hope that the monies raised from our Ball would allow us to bring back our Kart Racing Day in 2024.

Leaving aside the financial aspects of the year we have nevertheless managed to ensure that our beneficiaries have been looked after throughout the year. Dr Khan and his medical team have remained steadfast in their commitment to helping our veterans and Dr Khan and Lesley Reynolds Khan have, yet again, allowed us the use of their respected clinic and their talented staff, without any charge to our Charity. We also need to thank Mary Griffiths for all the counselling she provides to the beneficiaries who need her help as so many of them tell us how much invaluable guidance has helped them. Paula Hall remains the day-to-day contact for our beneficiaries and they know that she is always at hand with a kind word of advice and the willingness to deal with any of their problems as quickly and efficiently as needed. Melanie Faldo and Lesley Reynolds Khan use their wonderful 'little black books' to drum up celebrity assistance (which is always so willingly given) and arrange for as much celebrity support possible for our Ball and any other media events. They always have their fingers on the pulse of social media and ensure that our Charity remains in the forefront of the minds of both the public and celebrities. This celebrity sponsorship encourages other people to attend our events and brings in much needed financial support. Here I must thank our Founder Patron, Andrea McLean, for her continued backing for the Charity and for choosing our Charity to receive her funds whenever she appears on any programme where she can raise money for charity. Mick Rust maintains the difficult task of dealing with our finances, which is particularly unenviable in the current financial market. Dee Carpenter has once again taken on the task of dealing with the endless booking and cancellation of events (without ever once losing us a deposit!) along with maintaining our website and ensuring that it is appealing, engaging and contains all the necessary legal and charitable information and she copes, tirelessly, with much of the constant minutiae of arranging our fundraising events. Hayley Roberts has been invaluable as our Compliance Officer ensuring that we meet all the requirements of the Charities' Commission.

We are very grateful, as a military charity, to have the support of some wonderful Chelsea Pensioners as Ambassadors of our Charity. We need to give special thanks to Chris O'Connor for raising funds for us by travelling in an old banger to and from Gibraltar in spite of his age and health worries. He is an inspiration to us all. We also have to sadly announce the loss of another of our amazing Chelsea Pensioner Ambassadors as we lost Rick Graham this year and he will be much missed by us all.

Back On Track

Chairman's Report (continued)

In spite of the fact that, once again, this year was marred by financial limitations we had some wonderful financial support from Ambassadors like Chris O'Connor and Patrons like Andrea McLean. We also need to make special mention of Phoenix Fun Events who kindly chose our Charity to be one of the three charities that they supported this year and in November were kind enough to hand over a donation cheque to Dr Khan, in the amount of £12,000 at an event attended by members of the Board of Trustees.

We were unable to hold our usual Kart Racing Day and we also made the disappointing decision not to hold a Carol Concert this year in spite of the pleasure we all took in it last year it is something that we decided would need a little more honing before we could hold another one as the Board felt that having two fundraisers, our Ball and a Carol Concert, within a couple of weeks of one another was both a little too much work for those involved and more importantly, too much to expect our wonderful supporters to be expected to attend so we decided that we would look to broaden our calendar and hope to find new fundraising events for 2024 during the earlier part of the year. The Board were delighted by the support that we received from celebrities, Patrons, Ambassadors and beneficiaries for our Ball. It was a joyful evening which enabled our beneficiaries to meet many of those who support them throughout the year and helped to ensure that our lovely Charity can continue to do what it does best and help those veterans that need our assistance. We are so proud of our beneficiaries and all our veterans, and we are pleased that we are able to help them in some small way.

Once again, I need to thank everyone who helps, in however modest a way, with the work that our Charity does for our beneficiaries. We are all so proud to be a small part of this invaluable team and I am so grateful for the effort and time that every member of the Board so kindly donates to ensure that Back on Track remains an important and unique charity dedicated to helping our wonderful veterans.

Kathleen Costello
Chair of Back on Track

Back On Track

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 5 April 2024.

Objectives and activities

Objects and aims

The preservation of health, rehabilitation and resettlement into society of former members of the armed forces who have been wounded, physically or psychologically, in particular but not exclusively by providing or assisting in the provision of medical treatment (including reconstructive surgery) emotional and psychological support and facilities or other support at the discretion of the Trustees.

We have worked in partnership with a number of charities, organisations and companies:

- ▣ SSAFA
- ▣ The Not Forgotten Association
- ▣ The Irish Guards
- ▣ The Johnson Beharry Foundation
- ▣ Soldiering on awards
- ▣ The Harley Street Skin Clinic
- ▣ Defence medical Rehabilitation Centre (DMRC)
- ▣ Lee Rigby Foundation

Objectives, strategies and activities

Whilst every effort has been made to assess and advise all of those who approach the Charity, the impact of COVID has severely restricted our ability to treat. Consequently, our support throughout the year has focussed toward outreach services offering comfort, support and reassurance. Looking ahead, and as restrictions are released, we will once more take advantage of our calendar of fundraising activities that not only raise awareness but help provide the financial stability through which to operate.

Fundraising disclosures

Back On Track is committed to high standards with regard to fundraising activity and has complied with all laws relating to charities and fundraising. We are clear, honest and open about our activities and fundraising requirements and received no complaints about our fundraising activities during the year

Back On Track does not employ any professional fundraisers or use commercial participators nor do we cold-call members of the public. Other than sponsored events no fundraising activities are carried out on the charity's behalf by external parties. Back On Track has not signed up to any voluntary fundraising scheme or standards; however, as noted above all, of our fundraising activities are carried out to the highest possible standards.

Public benefit

Working with injured servicemen and women, particularly in the field of skin injuries, Back On Track seeks to offer psychological, physical and medical support to ex-members of the British forces. Such support extends to both scar and aesthetic treatments following the care afforded by the NHS. The charity can also help in other ways such as funding of equipment, facilities for hobbies, the provision of wheelchairs and home alterations, eg wet rooms and accessibility needs.

Back On Track

Trustees' Report (continued)

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Financial review

Policy on reserves

The charity aims to hold sufficient reserves to provide adequate financial stability and the means for it to meet its charitable objectives for the near future. Total reserves as at 5 April 2023 were £21,833

Principal funding sources

The Charity's source of income during this year has been from fundraising events with activity limited by the COVID pandemic.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Structure, governance and management

Nature of governing document

The charity is constituted as a Charitable Incorporated Organisation (CIO) and is controlled by its governing document, dated 1 April 2016.

If the CIO is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

Recruitment and appointment of trustees

The appointment and induction of new Trustees is regularly reviewed and requires Trustees to demonstrate the way in which their expertise adds value to the work of the charity.

Apart from the first charity Trustees, every Trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity Trustees. There is no maximum number of Trustees but there must be at least four; if the number of Trustees fall below this minimum the remaining trustee or trustees may act only to call a meeting of the charity to appoint new Trustees.

Induction and training of trustees

The charity Trustees make available to each new Trustee, on or before his or her first appointment, a copy of the current constitution and a copy of the latest financial statements, together with Trustees' Report. Thereafter, the training requirements of the Trustees are reviewed regularly at Trustee meetings.

Back On Track

Trustees' Report (continued)

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

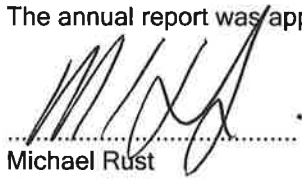
The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 17/2/2015 and signed on its behalf by:



Michael Rust
Trustee

Back On Track

Statement of Financial Activities for the Year Ended 5 April 2024

	Note	Unrestricted funds £	Total 2024 £	Total 2023 £
Income and Endowments from:				
Donations and legacies		<u>85,719</u>	<u>85,719</u>	<u>134,743</u>
Total income		<u>85,719</u>	<u>85,719</u>	<u>134,743</u>
Expenditure on:				
Raising funds		(13,063)	(13,063)	-
Charitable activities		(90,582)	(90,582)	(117,382)
Other expenditure	5	<u>(9,594)</u>	<u>(9,594)</u>	<u>(14,857)</u>
Total expenditure		<u>(113,239)</u>	<u>(113,239)</u>	<u>(132,239)</u>
Net (expenditure)/income		<u>(27,520)</u>	<u>(27,520)</u>	<u>2,504</u>
Net movement in funds		(27,520)	(27,520)	2,504
Reconciliation of funds				
Total funds brought forward		<u>21,832</u>	<u>21,832</u>	<u>19,329</u>
Total funds carried forward	12	<u><u>(5,688)</u></u>	<u><u>(5,688)</u></u>	<u><u>21,833</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2023 is shown in note 12.

