

HELP A SQUADDIE

England & Wales · Charity number 1182523

Details

Status Registered

Legal form CIO

Registered 2019-03-18

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

Contact

Address St. Johns Church
Hednesford Road
Heath Hayes
Cannock
Staffordshire
WS12 3DZ

Phone 03003651332

Email admin@helpasquaddie.org.uk

Website <https://helpasquaddie.org.uk/>

Activities

Objects: TO RELIEVE EX-MILITARY SERVICES PERSONNEL AND THEIR FAMILIES WHO ARE IN NEED BY REASON OF THEIR AGE, ILL HEALTH OR DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING A DROP IN FACILITY AND OTHER SERVICES TO MEET THEIR NEEDS AND CAPABILITIES AND HELP THEM ADAPT TO LIFE OUTSIDE THE ARMED FORCES.

Activities: We help Veterans get back on their by providing homeless Veterans a stable home at The Russell Aston Home For Veterans and provide any further support they may need.

Classification

- **How:** Provides Other Finance, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability, Accommodation/housing, Economic/community Development/employment
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Derbyshire
- Staffordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£177,644	£87,238	-	-
2024-09-30	£96,931	£84,788	-	-
2023-09-30	£386,906	£376,950	-	-
2022-09-30	£77,100	£55,956	-	-
2021-09-30	£37,407	£29,304	-	-
2020-09-30	£26,525	£39,183	-	-

Trustees

Name	Role	Appointed
Stuart Urquhart	Chair	2025-01-08
Craig Barrington		2025-01-08
MR A FESSEY		2018-09-20
Mike Aston Mr		2019-11-02
Patrick Ryan Mr		2024-04-17

Accounts

Help A Squaddie

Trustees' Annual Report

For the period 30 September 2024 to 30 September 2025

Registered Charity Number: 1182523

Supporting vulnerable and homeless veterans through housing, wellbeing, crisis intervention, peer support and recovery-focused services.

Charity name	Help A Squaddie
Reporting period	30/09/2024 to 30/09/2025
Principal project	The Russell Aston Home For Veterans
Principal address	St John's Church, Hednesford Road, Heath Hayes, Cannock, Staffordshire, WS12 3DZ

Objectives and Activities

Charitable purpose	To develop the capacity and skills of socially and economically disadvantaged ex-military personnel and their families within Staffordshire and South Derbyshire.
Public benefit statement	The trustees confirm that they have had regard to the Charity Commission's guidance on public benefit. The charity delivers public benefit through supported accommodation, drop-in sessions, a mental health helpline, food support, practical welfare help and ongoing casework for veterans and their families.

Main activities delivered for public benefit

- Operated The Russell Aston Home For Veterans, providing supported accommodation for veterans experiencing homelessness or crisis.
- Delivered regular drop-in support, practical guidance and signposting for veterans and their families.
- Supported homeless veterans into safe accommodation and helped residents work towards move-on housing.
- Provided crisis support through the veterans' helpline, including mental health and suicide intervention support.
- Assisted veterans with food parcels, emergency supplies and essential household items.
- Ran the monthly Veterans Breakfast Club to reduce isolation and strengthen peer support.

Case Studies and Achievements

Over the past year, Help A Squaddie has continued to provide life-changing support to vulnerable veterans through housing, wellbeing, peer support, crisis intervention and recovery-focused services. The charity helps veterans move from crisis towards stability, independence and hope.

Key achievements in 2024–2025

- Supported around 250 veterans overall through housing support, welfare guidance, food support, crisis intervention, mentoring and ongoing casework.
- Provided accommodation and intensive support for 8 residents through The Russell Aston Home For Veterans.
- Opened the onsite gym at The Russell Aston Home For Veterans, creating a dedicated wellbeing and recovery space for residents.
- Maintained a family-style supported housing environment focused on long-term recovery, not simply emergency accommodation.
- Continued to deliver the Veterans Breakfast Club, helping reduce social isolation and build trusted relationships.
- Supported veterans into employment, benefits access, therapy, healthcare, independent living and move-on accommodation.
- Strengthened partnerships with Walking With The Wounded, Operation NOVA, Veterans Aid, NHS partners and local police.
- Improved safeguarding, governance, volunteer management and resident support systems.
- Increased community engagement through fundraising events, volunteer recruitment, business support and donation campaigns.
- Continued development planning for a second veterans' home to meet rising demand for accommodation and support.

Wellbeing and recovery through the onsite gym

The onsite gym has become a vital part of daily life within The Russell Aston Home For Veterans. It supports residents to improve physical health, mental wellbeing, confidence, self-esteem, teamwork and peer support. It also provides a positive daily routine and a safe space for residents to work together, encourage one another and rebuild confidence.

A home that builds community

Residents are now known and trusted by the local community. Elderly neighbours regularly turn to them for help, advice and companionship. Residents help at the local church and contribute to the breakfast club for other veterans. The Russell Aston Home For Veterans is therefore not only helping residents recover; it is helping them become active, valued members of the community.

Case Study: R

R, a veteran in his 80s, was referred to Help A Squaddie through a social prescriber after experiencing severe isolation and loneliness. He had become disconnected from his community and was spending long periods alone, which affected his wellbeing and confidence.

Help A Squaddie matched R with a volunteer who began taking him out once a week for companionship and social activities. Over time, this became a trusted source of support and helped R regain confidence and feel valued again. The impact was particularly clear at Christmas, when the volunteer invited R to join her family for Christmas dinner so he was not alone.

The charity also arranged transport for R to attend the monthly Veterans Breakfast Club, helping him reconnect with other veterans, build friendships and feel part of a supportive community again. This support has reduced his isolation, improved his wellbeing and given him a renewed sense of belonging.

Case Study: T

T self-referred to the Help A Squaddie helpline when he was in desperate need of mental health support. A caseworker arranged a home visit the following day and began working closely with both T and his family.

