

SALUTE HER UK

England & Wales · Charity number 1195683

Details

Status Registered

Legal form Charitable company

Company number [12012249](#)

Registered 2021-09-01

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

Contact

Address Town Hall Chambers
High Street East
Wallsend
NE28 7AT

Phone 07931 948196

Email paula@forward-assist.com

Website www.saluteheruk.co.uk

Activities

Objects: 3.1 THE CHARITY'S OBJECTS (OBJECTS) ARE FOR THE BENEFIT OF THE PUBLIC GENERALLY, BOTH IN THE UNITED KINGDOM AND OVERSEAS:3.1.1 TO RELIEVE THE NEED OF FEMALE VETERANS OF HER MAJESTY'S ARMED FORCES AND THEIR DEPENDENTS (THE BENEFICIARIES OF THE CHARITY) WHO ARE IN NEED BY VIRTUE OF THEIR PHYSICAL OR MENTAL HEALTH OR THEIR ECONOMIC CIRCUMSTANCES;3.1.2 TO REDUCE THE PHYSICAL, PSYCHOLOGICAL OR SOCIAL HARM THAT BENEFICIARIES OF THE CHARITY CAN EXPERIENCE AS A RESULT OF THEIR MILITARY SERVICE AND PROMOTE THEIR ASSIMILATION BACK INTO THE CIVILIAN COMMUNITY;3.1.3 PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY:3.1.3.1 PREVENTING FEMALE VETERANS OF HER MAJESTY'S ARMED FORCES, PARTICULARLY BUT NOT EXCLUSIVELY THOSE WITH A HISTORY OF OFFENDING OR MENTAL ILLNESS, FROM BECOMING SOCIALLY EXCLUDED;3.1.3.2 RELIEVING THE NEEDS OF THOSE FEMALE VETERANS OF HER MAJESTY'S ARMED FORCES WHO ARE SOCIALLY EXCLUDED; AND3.1.3.3 ASSISTING THOSE FEMALE VETERANS OF HER MAJESTY'S ARMED FORCES WHO ARE SOCIALLY EXCLUDED TO INTEGRATE INTO SOCIETY.3.1.4 FOR THE PURPOSE OF THIS CLAUSE, 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OR MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT, FINANCIAL HARDSHIP, YOUTH OR OLD AGE, ILL HEALTH (PHYSICAL OR MENTAL), SUBSTANCE ABUSE OR DEPENDENCY (INCLUDING ALCOHOL OR DRUGS), DISCRIMINATION ON THE GROUNDS OF SEX, ETHNICITY, DISABILITY, RELIGION, BELIEF, SEXUAL ORIENTATION OR GENDER REASSIGNMENT, POOR EDUCATION OR SKILLS ATTAINMENT, RELATIONSHIP OR FAMILY BREAKDOWN, POOR HOUSING (THAT DOES NOT MEET BASIC HABITABLE STANDARDS), CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).

Activities: THE CHARITY'S OBJECTS (OBJECTS) ARE FOR THE BENEFIT OF THE PUBLIC GENERALLY, BOTH IN THE UNITED KINGDOM AND OVERSEAS: 3.1.1 TO RELIEVE THE NEED OF FEMALE VETERANS OF HER MAJESTY'S ARMED FORCES AND THEIR DEPENDENTS (THE BENEFICIARIES OF THE CHARITY) WHO ARE IN NEED BY VIRTUE OF THEIR PHYSICAL OR MENTAL HEALTH OR THEIR ECONOMIC CIRCUMSTANCES

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£232,957	£238,383	-	-
2024-05-31	£281,150	£206,418	-	-
2023-05-31	£51,500	£20,632	-	-
2022-05-31	£15,000	£0	-	-

Trustees

Name	Role	Appointed
Angela Margaret Lee		2021-07-28
D'Arcy Rose Emberson		2025-05-18
Elizabeth Driver		2022-07-28
diane gill		2022-07-28

SALUTE HER UK

England & Wales - Charity number 1195683

Accounts

REGISTERED COMPANY NUMBER: 12012249 (England and Wales)
REGISTERED CHARITY NUMBER: 1195683

Report of the Trustees
and

Unaudited Financial Statements for the Year Ended 31 May 2025

Salute Her UK

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Statements for the Year
Ended 31 May 2025**

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Report of the Trustees **for the Year Ended 31** **May 2025**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

INCORPORATION

The charitable company was incorporated on 22 May 2019.