The notes on pages 9 to 14 form an integral part of these financial statements.

Back On Track

(Registration number: 1169764)
Balance Sheet as at 5 April 2024

	Note	2024 £	2023 £
Current assets			
Cash at bank and in hand	10	660	23,932
Creditors: Amounts falling due within one year	11	<u>(6,348)</u>	<u>(2,099)</u>
Net (liabilities)/assets		<u>(5,688)</u>	<u>21,833</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>(5,688)</u>	<u>21,833</u>
Total funds	12	<u>(5,688)</u>	<u>21,833</u>

The financial statements on pages 7 to 14 were approved by the trustees, and authorised for issue on 17/2/2025 and signed on their behalf by:


.....
Michael Rust
Trustee

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2024

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Back On Track meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Donated services and facilities

Where services or facilities are provided to the charity as a donation that would normally be purchased from our suppliers, this benefit is included in the financial statements at its fair value unless its fair value cannot be reliably measured, then at the cost to the donor or the resale value of goods that are to be sold.

Gift aid

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2024 (continued)

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grant provisions

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2024 (continued)

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from companies, trusts and similar proceeds	54,658	54,658
Donations from individuals	12,349	12,349
Donated services and facilities	6,690	6,690
Other income from donations and legacies	12,022	12,022
Total for 2024	85,719	85,719
Total for 2023	134,743	134,743

3 Expenditure on raising funds

Costs of generating donations and legacies

	Unrestricted General £	Total 2024 £
Donations	13,063	13,063

4 Expenditure on charitable activities

	Unrestricted General £	Total 2024 £	Total 2023 £
Events and awards	71,862	71,862	104,298
Donated services	7,615	7,615	4,650
Grant funding of activities	8,657	8,657	6,400
Governance costs	2,448	2,448	2,034
	90,582	90,582	117,382

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2024 (continued)

5 Other expenditure

	Unrestricted General £	Total 2024 £	Total 2023 £
Legal fees	5,740	5,740	6,000
Marketing and publicity	-	-	3,600
Printing, postage and stationery	1,320	1,320	2,810
Sundry expenses	52	52	52
Travel and subsistence	-	-	151
Web maintenance	2,236	2,236	1,968
Bank charges	246	246	276
	<u>9,594</u>	<u>9,594</u>	<u>14,857</u>

6 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Independent examiner fees			
Examination of the financial statements	2,448	2,448	2,034
	<u>2,448</u>	<u>2,448</u>	<u>2,034</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2024 (continued)

7 Grant-making

Analysis of grants

	Grants to individuals	
	2024	2023
	£	£
Analysis		
Individual awards	<u>8,657</u>	<u>6,400</u>

The support costs associated with grant-making are £Nil (5 April 2023 - £Nil).

8 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Paula Hall

£260 (2023: £1,002) of expenses were reimbursed to Paula Hall during the year.

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any other benefits from the charity during the year.

Donations made by the trustees without any conditions attached totalled £3,500 for the year (2023 - £4,050).

9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

10 Cash and cash equivalents

	2024	2023
	£	£
Cash on hand	48	48
Cash at bank	<u>612</u>	<u>23,884</u>
	<u>660</u>	<u>23,932</u>

11 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	1,800	-
Accruals	<u>4,548</u>	<u>2,099</u>
	<u>6,348</u>	<u>2,099</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2024 (continued)

12 Funds

	Balance at 6 April 2023 £	Incoming resources £	Resources expended £	Balance at 5 April 2024 £
Unrestricted				
General	<u>21,832</u>	<u>85,719</u>	<u>(113,239)</u>	<u>(5,688)</u>
	Balance at 6 April 2022 £	Incoming resources £	Resources expended £	Balance at 5 April 2023 £
Unrestricted				
General	<u>19,329</u>	<u>134,743</u>	<u>(132,239)</u>	<u>21,833</u>

13 Analysis of net assets between funds

	Unrestricted General £	Total funds £
5 April 2024		
Current assets	660	660
Current liabilities	<u>(6,348)</u>	<u>(6,348)</u>
Total net assets	<u>(5,688)</u>	<u>(5,688)</u>
	Unrestricted General £	Total funds £
5 April 2023		
Current assets	23,932	23,932
Current liabilities	<u>(2,099)</u>	<u>(2,099)</u>
Total net assets	<u>21,833</u>	<u>21,833</u>

14 Related party transactions

During the year the charity made the following related party transactions:

Dee Carpenter (Trustee)

During the year the Charity paid £Nil (2023 - £3,600) in respect of consultancy services. At the balance sheet date the amount due to/from Dee Carpenter was £Nil (2023 - £Nil).

Back On Track

Detailed Statement of Financial Activities for the Year Ended 5 April 2024

	Total 2024 £	Total 2023 £
Income and Endowments from:		
Donations and legacies (analysed below)	<u>85,719</u>	<u>134,743</u>
Total income	<u>85,719</u>	<u>134,743</u>
Expenditure on:		
Raising funds (analysed below)	(13,063)	-
Charitable activities (analysed below)	(88,134)	(115,348)
Other expenditure (analysed below)	<u>(12,042)</u>	<u>(16,891)</u>
Total expenditure	<u>(113,239)</u>	<u>(132,239)</u>
Net (expenditure)/income	<u>(27,520)</u>	<u>2,504</u>
Net movement in funds	(27,520)	2,504
Reconciliation of funds		
Total funds brought forward	<u>21,832</u>	<u>19,329</u>
Total funds carried forward	<u>(5,688)</u>	<u>21,833</u>

Back On Track

Detailed Statement of Financial Activities for the Year Ended 5 April 2024 (continued)

	Total 2024 £	Total 2023 £
<i>Donations and legacies</i>		
Appeals and donations - corporate	54,658	99,375
Appeals and donations - individual	12,349	23,755
Appeals and donations - anonymous	12,022	6,963
Donated services	6,690	4,650
	<u>85,719</u>	<u>134,743</u>
<i>Raising funds</i>		
Fundraising costs	13,063	-
	<u>13,063</u>	<u>-</u>
<i>Charitable activities</i>		
Direct costs	71,862	104,298
Grants payable - individuals	8,657	6,400
Consultancy fees	7,615	4,650
	<u>88,134</u>	<u>115,348</u>
<i>Other expenditure</i>		
Printing, postage and stationery	1,320	2,810
Sundry expenses	52	52
Travel and subsistence	-	151
Web maintenance	2,236	1,968
Consultancy fees	-	3,600
Legal and professional fees	5,740	6,000
Bank charges	246	276
Independent Examiner's remuneration	2,448	2,034
	<u>12,042</u>	<u>16,891</u>

Back On Track

Independent Examiner's Report to the trustees of Back On Track

I report to the trustees on my examination of the accounts of Back On Track for the year ended 5 April 2024.

Responsibilities and basis of report

As the charity trustees of Back On Track 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 Back On Track'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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Back On Track as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.