Over 18 months, the caseworker supported T with alcohol abstinence, emotional wellbeing, practical guidance and several very difficult life events. By building trust and maintaining regular contact, the charity provided stability and reassurance for both T and his family.

T is now in a much better and more settled place, with support still available whenever needed. This long-term intervention has improved T's wellbeing, strengthened family stability and helped him move forward positively.

Case Study: K

K made a direct referral to Help A Squaddie after becoming homeless following a relationship breakdown. Following assessment, she was offered a place at The Russell Aston Home For Veterans, where she received accommodation and ongoing support to rebuild stability and confidence.

During her time at the home, the charity provided emotional support, practical guidance and assistance with housing and day-to-day stability. After just three months, K was offered her own property through a local council and moved on into independent accommodation.

K is now thriving and moving forward positively, demonstrating the impact that timely intervention, stable housing and consistent support can have for veterans facing homelessness and crisis.

Volunteers

Volunteers remain central to the charity's work. They support drop-in sessions, the Veterans Breakfast Club, food support, companionship, transport, practical assistance and fundraising activities. Volunteers also help create the family-style atmosphere that makes The Russell Aston Home For Veterans a safe, supportive and recovery-focused environment.

The charity continues to strengthen volunteer management, boundaries, safeguarding awareness and training to ensure veterans receive safe, consistent and appropriate support.

Achievements and Performance

Help A Squaddie has become increasingly well known across the UK. The charity receives calls from veterans, families and other organisations seeking advice and support. It works closely with partner charities and statutory agencies to ensure veterans receive wraparound care that meets their housing, welfare, emotional and practical needs.

The opening and continued development of The Russell Aston Home For Veterans remains the charity's biggest achievement to date. It has provided a safe base for veterans in crisis and a structured environment where residents can rebuild confidence, routine and independence.

Financial Review

Financial position	The trustees consider the charity to be financially stable at the end of the reporting period.
Reserves policy	The charity aims to hold £30,000 in reserves to maintain continuity of services, cover overheads and respond to urgent veteran need.
Reserves held	£20,000
Principal sources of funds	Grants, fundraising events and activities, donations, and rental income from The Russell Aston Home For Veterans.
Going concern	The trustees have not identified any material uncertainty at this time that would affect the charity's ability to continue as a going concern.

Principal Risks and Management

The trustees continue to monitor risks linked to funding, safeguarding, volunteer management, resident support needs, property costs and increasing demand for veteran accommodation. During the year, the charity strengthened governance, safeguarding systems and resident support processes to improve resilience and sustainability.

Structure, Governance and Management

Governing document	Charitable Incorporated Organisation with constitution.
How the charity is constituted	Constitution.
Trustee selection	New trustees are selected by the existing board of trustees and the CEO. The charity considers gaps in board skills, seeks references and relevant experience, and values lived experience of veterans' issues where appropriate.

Trustees

Name	Office	Dates acted if not whole year	Appointed by
Stuart Urquhart	Chairperson		
Mike Aston			
Ayden Fessey	Treasurer		
Patrick Ryan			
Craig Barrington			

Reference and Administrative Details

Charity name	Help A Squaddie
Registered charity number	1182523
Principal address	St John's Church, Hednesford Road, Heath Hayes, Cannock, Staffordshire, WS12 3DZ

Declaration

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

Signed on behalf of the trustees	
Full name	Stuart Urquhart
Position	Chair
Date	24/04/2026

Impact in Pictures

The following images demonstrate the wellbeing facilities, community support, and recovery-focused environment delivered through Help A Squaddie and The Russell Aston Home For Veterans.



The Russell Aston Home For Veterans



Onsite gym facilities supporting veteran wellbeing and recovery



Recovery and rehabilitation space including sauna and inversion therapy



Cold water recovery facilities used to support mental and physical wellbeing



Strength and conditioning equipment installed for resident use



Wellbeing and fitness facilities at The Russell Aston Home For Veterans



Veterans Breakfast Club helping reduce social isolation



Community engagement and peer support activities

Help a Squaddie
Income and Expenditure Account
1st October 2024 - 30th September 2025

	<u>- 2025 -</u>	<u>- 2024 -</u>	<u>- 2023 -</u>
Income			
Collection, Donations & Events	4,949.90	3,675.78	2,896.09
Sales	-	-	30.00
Interest Income	355.47	575.27	-
Fundraising	10,521.37	5,653.59	6,332.64
Rental Income RAHFV	38,567.79	52,581.66	18,867.89
Grants	100,000.00	3,500.00	19,320.00
Restricted Income	23,250.00	30,945.00	339,460.02
	£177,644.53	£96,931.30	£386,906.64
Expenditure			
Salary Expenses	43,679.95	32,607.28	12,600.00
Office Costs	2,300.00	1,400.00	4,056.07
Client Drop-in Centre	1,863.76	1,236.47	2,384.96
House upkeep	15,479.00	11,938.97 <u>Amended</u>	8,099.02
Equipment/Fund Raising costs	1,370.44	1,368.86	3,675.57
Client Support	11,947.19	10,748.78	13,014.54
Unrestricted Funds Spent	0.00	0.00	0.00
Restricted Funds Spent	1,029.82	22,450.99 <u>Amended</u>	31,502.85
Insurance	256.16	246.16	866.97
Training & Subscriptions	296.12	90.00	0.00
Post, printing & stationery	1,180.53	99.73	16.31
Accounts	456.00	300.00	250.00
Professional Fee's	0.00	0.00	0.00
Travel costs	5,574.07	128.20	652.80
Website	914.38	514.03	0.00
Bad Debt	0.00	0.00	0.00
Bank Charge	0.00	34.65	
Depreciation	0.00	888.04	443.96
Phones	607.14	658.01	904.35
Other	283.51	78.71	360.30
	£87,238.07	£84,788.88	£78,827.70