Salute Her UK works to improve the lives of UK female serving personnel, women veterans and women who work at sea by addressing the distinct and interjectional needs of women veterans. We develop the provision of national services for victims and survivors of sexual violence, bullying, harassment, and gender discrimination.

Charitable Activities

During 2024–2025, Salute Her UK continued to expand its specialist support for women veterans, military women, and Women at Sea, responding to rising levels of trauma, isolation, and complex mental health needs. Our work this year reflects significant growth in both demand and impact.

Service Delivery and Reach

- We received 788 new referrals, reflecting continued national demand for our Trauma informed services.
- We delivered 212 specialist information, advice, and guidance sessions, supporting women with complex trauma, PTSD, MST, and moral injury.
- Our Military Sexual Trauma Therapeutic Support Group continued to grow, with an increased number of women's sessions.
- We expanded our therapeutic capacity by welcoming additional trauma therapists, enabling us to reduce waiting times and offer more consistent 11 support.
- We delivered 4 women-only residential retreats, providing intensive therapeutic and peer support environments for survivors.
- 20 women completed our Dialectical Behaviour Therapy (DBT) programme, improving emotional regulation, distress tolerance, and interpersonal effectiveness.
- 55 Women attended our healing from sexual trauma specialist course.

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Service User Feedback

Women continued to share powerful reflections on the impact of our work:

- "Thank you for helping me when I felt like my world was ending."
- "The kindness, insight, and validation I received was amazing. I'd be lost without your service."
- "For the first time, I felt completely seen and heard."
- "Salute Her is helping me put myself back together."

These voices remain central to shaping our services and ensuring our work remains Survivor led.

Co Production and Needs Led Development

We continued to consult closely with survivors to understand emerging needs, barriers, and priorities. This insight directly informed the development of new programmes, resources, and therapeutic approaches, ensuring our services remain responsive, accessible, and trauma informed.

Digital and Resource Development

- We expanded our Salute Her UK website, adding new downloadable resources for survivors, families, and professionals.
- Our Instagram and social media presence grew significantly, strengthening our ability to reach isolated women and raise awareness of MST and women's experiences in service.

Advocacy, Media, and Policy Influence

We continued to champion the rights and needs of women survivors at local, regional, and national levels. This included:

- Providing expert evidence to inquiries and research projects
- Participating in multiagency safeguarding and strategic meetings
- Responding to Government consultations
- Engaging with press and media to highlight systemic issues affecting women in the Armed Forces and maritime sectors

Our advocacy work remains a core pillar of our mission, ensuring survivors' voices influence policy and practice.

Partnership Acknowledgement

We are delighted to be working in partnership with Turn to Starboard and Tom Harrison House. Their commitment to supporting veterans and their families aligns closely with our mission, and together we are strengthening the network of Trauma informed, specialist support available to women who have served. These collaborations allow us to share expertise, enhance pathways of care, and ensure that survivors receive the holistic, compassionate support they deserve.

Salute Her UK

FUTURE PLANS (2025–2026)

Over the next financial year, Salute Her UK will continue to strengthen and expand its impact through:

1. Service Expansion and Capacity Building

- Increasing the capacity of our therapeutic team
- Developing tailored support packages and new trauma informed resources
- Enhancing our digital offer to reach women in rural and isolated areas

2. Regional Growth

- Expanding services across the North East and rural Northumberland
- Strengthening partnerships with local authorities, VCSE organisations, and Armed Forces networks

3. Workforce Development

- Continued training, supervision, and wellbeing support for staff and volunteers
- Developing specialist training for external agencies on MST, traumainformed practice, and women's experiences in service