MJ Wright FCA

Just Audit & Assurance Ltd
37 Market Square
Witney
OX28 6RE

Date:.....20 February 2025

BACK ON TRACK

England & Wales - Charity number 1169764

Accounts

Charity registration number: 1169764

Back On Track

Annual Report and Financial Statements

for the Year Ended 5 April 2023

Back On Track
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Back On Track

Reference and Administrative Details

Patrons	Dr Aamer Khan Mark Allen
Ambassador	Salvio Cachia
Trustees	Lesley Reynolds Dee Carpenter Michael Rust Paula Hall
Charity Registration Number	1169764
Principal Office	14 Devonshire Place London W1G 6HX
Independent Examiner	MJ Wright FCA Just Audit & Assurance Ltd 37 Market Square Witney OX28 6RE
Bankers	Lloyds Bank PLC 113 - 117 Oxford Street London W1D 2HW

Back On Track

Chairman's Report

I am honoured, once again, to have the opportunity of thanking the Board of Back on Track for all their hard work. While it was good to see the back of the Covid years, unfortunately, the aftereffects of this awful time reached well into 2022. We had high hopes of getting back to normal with all our fund-raising events but, the lack of insurance cover against Covid and the fact that so many people were still, understandably, concerned about the prospect of large gatherings, made enjoying all the events we had planned almost impossible. At the beginning of 2022 it felt as though we were repeating the last couple of years when we were unable to hold any events to promote our Charity or raise any money.

The Trustees continued to work tirelessly on behalf of the Charity with, at the beginning of the year, little hope of much return but, we were delighted that our most important work continued without interruption throughout the year and our veterans' needs were still met with their psychological and health issues. This was mostly because of the amount of time that Paula Hall so willingly devotes to contacting the veterans and ensuring that they always have someone they can call if they need any help. Dr Khan and his staff, along with the valuable help of Mary Griffin, have ensured that no one has been turned away and that we have even been able to help new beneficiaries. Lesley Reynolds and Dr Khan continue to allow us to use their Harley Street Clinic for our veterans needs and we are extremely grateful to them for this. Along with Melanie Faldo, Lesley continued to ensure that our charity remains in the forefront of their celebrities whenever they have the opportunity of supporting a charity.

Dee Carpenter had the thankless task of arranging, cancelling and rearranging all the events that we had planned throughout the year and, thanks to her efforts we were able to ensure that we did not lose any deposits despite all the cancellations and Mick Rust continued to keep a tight rein on our finances.

We had hoped to have our usual Kart Racing Day (an event we held even before we were inaugurated as a charity) but in spite of trying to change venues and dates on numerous occasions eventually we had to make the sad decision to postpone our Race Day yet again. This is an event our veterans all look forward to and like to bring their families along to enjoy so it was with much sadness that we cancelled it. This is also one of our most profitable fund-raising events so it was not a decision that we made lightly.

However, the Board made the decision to go ahead with our Ball at the Landmark Hotel in November 2022. This was partly because we had had to postpone our event twice because of Covid and the Landmark had held the date for us at the original price and were unable to hold it any longer. We also really needed to raise funds and could not afford to lose our deposit so we decided to go ahead and we were absolutely delighted that we did. The event was the most successful we have ever held and thoroughly enjoyed by everyone who attended. It was wonderful to be able to get together again for such a worthy cause and to have the opportunity of reuniting with our beneficiaries after such a long pause.

We were also to hold our inaugural Carol Concert in early December at the Guards Chapel in the Wellington Barracks. This was a very touching evening and we were honoured to be one of the few military charities who have been given permission to hold our event in this prestigious military venue.

We are so grateful to all our Patrons and Ambassadors for staying with us through these extremely difficult years and we are delighted to welcome some new, and very famous, faces into our army. One of our Ambassadors, Salvo kindly arranged a Race Day in Manchester and Back on Track were one of the beneficiaries of this event.

Although 2022 started so badly we have finished with the year with great success and, perhaps even more importantly, great hope for the future. Already we have new and exciting events planned so that we can continue the valuable work of aiding our veterans of whom we are all so proud.

Back On Track

Chairman's Report (continued)

My grateful thanks to all the Board for all their tireless work. I am always touched by the willingness of so many people to try, in any way they can to help our veterans and we are all looking forward to 2023 and the opportunities this will bring to our Charity and its beneficiaries.

Kathleen Costello
Chair of Back on Track

Back On Track

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 5 April 2023.

Objectives and activities

Objects and aims

The preservation of health, rehabilitation and resettlement into society of former members of the armed forces who have been wounded, physically or psychologically, in particular but not exclusively by providing or assisting in the provision of medical treatment (including reconstructive surgery) emotional and psychological support and facilities or other support at the discretion of the Trustees.

We have worked in partnership with a number of charities, organisations and companies:

- SSAFA
- The Not Forgotten Association
- The Irish Guards
- The Johnson Beharry Foundation
- Soldiering on awards
- The Harley Street Skin Clinic
- Defence medical Rehabilitation Centre (DMRC)
- Lee Rigby Foundation

Objectives, strategies and activities

Whilst every effort has been made to assess and advise all of those who approach the Charity, the impact of COVID has severely restricted our ability to treat. Consequently, our support throughout the year has focussed toward outreach services offering comfort, support and reassurance. Looking ahead, and as restrictions are released, we will once more take advantage of our calendar of fundraising activities that not only raise awareness but help provide the financial stability through which to operate.

Fundraising disclosures

Back On Track is committed to high standards with regard to fundraising activity and has complied with all laws relating to charities and fundraising. We are clear, honest and open about our activities and fund raising requirements and received no complaints about our fundraising activities during the year

Back On Track does not employ any professional fundraisers or use commercial participators nor do we cold-call members of the public. Other than sponsored events no fundraising activities are carried out on the charity's behalf by external parties. Back On Track has not signed up to any voluntary fundraising scheme or standards; however, as noted above all, of our fundraising activities are carried out to the highest possible standards.

Public benefit

Working with injured servicemen and women, particularly in the field of skin injuries, Back On Track seeks to offer psychological, physical and medical support to ex-members of the British forces. Such support extends to both scar and aesthetic treatments following the care afforded by the NHS. The charity can also help in other ways such as funding of equipment, facilities for hobbies, the provision of wheelchairs and home alterations, eg wet rooms and accessibility needs.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Back On Track

Trustees' Report (continued)

Financial review

Policy on reserves

The charity aims to hold sufficient reserves to provide adequate financial stability and the means for it to meet its charitable objectives for the near future. Total reserves as at 5 April 2023 were £21,833

Principal funding sources

The Charity's source of income during this year has been from fundraising events with activity limited by the COVID pandemic.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Structure, governance and management

Nature of governing document

The charity is constituted as a Charitable Incorporated Organisation (CIO) and is controlled by its governing document, dated 1 April 2016.

If the CIO is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

Recruitment and appointment of trustees

The appointment and induction of new Trustees is regularly reviewed and requires Trustees to demonstrate the way in which their expertise adds value to the work of the charity.

Apart from the first charity Trustees, every Trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity Trustees. There is no maximum number of Trustees but there must be at least four; if the number of Trustees fall below this minimum the remaining trustee or trustees may act only to call a meeting of the charity to appoint new Trustees.

Induction and training of trustees

The charity Trustees make available to each new Trustee, on or before his or her first appointment, a copy of the current constitution and a copy of the latest financial statements, together with Trustees' Report. Thereafter, the training requirements of the Trustees are reviewed regularly at Trustee meetings.

Back On Track

Trustees' Report (continued)

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 04.06.24 and signed on its behalf by:


.....
Michael Rust
Trustee

Back On Track

Statement of Financial Activities for the Year Ended 5 April 2023

	Note	Unrestricted funds £	Total 2023 £	Total 2022 £
Income and Endowments from:				
Donations and legacies		<u>134,743</u>	<u>134,743</u>	<u>28,095</u>
Total income		<u>134,743</u>	<u>134,743</u>	<u>28,095</u>
Expenditure on:				
Charitable activities		(117,382)	(117,382)	(22,744)
Other expenditure	4	<u>(14,857)</u>	<u>(14,857)</u>	<u>(21,598)</u>
Total expenditure		<u>(132,239)</u>	<u>(132,239)</u>	<u>(44,342)</u>
Net income/(expenditure)		<u>2,504</u>	<u>2,504</u>	<u>(16,247)</u>
Net movement in funds		2,504	2,504	(16,247)
Reconciliation of funds				
Total funds brought forward		<u>19,329</u>	<u>19,329</u>	<u>35,576</u>
Total funds carried forward	11	<u>21,833</u>	<u>21,833</u>	<u>19,329</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2022 is shown in note 11.