Surplus / (Deficit)	£90,406.46	£12,142.42	£308,078.94
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Balance Sheet as the Year Ended 30th September 2023

Current Account Opening Balance as @ 1 Oct 2024	44,633.52	69,428.76	68,872.02
Surplus / (Deficit) for the Year	90,406.46	12,142.42	308,078.94
Movement Summary	£135,039.98	£81,571.18	£376,950.96
Current Account Closing Balance as @ 30 Sept 2025	74,561.05	44,633.52	69,428.76
Deposit Account Closing Balance as @ 30 Sept 2025	105.09	40,149.62	
Quick Access Closing Balance as @ 30 Sept 2025	100,000.00		
Computer Equipment Balance as @ 30 Sept 2025	-	-	288.02
Fixtures & Fittings Balance as @ 30 Sept 2025	-	-	600.02
Property Balance as @ 30 Sept 2025	306,880.84	306,880.84	306,880.84
Creditors	- 2,047.14	- 2,570.60	- 246.68
	£479,499.84	£389,093.38	£376,950.96
	£344,459.86	£307,522.20	

Funds Summary

Restricted Funds - Lotto	24,429.04	4,429.04	4,429.04
Restricted Funds - Government	1,454.40	1,454.40	1,454.40
Restricted Funding - SCC Fund Grant	3,200.00	3,200.00	0.00
Restricted Funds - Know your Neighbor	9,794.67	10,294.67	8,563.17
Restricted Funds - Crowdfunder	728.01	728.01	728.01
Restricted Funds - Morrisons Garden	1,375.85	1,456.77	3,164.66
Restricted Funds - Veolia Enviromental Grant	300.00	300.00	0.00
Restricted Funds - RAHFV Grant	1,010.47	1,010.47	1,010.47
Restricted Funds - Awards for All 23	3,692.69	4,141.59	0.00
Restricted Funds - Groundworks UK	4,375.00	1,125.00	0.00
Restricted Funds - Together Active Fund	3,321.95	3,321.95	0.00
Unrestricted Funds	425,817.76	357,738.34	357,589.93
	£479,499.84	£389,093.38	£376,950.96
	£0.00	£0.00	

ACCOUNTANT'S REPORT

The above Income & Expenditure account for the year ending 30th September 2025 has been prepared without



Independent examiner's report on the accounts

Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Help-a-Squaddie

**On accounts for the year
ended**

30th September 2025

**Charity no
(if any)**

1182523

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

P Johnson

Date:

09th April 2026

Name:

Philippa Johnson

MJ Accountancy Ltd

Address:

Suites 2 & 3 Bow Street Chamber

½ Bow Street

Rugeley, Staffs WS15 2BT

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.

No other matters arise at this time.

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 30/09/2023 Period start date

To 30/09/2024 Period end date

Charity name: Help A Squaddie

Charity registration number: 1182523

Objectives and Activities

	SORP referenc e	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	We aim to help develop the capacity and skills of the socially and economically disadvantaged ex-military community and their families within the Staffordshire and South Derbyshire area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	1. Opened The Russell Aston Home For Veterans 2. Organised regular, successful drop-in sessions for veterans. 3. Rehoused several homeless veterans at The Russell Aston Home For Veterans 4. Intervened successfully in suicide interventions through our veteran's helpline. 5. Assisted veterans with household items. 6. Canoeing and cycling sessions for veterans and their families. <u>CASE STUDIES AND ACHIVEMENTS</u> In 2023, we proudly opened the doors to <i>The Russell Aston Home for Veterans</i> – a purpose-driven residential facility designed to provide stability, dignity, and tailored support to homeless and vulnerable veterans. Named in honour of Corporal Russell Aston, this home serves as a lasting tribute to those who served and a beacon of hope for those rebuilding their lives after crisis.