4. National Advocacy and Policy Work

- Ongoing engagement with Government consultations
- Contributing to research and national inquiries
- Strengthening our role as a leading voice for women survivors of military and maritime sexual trauma

5. Partnership and Collaboration

- Deepening relationships with specialist sexual violence organisations
- Codesigning programmes with survivors and partner agencies
- Developing a specialist training package for professionals working with women veterans and Women at Sea

Special Thanks to Our Funders

We extend our sincere thanks to the funders who made our work possible throughout 2024–2025. Their support has enabled us to deliver trauma informed therapy, specialist programmes, and vital advocacy for women veterans, military women, and Women at Sea.

- The NHS – for supporting our therapeutic capacity and enabling us to meet the growing mental health needs of women experiencing complex trauma, PTSD, and Military Sexual Trauma.
- The Armed Forces Covenant Fund Trust – for investing in our specialist support for women veterans and helping us strengthen our national reach and impact.
- The UK Shared Prosperity Fund (UKSPF) – for supporting our Community based wellbeing programmes and enabling us to reach women in

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rural and isolated areas.

- The Seafarers' Charity – for funding our dedicated support for Women at Sea, ensuring maritime survivors have access to trauma informed care and advocacy.

We are deeply grateful for the trust and partnership of these organisations. Their commitment has allowed us to expand our services, innovate our programmes, and ensure that women who have experienced trauma are met with safety, dignity, and specialist support.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

12012249 (England and Wales)

Registered Charity number

1195683

Registered office

Town Hall Chambers
High Street East
Wallsend
NE28 7AT

Trustees

Mrs E Driver Military
Mrs D E Gill Self Employed
Mrs A M Lee Head of Property & Maintenance
Mrs D R Emberson

Approved by order of the board of trustees on 24th February 2026 and signed on its behalf by:



E Driver
Elizabeth Driver, Director

Salute Her UK

Statement of Financial Activities for the Year Ended 31 May 2025

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and Legacies	3,367	-	3,367
Grant	20,000	188,750	208,750
Contract Income	<u>20,840</u>	-	<u>20,840</u>
TOTAL	44,207	188,750	232,957
EXPENDITURE ON			
Charitable Activities			
Staff Costs	22,951	96,311	118,902
Rent	1,535	6,544	8,079
Publicity	912	-	912
1-2-1 Therapeutic Support	-	13,460	13,460
Clinical Supervision	-	2,516	2,516
Travel	889	3,790	4,679
Expenses	1,462	6,233	4,954
Admin costs	941	4,013	2,381
Holistic Support	6,527	63,868	70,395
Insurance	309	1,320	1,629
Professional Fees	4,092	-	4,092
Training	<u>-</u>	<u>1,076</u>	<u>1,076</u>
TOTAL	39,258	199,131	238,383
NET INCOME	4,949	(10,381)	(5,432)
Funds Brought Forward	9,369	96,231	105,600
TOTAL FUNDS CARRIED FORWARD	14,318	85,850	100,168

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The notes form part of these financial statements

	<u>Balance Sheet</u>		
	<u>31 May 2025</u>		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
FIXED ASSETS			
Motor vehicle	8,400	-	8,400
CURRENT ASSETS			
Cash At Bank	14,318	88,569	102,887
CREDITORS			
Amounts falling due within one year	=	(2,719)	(2,719)
NET CURRENT ASSETS	14,318	85,850	100,168
TOTAL ASSETS LESS CURRENT LIABILITIES	14,318	85,850	100,168
NET ASSETS	14,318	85,850	100,168
FUNDS			
Unrestricted Funds			14,318
Restricted Funds			85,580
TOTAL FUNDS			100,168

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

Salute Her UK

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorized for issue on 24th February 2025 and were signed on its behalf by:

E Driver
Elizabeth Driver, Director.

A handwritten signature in black ink, appearing to read 'E Driver', written over a large, faint, circular stamp or watermark.

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 May 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

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Notes to the Financial Statements - continued for the Year Ended 31 May 2025

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2025.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2025.