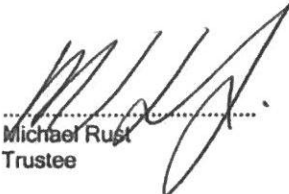
The notes on pages 9 to 15 form an integral part of these financial statements.

Back On Track

(Registration number: 1169764)
Balance Sheet as at 5 April 2023

	Note	2023 £	2022 £
Current assets			
Cash at bank and in hand	9	23,932	23,222
Creditors: Amounts falling due within one year	10	<u>(2,099)</u>	<u>(3,893)</u>
Net assets		<u>21,833</u>	<u>19,329</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>21,833</u>	<u>19,329</u>
Total funds	11	<u>21,833</u>	<u>19,329</u>

The financial statements on pages 7 to 15 were approved by the trustees, and authorised for issue on ~~04.05.24~~ and signed on their behalf by:


.....
Michael Rust
Trustee

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2023

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Back On Track meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Donated services and facilities

Where services or facilities are provided to the charity as a donation that would normally be purchased from our suppliers, this benefit is included in the financial statements at its fair value unless its fair value cannot be reliably measured, then at the cost to the donor or the resale value of goods that are to be sold.

Gift aid

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2023 (continued)

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grant provisions

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2023 (continued)

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from companies, trusts and similar proceeds	99,375	99,375
Donations from individuals	23,755	23,755
Donated services and facilities	4,650	4,650
Other income from donations and legacies	6,963	6,963
Total for 2023	134,743	134,743
Total for 2022	28,095	28,095

3 Expenditure on charitable activities

	Unrestricted General £	Total 2023 £	Total 2022 £
Events and awards	104,298	104,298	15,380
Donated services	4,650	4,650	4,640
Grant funding of activities	6,400	6,400	660
Governance costs	2,034	2,034	2,064
	117,382	117,382	22,744

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2023 (continued)

4 Other expenditure

	Unrestricted	Total	Total
	General	2023	2022
	£	£	£
Legal fees	6,000	6,000	4,000
Marketing and publicity	3,600	3,600	14,400
Printing, postage and stationery	2,810	2,810	858
Sundry expenses	52	52	-
Travel and subsistence	151	151	-
Advertising	-	-	1,400
Web maintenance	1,968	1,968	716
Bank charges	276	276	224
	<u>14,857</u>	<u>14,857</u>	<u>21,598</u>

5 Analysis of governance and support costs

Governance costs

	Unrestricted	Total	Total
	funds	2023	2022
	General	£	£
	£		
Independent examiner fees			
Examination of the financial statements	2,034	2,034	2,064
	<u>2,034</u>	<u>2,034</u>	<u>2,064</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2023 (continued)

6 Grant-making

Analysis of grants

	Grants to individuals	
	2023	2022
	£	£
Analysis		
Individual awards	<u>6,400</u>	<u>660</u>

The support costs associated with grant-making are £Nil (5 April 2022 - £Nil).

7 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Paula Hall

£1,002 (2022: £Nil) of expenses were reimbursed to Paula Hall during the year.

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any other benefits from the charity during the year.

Donations made by the trustees without any conditions attached totalled £4,050 for the year (2022 - £Nil).

8 Taxation

The charity is a registered charity and is therefore exempt from taxation.

9 Cash and cash equivalents

	2023	2022
	£	£
Cash on hand	48	48
Cash at bank	<u>23,884</u>	<u>23,174</u>
	<u>23,932</u>	<u>23,222</u>

10 Creditors: amounts falling due within one year

	2023	2022
	£	£
Accruals	<u>2,099</u>	<u>3,893</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2023 (continued)

11 Funds

	Balance at 6 April 2022 £	Incoming resources £	Resources expended £	Balance at 5 April 2023 £
Unrestricted				
General	<u>19,329</u>	<u>134,743</u>	<u>(132,239)</u>	<u>21,833</u>
	Balance at 6 April 2021 £	Incoming resources £	Resources expended £	Balance at 5 April 2022 £
Unrestricted				
General	<u>35,576</u>	<u>28,095</u>	<u>(44,342)</u>	<u>19,329</u>

12 Analysis of net assets between funds

	Unrestricted General £	Total funds £
5 April 2023		
Current assets	23,932	23,932
Current liabilities	<u>(2,099)</u>	<u>(2,099)</u>
Total net assets	<u>21,833</u>	<u>21,833</u>
	Unrestricted General £	Total funds £
5 April 2022		
Current assets	23,222	23,222
Current liabilities	<u>(3,893)</u>	<u>(3,893)</u>
Total net assets	<u>19,329</u>	<u>19,329</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2023 (continued)

13 Analysis of net funds

	At 6 April 2022 £	At 5 April 2023 £
Cash at bank and in hand	<u>23,222</u>	<u>23,222</u>
Net debt	<u>23,222</u>	<u>23,222</u>

	At 6 April 2021 £	At 5 April 2022 £
Cash at bank and in hand	<u>37,405</u>	<u>37,405</u>
Net debt	<u>37,405</u>	<u>37,405</u>

14 Related party transactions

During the year the charity made the following related party transactions:

Dee Carpenter (Trustee)

During the year the Charity paid £3,600 (2022 £14,400) in respect of consultancy services. At the balance sheet date the amount due to/from Dee Carpenter was £Nil (2022 - £Nil).

Back On Track

Detailed Statement of Financial Activities for the Year Ended 5 April 2023

	Total 2023 £	Total 2022 £
Income and Endowments from:		
Donations and legacies (analysed below)	<u>134,743</u>	<u>28,095</u>
Total income	<u>134,743</u>	<u>28,095</u>
Expenditure on:		
Charitable activities (analysed below)	(115,348)	(20,680)
Other expenditure (analysed below)	<u>(16,891)</u>	<u>(23,662)</u>
Total expenditure	<u>(132,239)</u>	<u>(44,342)</u>
Net income/(expenditure)	<u>2,504</u>	<u>(16,247)</u>
Net movement in funds	2,504	(16,247)
Reconciliation of funds		
Total funds brought forward	<u>19,329</u>	<u>35,576</u>
Total funds carried forward	<u>21,833</u>	<u>19,329</u>

Back On Track

Detailed Statement of Financial Activities for the Year Ended 5 April 2023 (continued)

	Total 2023 £	Total 2022 £
<i>Donations and legacies</i>		
Appeals and donations - corporate	99,375	23,455
Appeals and donations - individual	23,755	-
Appeals and donations - anonymous	6,963	-
Donated services	<u>4,650</u>	<u>4,640</u>
	<u>134,743</u>	<u>28,095</u>
 <i>Charitable activities</i>		
Direct costs	104,298	15,380
Grants payable - individuals	6,400	660
Consultancy fees	<u>4,650</u>	<u>4,640</u>
	<u>115,348</u>	<u>20,680</u>
 <i>Other expenditure</i>		
Printing, postage and stationery	2,810	858
Sundry expenses	52	-
Travel and subsistence	151	-
Advertising	-	1,400
Web maintenance	1,968	716
Consultancy fees	3,600	14,400
Legal and professional fees	6,000	4,000
Bank charges	276	224
Independent Examiner's remuneration	<u>2,034</u>	<u>2,064</u>
	<u>16,891</u>	<u>23,662</u>

Back On Track

Independent Examiner's Report to the trustees of Back On Track

I report to the trustees on my examination of the accounts of Back On Track for the year ended 5 April 2023.