		The opening marked a significant milestone in our charity's mission, creating a safe, supportive, and structured environment where veterans can access housing, therapy, community connection, and peer-led rehabilitation. Since its launch, the home has exceeded expectations in both reach and impact. <u>A home that builds a community</u> The Residents are now known and trusted by the local community. Elderly neighbours regularly turn to them for help, advice, and companionship, like when one resident asked them to remove a frog from her garden. These small acts show the organic, neighbourly relationships growing around the home. Residents of the Russell Aston Home aren't just recovering—they are becoming pillars of the community. <u>Other Achievements</u> Over 200 veterans were directly supported by Help A Squaddie, with an additional 300+ indirect beneficiaries, including families, carers, and community members. Four full-time volunteers have progressed through our support pathways and now actively mentor, support, and engage new residents. Mental health support expanded to include: • One-to-one therapy sessions with qualified professionals • Partnerships with local gyms to support those who manage mental health through physical activity Family days and breakfast clubs are held regularly to combat loneliness and encourage reintegration. These sessions receive referrals from GPs and social prescribers, particularly for isolated older veterans. A community transport scheme in partnership with a local taxi firm, offering free rides to those
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		unable to drive, increasing access to events and services. Local engagement has flourished, turning the home into a true community hub where neighbours offer meals, chat with residents, and request help with small tasks, fostering grassroots volunteering. Case Study 1: D – From Isolation to Leadership D came to us following a referral from another homeless charity after a prolonged period of street homelessness. He presented with signs of substance use, poor physical condition, and deep emotional distress, admitting he was too ashamed to visit his elderly parents. After a clean drug and alcohol test, we welcomed D into the home. He revealed a prior diagnosis of bipolar disorder, which had gone unmanaged. With tailored support from our team, particularly a staff member experienced in bipolar care, D underwent a full mental health reassessment and medication review. Within eight weeks, D had undergone a profound transformation. He now manages our breakfast club and is a welcoming presence for all new residents. His journey from crisis to contribution embodies the mission of our charity. Case Study: M’s Journey to Independence M self-referred to the Russell Aston Home for Veterans after experiencing homelessness. At the time, he was feeling lost, demoralised, and uncertain about his future. From the moment he arrived, M showed a genuine commitment to rebuilding his life. He quickly settled into his room and embraced the supportive environment of the house. From the outset, M demonstrated a proactive attitude. He enrolled in several courses designed to enhance his CV and improve his employability, including digital skills training and a workplace readiness programme. His motivation to make positive changes inspired both staff and fellow residents.
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		M quickly became a valued member of the household. He was always the first to welcome new residents, offering a listening ear and helping them adjust to life at the home. His natural leadership and kindness made a significant impact on the morale of the house. One of M's standout contributions was redecorating the main communal living area. He took pride in making the space more welcoming and homely, and the transformation boosted the spirits of everyone in the house. This project gave M a sense of ownership, purpose, and confidence, reminding him of the skills and value he still had to offer. With the stability and support provided at the Russell Aston Home, M made incredible progress quickly. He has now moved on to independent accommodation and continues to thrive. He remains in touch with the team and is proud of how far he's come. M is on track for long-term success, and his journey is a powerful reminder of what can be achieved when veterans are given the right environment to rebuild their lives. Case Study: J's Ongoing Journey to Recovery J self-referred to the Russell Aston Home for Veterans following a long and difficult period of on-and-off homelessness. Like many veterans we support, J was facing significant challenges, particularly with alcohol and cocaine addiction. Despite these struggles, J showed determination to turn his life around and embraced the opportunity the Home offered. Upon arrival, J made an immediate positive impression. He quickly established a routine, attending the gym daily and engaging fully with house life. His focus on fitness and self-improvement was encouraging to both staff and fellow residents, and for a time, it appeared that he was firmly on the path to recovery. However, as is often the case with addiction, J's journey was not a straight line. Sadly, he suffered a relapse. Due to the Russell Aston Home's strict zero-tolerance policy on drug and alcohol use—essential to protect the wider community within the house—J was required to leave the property. This was a difficult but necessary decision, made with J's best interests at heart. Understanding that
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		J still needed support, we acted quickly to find an appropriate placement. We secured a place for him at a specialist rehabilitation centre we had worked with in the past, where he would be surrounded by professional addiction specialists and a programme specifically tailored to his needs. Although J's time with us came to an early close, his story reflects our commitment to ensuring every veteran gets the right support, even when it falls outside the immediate scope of the Russell Aston Home. We remain hopeful for J's recovery and will continue to support him in whatever ways we can as he works towards a brighter future. Impact Summary: Tailoring Support to Individual Needs The journeys of M and J highlight the Russell Aston Home for Veterans' commitment to providing the right support to each individual, no matter where they are on their path to recovery. M's story is a clear example of how a stable, structured environment can empower a motivated individual to quickly rebuild their life. With access to education, meaningful responsibilities within the home, and a strong sense of community, M was able to regain his confidence, develop new skills, and transition successfully to independent living. J's experience, though more complex, is equally important. His initial progress showed the positive influence of routine and structure. However, when deeper challenges related to addiction emerged, we acted quickly and compassionately. Upholding our house rules ensured the safety and stability of the community, while simultaneously sourcing specialist rehabilitation support gave J the best possible chance of longer-term recovery. These three contrasting stories demonstrate that success at the Russell Aston Home for Veterans is not about a one-size-fits-all approach. Instead, it is about meeting each veteran where they are—providing the stability, encouragement, and, when necessary, the specialist interventions needed to give every individual the opportunity for a better future. Our flexibility, compassionate decision-making, and focus on long-term wellbeing remain at the heart of everything we do. Whether a veteran thrives within our home or needs more specialist
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		support elsewhere, our mission is always the same: to give them the best possible chance of reclaiming their lives with dignity and hope.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We have had regard to the guidance issued for public benefit and have met this by facilitating drop-in sessions, running a mental health helpline and a veterans' foodbank alongside the opening of The Russell Aston Home For Veterans.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment, including program-related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Volunteers have helped run regular drop-in sessions for veterans and their families, and run a successful veterans' food bank, as well as walking and other outdoor activities. All volunteers are now trained in Military MHFA, so they have a better understanding of the

		issues that veterans face.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Help A Squaddie has fast become well known within the UK. The Charity now receive calls from Veterans, their families, and other Charities for advice and support. The Charity works well with other Charities to ensure that the very best wrap around care is given to all who get referred or make a self-referral. Our Biggest achievement to date is the opening of The Russell Aston Home For Veterans

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is financially sound.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to always keep £30000 in reserve so we can keep the charity running efficiently and cover all our overheads.
Amount of reserves held	Para 1.22	£20000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	At the moment, we face no uncertainties as we are financially stable.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Various grants and fundraising events/activities. Rental income from The Russell Aston Home For Veterans.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	None at this time.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Charitable incorporated organisation with constitution.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Constitution
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Any New Trustee is selected by current board of trustees and the CEO. We are constantly trying to find any gaps in the skillset of the board and we will advertise through our local support organisation Support Staffordshire if and when needed. We ask for references and previous experience of a trustees role. We also prefer to have trustees with lived experience of Veterans issues.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Help A Squaddie
Other name the charity uses	
Registered charity number	1182523
Charity's principal address	St John's Church, Hednesford Road, Heath Hayes, Cannock, Staffordshire.

