



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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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

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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.