Responsibilities and basis of report

As the charity trustees of Back On Track you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

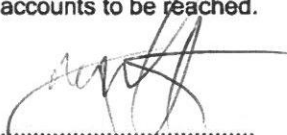
I report in respect of my examination of the Back On Track's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Back On Track as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.


.....
MJ Wright FCA

Just Audit & Assurance Ltd
37 Market Square
Witney
OX28 6RE

Date: 5/6/2024
.....

BACK ON TRACK

England & Wales - Charity number 1169764

Accounts

Charity registration number: 1169764

Back On Track

Annual Report and Financial Statements

for the Year Ended 5 April 2022

Back On Track

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Back On Track

Reference and Administrative Details

Patrons	Dr Aamer Khan Mark Allen
Ambassador	Salvio Cachia
Trustees	Kathleen Anne Costello, Chair Lesley Reynolds Dee Carpenter Michael Rust Paula Hall Melanie Faldo
Senior Management / Leadership Team	Amy Colley, Director of Social Media Sallie Berriff (volunteer), Bookkeeper Alison Barnes (volunteer), Bookkeeper
Charity Registration Number	1169764
Principal Office	48 Harley Street Marylebone London W1G 9PU
Independent Examiner	JM Russell FCA Just Audit & Assurance Ltd 37 Market Square Witney OX28 6RE
Bankers	Lloyds Bank PLC 113 - 117 Oxford Street London W1D 2HW

Back On Track

Chairman's Report

Along with many other charities, particularly the smaller ones, Back on Track found that 2021 proved to be a very tough year. The Board had thought, and hoped, that once we had got through 2020 and the Global Pandemic, we would be able to look forward to an exciting and profitable 2021. This proved not to be the case and we have had to try and find new ways of working during this very difficult time.

I would like to thank my fellow Trustees for everything they have done this year. It has been difficult arranging, postponing and rearranging all our events but, as a Charity, we are so fortunate to have had the wise advice of our Patron, Dr Aamer Khan, and we have been guided by him to ensure that no events were arranged which might have been compromised by the virus. The safety of everyone connected with our Charity has been at the forefront of our thoughts this year which, sadly, meant that we were not able to hold any face-to-face events. It was of even greater importance to us that the veterans we support did not feel that they had been abandoned during this difficult time. It is thanks to the tireless efforts of Paula Hall that the veterans knew that there was always someone they could talk to. She has made sure that she has kept in contact with each of them, according to their needs, and ensured that they have had access to counselling from Mary Griffin who has been an enormous help to those veterans who have been struggling with their mental health.

Mick Rust has taken over the smooth running of our financial affairs but, of course, because we have been unable to have any major fundraising events, we have not had the opportunity to replenish our funds in any meaningful way. As we have looked at new ways of raising money for the charity Melanie Faldo has arranged a new contact in the Art world and we are hoping to organise a special exhibition of the artist's work in 2022 to encourage a new network of support. Melanie has also worked hard ensuring that we had wide media coverage for our, behind closed doors, race day with our little mascot, Tony Hudgell, and it is important to thank Mick Rust for his generous donation of a race kart for Tony at this event. The idea, and much of the hard work for this event, was thanks to Dee Carpenter, who has constantly investigated new ideas for fund raising. She has run the whole gamut of pursuing new ideas, from Clay Shooting Days, Golf Days, Cricket Matches, on-line auctions and anything else she could think of to try and raise much needed cash. With the assistance of two great supporters of our Charity, Dee hopes to expand our Race Days so that we can hold events across the country. She has also had the unenviable task of contacting every event venue and cancelling, rebooking and re-cancelling our dates. Miraculously she has managed to keep the goodwill of all these venues and we have rebooked both Buckmore Park for our Race Day and The Landmark Hotel for our Gala Ball for 2022. All our fingers are very firmly crossed that these events will take place. Not only do they provide great revenue for the Charity they give us all an opportunity to be together and enjoy ourselves and this is something that we all need to do more than ever.

Lesley Reynolds has continued tirelessly to work her magic behind the scenes, along with allowing us to use her clinic for Dr Khan to assess our new beneficiaries and for our counselling sessions to be held there. She ensures that all forms of media are constantly kept aware of what is going on in the Charity and publicising every event so that we can reach the widest audience possible. This year we have been delighted to receive Hayley Roberts back into the Back on Track fold in her role as Data and Compliance Officer. We have missed her expertise and she has ensured that all our protocols are fully updated and followed and that our website contains all the necessary information to ensure that our beneficiaries and the wider public are fully informed of what we are doing and who they may need to approach if they should have any issues they would like to address.

Although we have, unfortunately, lost some sponsorship this year, due to the lack of fundraising events we have been able to offer, we are delighted that we are still so fully supported by so many wonderful people including the celebrity, Chizzie Akudolu, who kindly chose us as her preferred charity and won a large donation for us. This funds were much needed and appreciated.

Back On Track

Chairman's Report (continued)

Everyone on the Board is looking forward to next year. We have used our (very) many Zoom meetings to look for new ideas and ways of moving forward with the Charity in 2022. Even during these difficult times we have had the honour of welcoming new beneficiaries to our Charity and are proud that we have been able to continue offering our services to our amazing veterans. I cannot thank the members of the Board enough for the way they have kept going through all of this, always looking forward to new ventures and always keeping the welfare of our beneficiaries as our most important objective. I think that we have handled a very trying period with great care and consideration of all those involved and I believe that, with the help of our amazing Patrons and Ambassadors, we will find new and exciting ways to let our veterans know how very grateful we are for all they have done for us.

Kathleen Costello
Chair of Back on Track

Back On Track

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 5 April 2022.

Objectives and activities

Objects and aims

The preservation of health, rehabilitation and resettlement into society of former members of the armed forces who have been wounded, physically or psychologically, in particular but not exclusively by providing or assisting in the provision of medical treatment (including reconstructive surgery) emotional and psychological support and facilities or other support at the discretion of the Trustees.

We have worked in partnership with a number of charities, organisations and companies:

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The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Back On Track

Trustees' Report (continued)

Financial review

Policy on reserves

The charity aims to hold sufficient reserves to provide adequate financial stability and the means for it to meet its charitable objectives for the near future. Total reserves as at 5 April 2021 were £35,576

Principal funding sources

The Charity's source of income during this year has been from fundraising events with activity limited by the COVID pandemic.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Structure, governance and management

Nature of governing document

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The charity Trustees make available to each new Trustee, on or before his or her first appointment, a copy of the current constitution and a copy of the latest financial statements, together with Trustees' Report. Thereafter, the training requirements of the Trustees are reviewed regularly at Trustee meetings.

Back On Track

Trustees' Report (continued)

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 16 February 2023 and signed on its behalf by:

.....
Michael Rust
Trustee



Back On Track

Statement of Financial Activities for the Year Ended 5 April 2022

	Note	Unrestricted funds £	Total 2022 £	Total 2021 £
Income and Endowments from:				
Donations and legacies		<u>28,095</u>	<u>28,095</u>	<u>17,528</u>
Total income		<u>28,095</u>	<u>28,095</u>	<u>17,528</u>
Expenditure on:				
Raising funds		-	-	(1,416)
Charitable activities		(22,744)	(22,744)	(17,261)
Other expenditure	5	<u>(21,598)</u>	<u>(21,598)</u>	<u>(30,806)</u>
Total expenditure		<u>(44,342)</u>	<u>(44,342)</u>	<u>(49,483)</u>
Net expenditure		<u>(16,247)</u>	<u>(16,247)</u>	<u>(31,955)</u>
Net movement in funds		(16,247)	(16,247)	(31,955)
Reconciliation of funds				
Total funds brought forward		<u>35,576</u>	<u>35,576</u>	<u>67,531</u>
Total funds carried forward	11	<u><u>19,329</u></u>	<u><u>19,329</u></u>	<u><u>35,576</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2021 is shown in note 11.

.....
Michael Rust
Trustee

The notes on pages 9 to 15 form an integral part of these financial statements.