	WS12 3DZ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Cameron Urquhart	Chairperson		
2	Mike Aston			
3	Ayden Fessey	Treasurer		
4	Patrick Ryan			
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19				
20				

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Cameron Urquhart

Position (eg Secretary,
Chair, etc)

Chair

Date

24/04/25

Help a Squaddie
Income and Expenditure Account
1st October 2023 - 30th September 2024

	<u>- 2024 -</u>	<u>- 2023 -</u>
Income		
Collection, Donations & Events	3,675.78	2,896.09
Sales	-	30.00
Interest Income	575.27	-
Fundraising	5,653.59	6,332.64
Rental Income RAHFV	52,581.66	18,867.89
Grants	3,500.00	19,320.00
Restricted Income	30,945.00	339,460.02
	£96,931.30	£386,906.64
Expenditure		
Salary Expenses	32,607.28	12,600.00
Office Costs	1,400.00	4,056.07
Client Drop-in Centre	1,236.47	2,384.96
House upkeep	560.38	8,099.02
Equipment/Fund Raising costs	1,368.86	3,675.57
Client Support	10,748.78	13,014.54
Restricted Funds Spent	33,829.58	31,502.85
Insurance	246.16	866.97
Training & Subscriptions	90.00	0.00
Post, printing & stationery	99.73	16.31
Accounts	300.00	250.00
Professional Fee's	0.00	0.00
Travel costs	128.20	652.80
Website	514.03	0.00
Bad Debt	0.00	0.00
Bank Charge	34.65	
Depreciation	888.04	443.96
Phones	658.01	904.35
Other	78.71	360.30
	£84,788.88	£78,827.70
Surplus / (Deficit)	£12,142.42	£308,078.94

Balance Sheet as the Year Ended 30th September 2023

Current Account Opening Balance as @ 1 Oct 2023	69,428.76	68,872.02
Surplus / (Deficit) for the Year	12,142.42	308,078.94
Movement Summary	£81,571.18	£376,950.96
Current Account Closing Balance as @ 30 Sept 2024	44,633.52	69,428.76
Deposit Account Closing Balance as @ 30 Sept 2024	40,149.62	
Computer Equipment Balance as @ 30 Sept 2024	-	288.02
Fixtures & Fittings Balance as @ 30 Sept 2024	-	600.02
Property Balance as @ 30 Sept 2024	306,880.84	306,880.84
Creditors	- 2,570.60	- 246.68
	£389,093.38	£307,522.20
	£389,093.38	£376,950.96

Funds Summary

Restricted Funds - Lotto	4,429.04	4,429.04
Restricted Funds - Government	1,454.40	1,454.40
Restricted Funds - National Grid	-106.86	0.00
Restricted Funding - SCC Fund Grant	3,200.00	0.00
Restricted Funds - J Jukes Garden	0.00	0.00
Restricted Funds - Onestop	0.00	0.00
Restricted Funds - Know your Neighbor	10,294.67	8,563.17
Restricted Funds - Crowdfunder	728.01	728.01
Restricted Funds - Morrisons Garden	1,456.77	3,164.66
Restricted Funds - Charitable giving Amazon	0.00	11.28
Restricted Funds - Veolia Enviromental Grant	300.00	0.00
Restricted Funds - RAHFV Grant	1,010.47	1,010.47
Restricted Funds - Awards for All 23	4,141.59	0.00
Restricted Funds - Groundworks UK	1,125.00	0.00
Restricted Funds - Together Active Fund	3,321.95	0.00
Unrestricted Funds	357,738.34	357,589.93
	£389,093.38	£0.00
	£389,093.38	£376,950.96

ACCOUNTANT'S REPORT

The above Income & Expenditure account for the year ending 30th September 2023 has been prepared without full audit from books, records, information and explanations supplied and is in accordance therewith.

MJ Accountancy Ltd.

Rugeley, Staffs
11th April 2025



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Help-a-Squaddie

**On accounts for the year
ended**

30th September 2024

**Charity no
(if any)**

1182523

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: P Johnson

Date: 11th April 2025

Name: Philippa Johnson

MJ Accountancy Ltd

Address: Suites 2 & 3 Bow Street Chamber

½ Bow Street

Rugeley, Staffs WS15 2BT

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.

No other matters arise at this time.

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 30/09/2022

Period start date To 30/09/23

Period end date

Charity name: Help A Squaddie

Charity registration number:1182523

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Our aim is to help develop the capacity and skills of the socially and economically disadvantaged community of ex-military and their families within the Staffordshire and South Derbyshire area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	1. Provided Fresh/ambient Food Parcels and provided online food shops for veterans and their families. 2. Assisted veterans in Mental Health Crisis with emergency therapy and NHS (Tils) ongoing therapy. 3. Hosted a monthly breakfast for veterans and their families. 4. Opened The Russell Aston Home For Veterans. 5. Organised various water sports activities including canoeing/paddleboarding and a water-based obstacle course. 6. Organised veterans walking and cycling activities. 7. Paid for veterans to attend bushcraft weekends. 8. Provided Christmas gifts and food. 9. Paid for hotels and food for homeless veterans. 10. Provided clothing for veterans. 11. Social care for elderly isolated veterans including transport.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We have had regard to the guidance issued for public benefit and have met this by facilitating Drop in sessions, running a mental health helpline and veterans foodbank as well as opening The Russell Aston Home For Veterans.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	January 2023 The Charity opened The Russell Aston Home For Veterans, with the official opening 24th June 2023 to commemorate the 20th anniversary year of Cpl Russell Astons passing. The home has gone on to provide accommodation to 8 homeless veterans so far, which has led to the property being at full capacity, and now with a waiting list. <u>Case studies</u> J being a young veteran, finding himself homeless sleeping in his car, contacted The Charity via a Social Prescriber from his GP. The Charity provided J with immediate emergency accommodation, also providing emotional and social support. The Charity liaised with the Local Council, and J has gone on to permanent housing, and is now in a better position in his life. S was referred to The Charity by his friend, after S became homeless over night. The local Council provided S accommodation in a hotel, however S hadn't any cooking facilities. The Charity stepped in and provided meals

		daily for 2 months, until S was eventually placed in to permanent accommodation. M rang The Charity Caseworker after he was unfortunately subjected to DV, which led to him having to leave his property immediately for his safety. The Charity housed M and provided strong emotional support day and night, until M felt strong enough to move on to his own home. Support with M is ongoing. R being an elderly veteran became socially isolated, and struggled with anxiety and depression. The Charity visit R weekly and give daily phone calls to ensure that he is well. R now attends social events accompanied by a volunteer for The Charity, with the volunteer providing transport. Recently R was unwell, and The Charity have supported R with his medical appointments.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	The Charity are now in a fortunate position that the general public and businesses now fundraise on behalf of the charity. We also have our own merchandise.
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to keep £20000 in reserve at all times so we can keep the charity running efficiently and cover all our overheads.
Amount of reserves held	Para 1.22	£20000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Like All Charities money is uncertain but we now have a steady stream of income.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Public fundraising. Business fundraising. National lottery grants. Various other grants. Rental income.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	No immediate risk.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable incorporated organisation with constitution
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Any New Trustee is selected by current board of trustees and the CEO. We are constantly trying to find any gaps in the skillset of the board and we will advertise through our local support organisation Support Staffordshire if and when needed. We ask for references and previous experience of a trustees role

