

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	11th	Jan	2021		30	Jan

Section A Reference and administration details

Charity name	My Oppo Supporting Families with PTSD		
Other names charity is known by			
Registered charity number (if any)	1193061		
Charity's principal address	9 Albany Close, Exmouth, Devon		
Postcode	EX8 4EG		

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	Kheiron Howard			
2	Marcus Crockett			
3	Natalie Savell-Boss			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Kheiron Howard

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Charitable Incorporated Organisation
How the charity is constituted (eg. trust, association, company)	CIO - FOUNDATION
Trustee selection methods (eg. appointed by, elected by)	Selected by Kheiron Howard

Additional governance issues (Optional information)

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

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

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

FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF THE FAMILIES OF THOSE SERVING AND FORMER MEMBERS OF THE ARMED FORCES WHO ARE DIAGNOSED WITH OR WHO ARE EXPERIENCING SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER (PTSD) BY WORKING WITH ARMED FORCES AGENCIES, HEALTH SERVICES

AND MENTAL HEALTH EXPERTISE AND: - RAISING PUBLIC AWARENESS OF PTSD; - PROVIDING SUPPORT GROUPS AND RELATED SERVICES TO ENABLE THOSE FAMILIES TO BEST SUPPORT THEIR LOVED ONES; - PROVIDING GRANT FUNDING FOR FAMILY ORIENTED SHORT BREAKS AND ACTIVITIES.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- Armed Forces/emergency Service Efficiency
- Provides Services
- Provides Advocacy/advice/information
- Other Charitable Activities
- Outdoor activities including camping, hiking, mountain climbing, abseiling etc
- Online exercise classes
- Online Yoga classes
- Zoom meetings

Additional details of objectives and activities (Optional information)

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

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

- Deal with conflicts of interest
- Implement appropriate financial controls
- Manage risks
- Acting in the best interests of your charity
- managing your charity's resources responsibly, which includes protecting and safeguarding its reputation
- acting with reasonable care and skill
- Making the public aware of how much money is raised and where it is going

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

- Organisation and delivery of the National Three Peaks challenge, whereby, members of the public took part in and contributed to raising over £13k – The challenge was in memory of an ex-serviceman who sadly took his own life in 2020 – this challenge was set up for his loved ones to help deal with their grief and do something positive in his memory. This was a great success according to their testimonials that are available on our website www.myoppo.org.
- Trustee Kheiron Howard walking the length of the UK in 30 days to raise money for the charity and spread awareness of PTSD.
- Online activities to the public such as exercise classes, meditation, and yoga to help relieve the stresses caused by supporting a loved one with PTSD.
- 40-mile hike to raise funds and awareness of the charity and PTSD. This challenge was dedicated to a young man who sadly took his own life in 2022 due to mental health issues. The aim was to encourage young men to open up and speak about their problems.
- Funding for families to enjoy time together on days out.

Section E Financial review

Brief statement of the charity's policy on reserves

We ensure we have enough funds available when going into the next financial year to continue reaching the charities objectives.

Details of any funds materially in deficit

Further financial review details (Optional information)

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

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

Fundraising and donations

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Kheiron Howard

Position (eg Secretary, Chair, etc)

Chair Trustee

Date

30/01/23

INCOMINGS

Fundraising

Rebecca Oct 2020	200
28 days challenge	380
Three Peaks Challenge	13,031
Walk the length of UK	1,700

Merchandise sales

PLANNERS	452.28
COFFEE	37.07
CLOTHING	631.6
GIN	0

16431.95

Signed by one or two trustees on behalf of all the trustee Signature

Print Name

Kheiron Howard

A handwritten signature in black ink, appearing to be 'Kheiron Howard', written over a horizontal line.

OUTGOINGS

	MONTHLY OUTGOINGS	UPTODATE
Merchandise		
COFFEE	268	268
GIN	207.36	207.36
PLANNERS	616.86	616.86
<u>CLOTHING</u>		
TOTALTEE	75.9	75.9
CLOTHES TO ORDER	877.31	877.31
Advertisement		
RADIO ADVERTISEMENT	1110	1110
Instagram (advertisement)		3,000
FACEBOOK ADS	122	122
EXMOUTH JOURNAL	180	180
Software (website etc)		
KAJABI		300
BLUEHOST (Quarterly)	37.67	301
Story Blocks (video making software)	60	780
GROOVEFUNNEL	989	989
ONESTREAM	28	308
Zoom	14.39	345.36
Dropbox	19.99	479.76
WP Forms (website)		500.25
One off payments		
AIR PODS (Raffle)	172.99	172.99
LOGO	32	32
ENGLAND TSHIRT (Raffle)	95.85	95.85
SPONSORSHIP MMA Event	495	495
WORDSMIFF (Youtube video)	400	400
MOTIVATIONAL SPEECH	70	70
Drone		1733.98
Webinar		24
Stationary		90
Printer		334
Equipment for fundraising activities		102.06
Family activites		50
Online activities		
Personal exercise classes	240	1840
YOGA	50	200
		16100.68

Bank balance as of 30/01/23

£330.32

Date of approval

30/01/2023