Back On Track

(Registration number: 1169764) Balance Sheet as at 5 April 2022

	Note	2022 £	2021 £
Current assets			
Cash at bank and in hand	9	23,222	37,405
Creditors: Amounts falling due within one year	10	<u>(3,893)</u>	<u>(1,829)</u>
Net assets		<u>19,329</u>	<u>35,576</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>19,329</u>	<u>35,576</u>
Total funds	11	<u>19,329</u>	<u>35,576</u>

The financial statements on pages 7 to 15 were approved by the trustees, and authorised for issue on 16 February 2023 and signed on their behalf by:

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2022

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Back On Track meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Donated services and facilities

Where services or facilities are provided to the charity as a donation that would normally be purchased from our suppliers, this benefit is included in the financial statements at its fair value unless its fair value cannot be reliably measured, then at the cost to the donor or the resale value of goods that are to be sold.

Gift aid

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2022 (continued)

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grant provisions

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2022 (continued)

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from companies, trusts and similar proceeds	23,455	23,455
Donated services and facilities	4,640	4,640
Total for 2022	28,095	28,095
Total for 2021	17,528	17,528

3 Expenditure on raising funds

Costs of generating donations and legacies

	Total 2022 £	Total 2021 £
Donations	-	1,416

4 Expenditure on charitable activities

	Unrestricted General £	Total 2022 £	Total 2021 £
Events and awards	15,380	15,380	7,123
Donated services	4,640	4,640	4,800
Grant funding of activities	660	660	3,508
Governance costs	2,064	2,064	1,830
	22,744	22,744	17,261

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2022 (continued)

5 Other expenditure

	Unrestricted General £	Total 2022 £	Total 2021 £
Legal fees	4,000	4,000	8,216
Marketing and publicity	14,400	14,400	14,400
Printing, postage and stationery	858	858	990
Sundry expenses	-	-	42
Advertising	1,400	1,400	4,200
Web maintenance	716	716	2,835
Bank charges	224	224	123
	<u>21,598</u>	<u>21,598</u>	<u>30,806</u>

6 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total 2022 £	Total 2021 £
Independent examiner fees			
Examination of the financial statements	<u>2,064</u>	<u>2,064</u>	<u>1,830</u>
	<u>2,064</u>	<u>2,064</u>	<u>1,830</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2022 (continued)

7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

8 Taxation

The charity is a registered charity and is therefore exempt from taxation.

9 Cash and cash equivalents

	2022 £	2021 £
Cash on hand	48	48
Cash at bank	<u>23,174</u>	<u>37,357</u>
	<u>23,222</u>	<u>37,405</u>

10 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals	<u>3,893</u>	<u>1,829</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2022 (continued)

11 Funds

	Balance at 6 April 2021 £	Incoming resources £	Resources expended £	Balance at 5 April 2022 £
Unrestricted				
General	<u>35,576</u>	<u>28,095</u>	<u>(44,342)</u>	<u>19,329</u>
	Balance at 6 April 2020 £	Incoming resources £	Resources expended £	Balance at 5 April 2021 £
Unrestricted				
General	<u>67,531</u>	<u>17,528</u>	<u>(49,483)</u>	<u>35,576</u>

12 Analysis of net assets between funds

	Unrestricted General £	Total funds £
5 April 2022		
Current assets	23,222	23,222
Current liabilities	<u>(3,893)</u>	<u>(3,893)</u>
Total net assets	<u>19,329</u>	<u>19,329</u>
	Unrestricted General £	Total funds £
5 April 2021		
Current assets	37,405	37,405
Current liabilities	<u>(1,829)</u>	<u>(1,829)</u>
Total net assets	<u>35,576</u>	<u>35,576</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2022 (continued)

13 Analysis of net funds

	At 6 April 2021 £	At 5 April 2022 £
Cash at bank and in hand	<u>37,405</u>	<u>37,405</u>
Net debt	<u>37,405</u>	<u>37,405</u>

	At 6 April 2020 £	At 5 April 2021 £
Cash at bank and in hand	<u>72,271</u>	<u>72,271</u>
Net debt	<u>72,271</u>	<u>72,271</u>

14 Related party transactions

During the year the charity made the following related party transactions:

Dee Carpenter
(Trustee)

During the year the Charity paid £14,400 (2021 £14,400) in respect of consultancy services. At the balance sheet date the amount due to/from Dee Carpenter was £Nil (2021 - £Nil).

Back On Track

Detailed Statement of Financial Activities for the Year Ended 5 April 2022

	Total 2022 £	Total 2021 £
Income and Endowments from:		
Donations and legacies (analysed below)	<u>28,095</u>	<u>17,528</u>
Total income	<u>28,095</u>	<u>17,528</u>
Expenditure on:		
Raising funds (analysed below)	-	(1,416)
Charitable activities (analysed below)	(20,680)	(15,431)
Other expenditure (analysed below)	<u>(23,662)</u>	<u>(32,636)</u>
Total expenditure	<u>(44,342)</u>	<u>(49,483)</u>
Net expenditure	<u>(16,247)</u>	<u>(31,955)</u>
Net movement in funds	(16,247)	(31,955)
Reconciliation of funds		
Total funds brought forward	<u>35,576</u>	<u>67,531</u>
Total funds carried forward	<u><u>19,329</u></u>	<u><u>35,576</u></u>

Back On Track

Detailed Statement of Financial Activities for the Year Ended 5 April 2022 (continued)

	Total 2022 £	Total 2021 £
<i>Donations and legacies</i>		
Appeals and donations - corporate	23,455	12,505
Appeals and donations - anonymous	-	39
Appeals and donations - JustGiving	-	184
Donated services	4,640	4,800
	28,095	17,528
<i>Raising funds</i>		
Fundraising costs	-	1,416
	-	1,416
<i>Charitable activities</i>		
Direct costs	15,380	7,123
Grants payable - individuals	660	3,508
Consultancy fees	4,640	4,800
	20,680	15,431
<i>Other expenditure</i>		
Printing, postage and stationery	858	990
Sundry expenses	-	42
Advertising	1,400	4,200
Web maintenance	716	2,835
Consultancy fees	14,400	14,400
Legal and professional fees	4,000	8,216
Bank charges	224	123
Independent Examiner's remuneration	2,064	1,830
	23,662	32,636

Back On Track

Independent Examiner's Report to the trustees of Back On Track

I report to the trustees on my examination of the accounts of Back On Track for the year ended 5 April 2022.

Responsibilities and basis of report

As the charity trustees of Back On Track 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 Back On Track'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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Back On Track as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.



.....
JM Russell FCA

Just Audit & Assurance Ltd
37 Market Square
Witney
OX28 6RE

17 February 2023

BACK ON TRACK

England & Wales - Charity number 1169764

Accounts

Charity registration number: 1169764

Back On Track

Annual Report and Financial Statements

for the Year Ended 5 April 2021

Back On Track

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Back On Track

Reference and Administrative Details

Patrons	Dr Aamer Khan Mark Allen
Ambassador	Salvio Cachia
Trustees	Kathleen Anne Costello, Chair Lesley Reynolds Dee Carpenter Michael Rust Paula Hall Melanie Faldo
Senior Management / Leadership Team	Amy Colley, Director of Social Media Sallie Berriff (volunteer), Bookkeeper Alison Barnes (volunteer), Bookkeeper
Charity Registration Number	1169764
Principal Office	48 Harley Street Marylebone London W1G 9PU
Independent Examiner	JM Russell FCA Just Audit & Assurance Ltd 37 Market Square Witney OX28 6RE
Bankers	Lloyds Bank PLC 113 - 117 Oxford Street London W1D 2HW

Back On Track

Chairman's Report

Along with many other charities, particularly the smaller ones, Back on Track found that 2021 proved to be a very tough year. The Board had thought, and hoped, that once we had got through 2020 and the Global Pandemic, we would be able to look forward to an exciting and profitable 2021. This proved not to be the case and we have had to try and find new ways of working during this very difficult time.