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Help A Squaddie
Other name the charity uses	
Registered charity number	1182523
Charity's principal address	St Johns Church Hednesford Road, Cannock. WS12 3DZ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Cameron Urquhart	Chairman		
2	Ayden Fessey	Treasurer		
3	Mike Aston			
4				
5				
6				
7				
8				
9				
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12				
13				
14				
15				
16				
17				
18				
19				
20				

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Cameron Urquhart

Position (eg Secretary,
Chair, etc)

CEO

Date

09/06/2024

Help a Squaddie
Income and Expenditure Account
1st October 2022 - 30th September 2023

	- 2023 -	- 2022 -
Income		
Collection, Donations & Events	2,896.09	3,396.65
Sales	30.00	1,692.52
Fundraising	6,332.64	5,114.56
Rental Income RAHFV	18,867.89	-
Grants	19,320.00	-
Restricted Income	339,460.02	66,896.57
	£386,906.64	£77,100.30
Expenditure		
Salary Expenses	12,600.00	0.00
Office Costs	4,056.07	4,167.78
Client Drop-in Centre	2,384.96	5,202.86
House upkeep	8,099.02	0.00
Equipment/Fund Raising costs	3,675.57	4,665.21
Client Support	13,014.54	9,697.88
Restricted Funds Spent	31,502.85	26,948.03
Insurance	866.97	246.16
Training & Subscriptions	0.00	1,150.00
Post, printing & stationery	16.31	5.00
Accounts	250.00	250.00
Professional Fee's	0.00	400.00
Travel costs	652.80	1,892.85
Website	0.00	341.29
Bad Debt	0.00	265.00
Depreciation	443.96	516.97
Phones	904.35	0.00
Other	360.30	207.49
	£78,827.70	£55,956.52
Surplus / (Deficit)	£308,078.94	£21,143.78
Balance Sheet as the Year Ended 30th September 2023		
Current Account Opening Balance as @ 1 Oct 2022	68,872.02	47,728.24
Surplus / (Deficit) for the Year	308,078.94	21,143.78
Movement Summary	£376,950.96	£68,872.02
Current Account Closing Balance as @ 30 Sept 2022	69,428.76	67,540.02
Computer Equipment Balance as @ 30 Sept 2023	288.02	432.00
Fixtures & Fittings Balance as @ 30 Sept 2023	600.02	900.00
Property Balance as @ 30 Sept 2023	306,880.84	
Creditors	- 246.68	
	£376,950.96	£68,872.02
Funds Summary		
Restricted Funds - Lotto	4,429.04	9,357.35
Restricted Funds - Government	1,454.40	3,552.37
Restricted Funds - J Jukes Garden	0.00	55.93
Restricted Funds - Onestop	0.00	199.71
Restricted Funds - Know your Neighbor	8,563.17	0.00
Restricted Funds - Crowdfunder	728.01	0.00
Restricted Funds - Morrisons Garden	3,164.66	0.00
Restricted Funds - Charitable giving Amazon	11.28	0.00
Restricted Funds - RAHFV Grant	1,010.47	0.00
Unrestricted Funds	357,589.93	55,706.66
	£376,950.96	£68,872.02

ACCOUNTANT'S REPORT

The above Income & Expenditure account for the year ending 30th September 2023 has been prepared without full audit from books, records, information and explanations supplied and is in accordance therewith.

MJ Accountancy Ltd.

Rugeley, Staffs
6th June 2024



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Help-a-Squaddie

**On accounts for the year
ended**

30th September 2023

**Charity no
(if any)**

1182523

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: P Johnson

Date: 6th June 2024

Name: Philippa Johnson

MJ Accountancy Ltd

Address: Suites 2 & 3 Bow Street Chamber

½ Bow Street

Rugeley, Staffs WS15 2BT

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.

No other matters arise at this time.

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 30/09/2021 Period start date To 30/09/2022 Period end date

Charity name: Help A Squaddie

Charity registration number: 1182523

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Our aim is to help develop the capacity and skills of the socially and economically disadvantaged community of ex-military and their families within the Staffordshire and South Derbyshire area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	1. Organised regular successful drop-in sessions for veterans. 2. Rehoused a number of homeless veterans. 3. Intervened successfully in suicide interventions through our veterans helpline. 4. Assisted veterans in household items. 5. Assisted veterans with children to purchase Christmas gifts for their children. 6. Started Canoeing and cycling sessions for veterans and their families. 7. Extended our veterans food bank to help more people. <u>CASE STUDIES</u> <u>N</u> <u>PETER LAWSON</u> P was referred to Help A Squaddie by Op Courage. P was struggling around Christmas time financially. The Charity stepped in and purchased Christmas gifts for P's two children, and bought

		Christmas dinner for the family. To help P further, the Charity purchased a two food shops which enabled P to become a little more financially stable. <u>N</u> N started at the Breakfast Drop Ins in 2019, and was struggling with alcohol dependency issues. N wasn't ready to tackle his issues, and it took until 2022 for him to ask for help from the Charity. A caseworker was assigned to N, and they supported N with travel to and from appointments to seek guidance and help for a detox. N eventually went in to a detox programme, and continued his recovery in a two year Rehabilitation Programme. N is now in a better place in life, and has gone on to mentor other veterans with substance abuse problems.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We have had regard to the guidance issued for public benefit and have met this by facilitating Drop in sessions, running a mental health helpline and veterans foodbank.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
	Para 1.38	Volunteers have helped run regular drop-in sessions for veterans and their families and run

Contribution made by volunteers		a successful veterans food bank as well as walking and other outdoor activities. All volunteers are now trained in Military MHFA so they have a better understanding of the issues that veterans face.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Help A Squaddie has fast become well known within the UK. The Charity now receive calls from Veterans, their families, and also other Charities for advice and support. The Charity works well with other Charities, to ensure that the very best wrap around care is given to all who get referred or make a self referral.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

--	--	--

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity has been affected by the pandemic financially although we are financially sound.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to keep £20000 in reserve at all times so we can keep the charity running efficiently and cover all our overheads.
Amount of reserves held	Para 1.22	£20000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	At the moment we face no uncertainties as we are financially stable and aim to be even more stable when we purchase The Russell Aston Home For Veterans.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Various grants and fundraising events/activities.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	None at this time.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Charitable incorporated organisation with constitution.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Constitution
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Any New Trustee is selected by current board of trustees and the CEO. We are constantly trying to find any gaps in the skillset of the board and we will advertise through our local support organisation Support Staffordshire if and when needed. We ask for references and previous experience of a trustees role. We also prefer to have trustees with lived experience of Veterans issues.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Help A Squaddie
Other name the charity uses	
Registered charity number	1182523
Charity's principal address	11 Anson Street Rugeley Staffordshire WS152BG

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Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Cameron Urquhart	Chairperson		
2	Mike Aston			
3	Ayden Fessey	Treasurer		
4				
5				
6				
7				
8				
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11				
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14				
15				
16				
17				
18				
19				
20				

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Cameron Urquhart	
Position (eg Secretary, Chair, etc)	Chair	
Date	23/05/23	

Help a Squaddie
Income and Expenditure Account
1st October 2020 - 30th September 2022

	<u>- 2022 -</u>	<u>- 2021 -</u>
Income		
Collection, Donations & Events	3,396.65	3,770.78
Sales	1,692.52	5,582.98
Fundraising	5,114.56	5,990.05
Donation from Staffordshire Regiment		-
Prior year adjustment to income		3,413.36
Restricted Income	66,896.57	18,650.00
	<u>£77,100.30</u>	<u>£37,407.17</u>
Expenditure		
Office Costs	4,167.78	966.05
Client Drop-in Centre	5,202.86	1,463.51
Equipment/Fund Raising costs	4,665.21	3,119.40
Client Support	9,697.88	3,414.85
Restricted Funds Spent	26,948.03	18,173.92
Insurance	246.16	0.00
Training & Subscriptions	1,150.00	723.57
Post, printing & stationery	5.00	29.47
Workwear	0.00	168.00
Accounts	250.00	240.00
Professional Fee's	400.00	0.00
Travel costs	1,892.85	278.03
Equipment for Office	0.00	446.84
Website	341.29	251.31
Bad Debt	265.00	0.00
Depreciation	516.97	0.00
Other	207.49	29.89
	<u>£55,956.52</u>	<u>£29,304.84</u>
Surplus / (Deficit)	<u>£21,143.78</u>	<u>£8,102.33</u>

Balance Sheet as the Year Ended 30th September 2022

Current Account Opening Balance as @ 1 Oct 2021	47,728.24		39,625.91
Surplus / (Deficit) for the Year	21,143.78		8,102.33
Movement Summary	<u>£68,872.02</u>		<u>£47,728.24</u>
Current Account Closing Balance as @ 30 Sept 2021	67,540.02		47,573.24
Computer Equipment Balance as @ 30 Sept 2022	432.00		
Fixtures & Fittings Balance as @ 30 Sept 2022	900.00		
Debtor	-		200.00
Owed to Kerry Urquhart	0.00		-45.00
	<u>£68,872.02</u>	£0.00	<u>£47,728.24</u>

Funds Summary

Restricted Funds - Lotto	9,357.35		13,825.99
Restricted Funds - Government	3,552.37		3,592.16
Restricted Funds - J Jukes Garden	55.93		55.93
Restricted Funds - Onestop	199.71		199.71
Unrestricted Funds	55,706.66		30,054.25
	<u>£68,872.02</u>	£0.00	<u>£47,728.04</u>

ACCOUNTANT'S REPORT

The above Income & Expenditure account for the year ending 30th September 2022 has been prepared without full audit from books, records, information and explanations supplied and is in accordance therewith

MJ Accountancy Ltd.

Rugeley, Staffs
17th May 2023



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Help-a-Squaddie

On accounts for the year
ended

30th September 2021

Charity no
(if any)

1182523

Respective
responsibilities of
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent
examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

12th May 2022

Name:

Philippa Johnson

MJ Accountancy Ltd

Address:

Suites 2 & 3 Bow Street Chamber

1/2 Bow Street

Rugeley, Staffs WS15 2BT

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.

No other matters arise at this time.