I would like to thank my fellow Trustees for everything they have done this year. It has been difficult arranging, postponing and rearranging all our events but, as a Charity, we are so fortunate to have had the wise advice of our Patron, Dr Aamer Khan, and we have been guided by him to ensure that no events were arranged which might have been compromised by the virus. The safety of everyone connected with our Charity has been at the forefront of our thoughts this year which, sadly, meant that we were not able to hold any face-to-face events. It was of even greater importance to us that the veterans we support did not feel that they had been abandoned during this difficult time. It is thanks to the tireless efforts of Paula Hall that the veterans knew that there was always someone they could talk to. She has made sure that she has kept in contact with each of them, according to their needs, and ensured that they have had access to counselling from Mary Griffin who has been an enormous help to those veterans who have been struggling with their mental health.

Mick Rust has taken over the smooth running of our financial affairs but, of course, because we have been unable to have any major fundraising events, we have not had the opportunity to replenish our funds in any meaningful way. As we have looked at new ways of raising money for the charity Melanie Faldo has arranged a new contact in the Art world and we are organising a special exhibition of the artist's work in 2022 to encourage a new network of support. Melanie has also worked hard ensuring that we had wide media coverage for our, behind closed doors, race day with our little mascot, Tony Hudgell, and it is important to thank Mick Rust for his generous donation of a race kart for Tony at this event. The idea, and much of the hard work for this event, was thanks to Dee Carpenter, who has constantly investigated new ideas for fund raising. She has run the whole gamut of pursuing new ideas, from Clay Shooting Days, Golf Days, Cricket Matches, on-line auctions and anything else she could think of to try and raise much needed cash. With the assistance of two great supporters of our Charity, Dee hopes to expand our Race Days so that we can hold events across the country. She has also had the unenviable task of contacting every event venue and cancelling, rebooking and re-cancelling our dates. Miraculously she has managed to keep the goodwill of all these venues and we have rebooked both Buckmore Park for our Race Day and The Landmark Hotel for our Gala Ball for 2022. All our fingers are very firmly crossed that these events will take place. Not only do they provide great revenue for the Charity they give us all an opportunity to be together and enjoy ourselves and this is something that we all need to do more than ever.

Lesley Reynolds has continued tirelessly to work her magic behind the scenes, along with allowing us to use her clinic for Dr Khan to assess our new beneficiaries and for our counselling sessions to be held there. She ensures that all forms of media are constantly kept aware of what is going on in the Charity and publicising every event so that we can reach the widest audience possible. This year we have been delighted to receive Hayley Roberts back into the Back on Track fold in her role as Data and Compliance Officer. We have missed her expertise and she has ensured that all our protocols are fully updated and followed and that our website contains all the necessary information to ensure that our beneficiaries and the wider public are fully informed of what we are doing and who they may need to approach if they should have any issues they would like to address.

Although we have, unfortunately, lost some sponsorship this year, due to the lack of fundraising events we have been able to offer, we are delighted that we are still so fully supported by so many wonderful people including the celebrity, Chizzie Akudolu, who kindly chose us as her preferred charity and won a large donation for us. This funds were much needed and appreciated.

Back On Track

Chairman's Report

Everyone on the Board is looking forward to next year. We have used our (very) many Zoom meetings to look for new ideas and ways of moving forward with the Charity in 2022. We are beginning this with an amazing Christmas Carol Concert in December 2021 and we know that this will just be the beginning of many wonderful events. Even during these difficult times we have had the honour of welcoming new beneficiaries to our Charity and are proud that we have been able to continue offering our services to our amazing veterans. I cannot thank the members of the Board enough for the way they have kept going through all of this, always looking forward to new ventures and always keeping the welfare of our beneficiaries as our most important objective. I think that we have handled a very trying period with great care and consideration of all those involved and I believe that, with the help of our amazing Patrons and Ambassadors, we will find new and exciting ways to let our veterans know how very grateful we are for all they have done for us.

Kathleen Costello
Chair of Back on Track

Back On Track

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 5 April 2021.

Objectives and activities

Objects and aims

The preservation of health, rehabilitation and resettlement into society of former members of the armed forces who have been wounded, physically or psychologically, in particular but not exclusively by providing or assisting in the provision of medical treatment (including reconstructive surgery) emotional and psychological support and facilities or other support at the discretion of the Trustees.

We have worked in partnership with a number of charities, organisations and companies:

- ▯ SSAFA
- ▯ The Not Forgotten Association
- ▯ The Irish Guards
- ▯ The Johnson Beharry Foundation
- ▯ Soldiering on awards
- ▯ The Harley Street Skin Clinic
- ▯ Defence medical Rehabilitation Centre (DMRC)
- ▯ Lee Rigby Foundation

Objectives, strategies and activities

Whilst every effort has been made to assess and advise all of those who approach the Charity, the impact of COVID has severely restricted our ability to treat. Consequently, our support throughout the year has focussed toward outreach services offering comfort, support and reassurance. Looking ahead, and as restrictions are released, we will once more take advantage of our calendar of fundraising activities that not only raise awareness but help provide the financial stability through which to operate.

Fundraising disclosures

Back On Track is committed to high standards with regard to fundraising activity and has complied with all laws relating to charities and fundraising. We are clear, honest and open about our activities and fund raising requirements and received no complaints about our fundraising activities during the year

Back On Track does not employ any professional fundraisers or use commercial participators nor do we cold-call members of the public. Other than sponsored events no fundraising activities are carried out on the charity's behalf by external parties. Back On Track has not signed up to any voluntary fundraising scheme or standards; however, as noted above all, of our fundraising activities are carried out to the highest possible standards.

Public benefit

Working with injured servicemen and women, particularly in the field of skin injuries, Back On Track seeks to offer psychological, physical and medical support to ex-members of the British forces. Such support extends to both scar and aesthetic treatments following the care afforded by the NHS. The charity can also help in other ways such as funding of equipment, facilities for hobbies, the provision of wheelchairs and home alterations, eg wet rooms and accessibility needs.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Back On Track

Trustees' Report

Financial review

Policy on reserves

The charity aims to hold sufficient reserves to provide adequate financial stability and the means for it to meet its charitable objectives for the near future. Total reserves as at 5 April 2021 were £35,576

Principal funding sources

The Charity's source of income during this year has been from fundraising events with activity limited by the COVID pandemic.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Structure, governance and management

Nature of governing document

The charity is constituted as a Charitable Incorporated Organisation (CIO) and is controlled by its governing document, dated 1 April 2016.

If the CIO is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

Recruitment and appointment of trustees

The appointment and induction of new Trustees is regularly reviewed and requires Trustees to demonstrate the way in which their expertise adds value to the work of the charity.

Apart from the first charity Trustees, every Trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity Trustees. There is no maximum number of Trustees but there must be at least four; if the number of Trustees fall below this minimum the remaining trustee or trustees may act only to call a meeting of the charity to appoint new Trustees.

Induction and training of trustees

The charity Trustees make available to each new Trustee, on or before his or her first appointment, a copy of the current constitution and a copy of the latest financial statements, together with Trustees' Report. Thereafter, the training requirements of the Trustees are reviewed regularly at Trustee meetings.

Back On Track

Trustees' Report

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The annual report was approved by the trustees of the charity on 29 June 2022 and signed on its behalf by:

.....
Michael Rust
Trustee



Back On Track

Statement of Financial Activities for the Year Ended 5 April 2021

	Note	Unrestricted £	Total 2021 £	Total 2020 £
Income and Endowments from:				
Donations and legacies	2	17,528	17,528	125,903
Expenditure on:				
Raising funds	3	(1,416)	(1,416)	(446)
Charitable activities	4	(17,261)	(17,261)	(86,061)
Other expenditure	5	<u>(30,806)</u>	<u>(30,806)</u>	<u>(22,593)</u>
Total Expenditure		<u>(49,483)</u>	<u>(49,483)</u>	<u>(109,100)</u>
Net movement in funds		(31,955)	(31,955)	16,803
Reconciliation of funds				
Total funds brought forward		<u>67,531</u>	<u>67,531</u>	<u>50,730</u>
Total funds carried forward	11	<u><u>35,576</u></u>	<u><u>35,576</u></u>	<u><u>67,533</u></u>

All of the charity's activities derive from continuing operations during the above two periods.


The funds breakdown for 2020 is shown in note 11.

Back On Track

(Registration number: 1169764)
Balance Sheet as at 5 April 2021

	Note	2021 £	2020 £
Current assets			
Cash at bank and in hand	9	37,405	72,271
Creditors: Amounts falling due within one year	10	<u>(1,829)</u>	<u>(4,738)</u>
Net assets		<u>35,576</u>	<u>67,533</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>35,576</u>	<u>67,533</u>
Total funds	11	<u>35,576</u>	<u>67,533</u>

The financial statements on pages 7 to 15 were approved by the trustees, and authorised for issue on 29 June 2022 and signed on their behalf by:


.....
Michael Rust
Trustee

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2021

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Back On Track meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Donated services and facilities

Where services or facilities are provided to the charity as a donation that would normally be purchased from our suppliers, this benefit is included in the financial statements at its fair value unless its fair value cannot be reliably measured, then at the cost to the donor or the resale value of goods that are to be sold.

Gift aid

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2021

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grant provisions

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2021

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from companies, trusts and similar proceeds	12,505	12,505
Donated services and facilities	4,800	4,800
Other income from donations and legacies	223	223
Total for 2021	17,528	17,528
Total for 2020	125,903	125,903

3 Expenditure on raising funds

Costs of generating donations and legacies

	Unrestricted General £	Total 2021 £	Total 2020 £
Donations	1,416	1,416	446

4 Expenditure on charitable activities

	Unrestricted General £	Total 2021 £	Total 2020 £
Events and awards	7,123	7,123	72,306
Donated services	4,800	4,800	-
Grant funding of activities	3,508	3,508	12,015
Governance costs	1,830	1,830	1,740
	17,261	17,261	86,061

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2021

	Unrestricted	Total	Total
	General	2021	2020
	£	£	£
5 Other expenditure			Total expenditure
			£
Legal fees	8,216	8,216	-
Marketing and publicity	14,400	14,400	10,100
Printing, postage and stationery	990	990	3,263
Sundry expenses	42	42	-
Travel and subsistence	-	-	1,360
Advertising	4,200	4,200	4,825
Web maintenance	2,835	2,835	2,839
Bank charges	123	123	206
	<u>30,806</u>	<u>30,806</u>	<u>22,593</u>

6 Analysis of governance and support costs

Governance costs

	Unrestricted	Total	Total
	funds	2021	2020
	General	£	£
	£	£	£
Independent examiner fees			
Examination of the financial statements	1,830	1,830	1,740
	<u>1,830</u>	<u>1,830</u>	<u>1,740</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2021

7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

8 Taxation

The charity is a registered charity and is therefore exempt from taxation.

9 Cash and cash equivalents

	2021 £	2020 £
Cash on hand	48	48
Cash at bank	<u>37,357</u>	<u>72,223</u>
	<u>37,405</u>	<u>72,271</u>

10 Creditors: amounts falling due within one year

	2021 £	2020 £
Accruals	1,829	1,738
Deferred income	<u>-</u>	<u>3,000</u>
	<u>1,829</u>	<u>4,738</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2021

11 Funds

	Balance at 6 April 2020 £	Incoming resources £	Resources expended £	Balance at 5 April 2021 £
Unrestricted				
General	<u>67,531</u>	<u>17,528</u>	<u>(49,483)</u>	<u>35,576</u>
	Balance at 6 April 2019 £	Incoming resources £	Resources expended £	Balance at 5 April 2020 £
Unrestricted				
General	<u>50,730</u>	<u>125,903</u>	<u>(109,100)</u>	<u>67,533</u>

12 Analysis of net assets between funds

	Unrestricted General £	Total funds £
5 April 2021		
Current assets	37,405	37,405
Current liabilities	<u>(1,829)</u>	<u>(1,829)</u>
Total net assets	<u>35,576</u>	<u>35,576</u>
	Unrestricted General £	Total funds £
5 April 2020		
Current assets	72,271	72,271
Current liabilities	<u>(4,738)</u>	<u>(4,738)</u>
Total net assets	<u>67,533</u>	<u>67,533</u>

Back On Track

Notes to the Financial Statements for the Year Ended 5 April 2021

13 Analysis of net funds

	At 6 April 2020 £	At 5 April 2021 £
Cash at bank and in hand	<u>72,271</u>	<u>72,271</u>
Net debt	<u>72,271</u>	<u>72,271</u>

	At 6 April 2019 £	Financing cash flows £	At 5 April 2020 £
Cash at bank and in hand	<u>52,219</u>	<u>20,052</u>	<u>72,271</u>
Net debt	<u>52,219</u>	<u>20,052</u>	<u>72,271</u>

14 Related party transactions

During the year the charity made the following related party transactions:

Dee Carpenter
(Trustee)

During the year the Charity paid £14,400 (2020 £3,600) in respect of consultancy services. At the balance sheet date the amount due to/from Dee Carpenter was £Nil (2020 - £Nil).

Back On Track

Detailed Statement of Financial Activities for the Year Ended 5 April 2021

	Total 2021 £	Total 2020 £
Income and Endowments from:		
Donations and legacies (analysed below)	<u>17,528</u>	<u>125,903</u>
Total income	<u>17,528</u>	<u>125,903</u>
Expenditure on:		
Raising funds (analysed below)	(1,416)	(446)
Charitable activities (analysed below)	(15,431)	(84,321)
Other expenditure (analysed below)	<u>(32,636)</u>	<u>(24,333)</u>
Total expenditure	<u>(49,483)</u>	<u>(109,100)</u>
Net (expenditure)/income	<u>(31,955)</u>	<u>16,803</u>
Net movement in funds	(31,955)	16,803
Reconciliation of funds		
Total funds brought forward	<u>67,531</u>	<u>50,730</u>
Total funds carried forward	<u><u>35,576</u></u>	<u><u>67,533</u></u>

Back On Track

Detailed Statement of Financial Activities for the Year Ended 5 April 2021

	Total 2021 £	Total 2020 £
<i>Donations and legacies</i>		
Appeals and donations - corporate	12,505	105,450
Appeals and donations - individual	-	14,590
Appeals and donations - anonymous	39	5,073
Appeals and donations - JustGiving	184	790
Donated services	4,800	-
	<u>17,528</u>	<u>125,903</u>
<i>Raising funds</i>		
Fundraising costs	1,416	446
	<u>1,416</u>	<u>446</u>
<i>Charitable activities</i>		
Direct costs	7,123	72,306
Grants payable - individuals	3,508	12,015
Consultancy fees	4,800	-
	<u>15,431</u>	<u>84,321</u>
<i>Other expenditure</i>		
Printing, postage and stationery	990	3,263
Sundry expenses	42	-
Travel and subsistence	-	1,360
Advertising	4,200	4,825
Web maintenance	2,835	2,839
Consultancy fees	14,400	10,100
Legal and professional fees	8,216	-
Bank charges	123	206
Independent Examiner's remuneration	1,830	1,740
	<u>32,636</u>	<u>24,333</u>

Back On Track

Independent Examiner's Report to the trustees of Back On Track

I report to the trustees on my examination of the accounts of Back On Track for the year ended 5 April 2021.

Responsibilities and basis of report

As the charity trustees of Back On Track you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

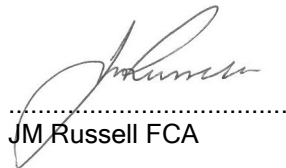
I report in respect of my examination of the Back On Track's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Back On Track as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.



.....
JM Russell FCA

Just Audit & Assurance Ltd
37 Market Square
Witney
OX28 6RE

1 July 2022