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 30/09/2020 Period start date To 30/09/2021 Period end date

Charity name: Help A Squaddie

Charity registration number: 1182523

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Our aim is to help develop the capacity and skills of the socially and economically disadvantaged community of ex-military and their families within the Staffordshire and South Derbyshire area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	1. Organised regular successful drop-in sessions for veterans. 2. Rehoused a number of homeless veterans. 3. Intervened successfully in suicide interventions through our veterans helpline. 4. Organised bushcraft/Gardening and magnet fishing activities. 5. Assisted veterans in household items. 6. Assisted veterans with children to purchase Christmas gifts for their children.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We have had regard to the guidance issued for public benefit and have met this by facilitating Drop in sessions, running a mental health helpline and veterans foodbank.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	

Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Volunteers have helped run regular drop-in sessions for veterans and their families and run a successful veterans food bank as well as walking and other outdoor activities. We have started making plans to train more volunteers in Military MHFA so they have a better understanding of the issues that veterans face.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	2021 saw veterans face many challenges with The Covid pandemic still affecting the whole world and mental health conditions worsening but nothing could of prepared us for the fallout of from the fall of Afghanistan. We were successful in running online sessions and when the country opened up we restarted our drop in sessions which were welcomed by all. Our helpline was busier than ever and we were able to offer comfort and support to veterans in crisis. We also assisted police and paramedics in similar situations. <u>Case Studies</u> M was referred via Tils. He was sofa surfing with his young daughter and his mental health was suffering as a result. We assisted him with his housing application and supported him while permanent housing was found. Once this was secured we assisted him to furnish his daughters bedroom and offered further support when needed. B came to us via a call to our helpline, he was homeless and hadn't eaten for a number of days. We arranged food for the short term, we then secured accommodation for him and offered ongoing support.

		J came to our attention via the local council and police. He had recently been discharged from hospital after suicidal thoughts and Alcohol addiction. Unfortunately, J was not a priority for our local council even though he was having severe withdrawals from alcohol, he was asked to leave council funded accommodation after a few nights and this was done at very short notice so we had to act extremely fast to signpost J to suitable accommodation in Liverpool. We transported J via train under our supervision due to his health condition at the time, Once there we paid a months rent up front and paid for food and other essential items. <u>Other Activities</u> We have managed to run regular dropping sessions for veterans and their families as well as outdoor activities which included walking cycling magnet fishing and camping. Our veteran's food bank has been successful in securing funding for the next 12 months we also have a fantastic relationship with our local Morrisons who regularly donate food. Help A Squaddies Christmas appeal was a huge success and we managed to help over 50 families with things such as Christmas food and gifts for their children.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity has been affected by the pandemic financially although we are financially sound.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to keep £20000 in reserve at all times so we can keep the charity running efficiently and cover all our overheads.
Amount of reserves held	Para 1.22	£20000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	We like many other charities have faced uncertainties financially because of the impact of the covid 19 pandemic.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Various grants and fundraising events/activities.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	None at this time.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Charitable incorporated organisation with constitution.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Constitution
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Any New Trustee is selected by current board of trustees and the CEO. We are constantly trying to find any gaps in the skillset of the board and we will advertise through our local support organisation Support Staffordshire if and when needed. We ask for references and previous experience of a trustees role. We also prefer to have trustees with lived experience of Veterans issues.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Help A Squaddie
Other name the charity uses	
Registered charity number	1182523
Charity's principal address	11 Anson Street Rugeley Staffordshire WS152BG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Cameron Urquhart	Chairperson		
2	Mike Aston			
3	Martin Jackson			
4	Eben Tatam			
5	Ayden Fessey	Treasurer		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Cameron Urquhart	
Position (eg Secretary, Chair, etc)	Chair	
Date	23/03/21	

Help a Squaddie
Income and Expenditure Account
1st October 2020 - 30th September 2021

	<u>- 2021 -</u>	<u>- 2020 -</u>
Income		
Collection, Donations & Events	3,770.78	4,710.86
Sales	5,582.98	314.30
Fundraising	5,990.05	0
Donation from Staffordshire Regiment	-	1,500.00
Prior year adjustment to income	3,413.36	0.00
Restricted Income	18,650.00	20,000.00
	<u>£37,407.17</u>	<u>£26,525.16</u>
Expenditure		
Office Costs	966.05	
Client Drop-in Centre	1,463.51	936.52
Equipment/Fund Raising costs	3,119.40	626.22
Client Support	3,414.85	1,310.83
Restricted Funds Spent	18,173.92	33,950.54
Insurance	0.00	246.16
Training & Subscriptions	723.57	0.00
Post, printing & stationery	29.47	201.03
Workwear	168.00	305.83
Accounts	240.00	540.00
Travel costs	278.03	620.30
Equipment for Office	446.84	299.48
Website	251.31	107.16
Other	29.89	38.98
	<u>£29,304.84</u>	<u>£39,183.05</u>
Surplus / (Deficit)	<u>£8,102.33</u>	<u>(£12,657.89)</u>

Balance Sheet as the Year Ended 30th September 2019

Current Account Opening Balance as @ 1 Oct 2020	39,625.91		52,283.80
Surplus / (Deficit) for the Year	8,102.33		(12,657.89)
Movement Summary	<u>£47,728.24</u>		<u>£39,625.91</u>
Current Account Closing Balance as @ 30 Sept 2021	47,573.24		43,345.31
Debtor	200.00		
Owed to Kerry Urquhart	-45.00		-306.24
	<u>£47,728.24</u>	£0.00	<u>£43,039.07</u>

Funds Summary

Restricted Funds - Lotto	13,825.99	26,484.56
Restricted Funds - Government	3,592.16	4,857.71
Restricted Funds - J Jukes Garden	55.93	55.93
Restricted Funds - Onestop	199.71	199.71
Unrestricted Funds	30,054.25	8,028.00
	<u>£47,728.04</u>	<u>£39,625.91</u>

ACCOUNTANT'S REPORT

The above Income & Expenditure account for the year ending 30th September 2021 has been prepared without full audit from books, records, information and explanations supplied and is in accordance therewith

MJ Accountancy Ltd.

Rugeley, Staffs
10th March 2022



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Help-a-Squaddie

**On accounts for the year
ended**

30th September 2021

**Charity no
(if any)** 1182523

**Respective
responsibilities of
trustees and examiner**

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examiner's statement**

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** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

10th March 2021

Name:

Michael James

MJ Accountancy Ltd

Address:

Suites 2 & 3 Bow Street Chamber

½ Bow Street

Rugeley, Staffs WS15 2BT