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

Executive Officer			1
Project Leader	1		<u>1</u>
			<u>2</u>

No employees received emoluments in excess of £60,000.

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Social security and other taxes	2,079	£
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5. MOVEMENT IN FUNDS

Net movement in funds is as follows:

Unrestricted Funds

Fund	Brought Forward £	Incoming Resources £	Resources Expended £	Movement In Funds £
General Fund	9,369	24,207	(19,258)	14,318
Bolt Burdon Kemp		10,000	(10,000)	-
Rose Paterson	<u>-----</u>	<u>10,000</u>	<u>(10,000)</u>	<u>-----</u>
	(39,258)	14,318		

Restricted Funds

Armed Forces Covenant	26,282	38,750	(65,032)	-
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Seafarers Association	44,369	60,000	(51,389)	53,250
NHS	-	90,000	(57,400)	32,600
North Tyneside Council	25,310	<u>-</u>	<u>(25,310)</u>	<u>-</u>
<u>TOTAL FUNDS</u>				<u>85,850</u>

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st May 2025

Detailed Statement of Financial Activities for the year ended 31 May 2025

INCOME AND ENDOWMENTS	£
Donations and Legacies	
Donations	3367
Charitable Activities	
Grants	208750
Contract Income	20840
Total Incoming Resources	232957
EXPENDITURE	
Staff Costs	118902
Rent	8079
1-2-1 Therapeutic Support	13460
Publicity	912
Clinical Supervision	2516
Travel	4679
Expenses	7695
Admin costs	4954
Holistic Support	70395
Insurance	1629
Training	<u>1076</u>
	234297
Support costs	
Professional Fees	<u>4092</u>
Total Resources Expended	238389
Net Income	(5432)

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This page does not form part of the statutory financial statements

SALUTE HER UK

England & Wales - Charity number 1195683

Accounts

REGISTERED COMPANY NUMBER: 12012249 (England and Wales)
REGISTERED CHARITY NUMBER: 1195683

Report of the Trustees
and

Unaudited Financial Statements for the Year Ended 31 May 2024

Salute Her UK

Salute Her UK

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Statements for the Year
Ended 31 May 2024**

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Report of the Trustees **for the Year Ended 31** **May 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

INCORPORATION

The charitable company was incorporated on 22 May 2019.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Salute Her UK works to improve the lives of UK female serving personnel, women veterans and women who work at sea by addressing the distinct and interjectional needs of women veterans. We develop the provision of national services for victims and survivors of sexual violence, bullying, harassment, and gender discrimination.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Trustees Report: Supporting Women Veterans Serving Personnel and Women at Sea. Over the past year, Salute Her UK has dedicated significant efforts to supporting three key groups: women veterans, serving personnel, and women at sea. Our mission has been to provide comprehensive support, ranging from mental health services to career development programs, ensuring these women receive the recognition and assistance they deserve.

Over the past year, we have received 677 new referrals. The number of women at sea and serving personnel seeking support has dramatically increased.
Supporting Women Veterans and serving personnel.

Women veterans often face unique challenges that often impact their quality of life. Our charity has implemented several initiatives to support them:

Mental Health Services

Counselling and Therapy: We have partnered with more diverse therapists to offer free counselling sessions, focusing on issues such as CPTSD, PTSD, childhood trauma, rape and sexual assault, as well as anxiety and depression.

Support Groups: We have created extra support group meetings to provide a safe space for women to share their experiences and build a community of trust and mutual support. One of the new online groups focuses on trauma and addiction.

Career Development Programs

Skills Workshops: Our workshops cover various topics, including C.V writing, interview preparation, and professional networking, starting your own business and market research.

Mentorship Programs: We have worked with various organisations and businesses to

Salute Her UK

connect women with mentors in their desired career fields, offering guidance, support, and mock interviews as they navigate the job market.

Health and Wellness Initiatives

Fitness Programs: We developed several fitness classes tailored to the needs of women veterans.

Holistic Wellness: We have created workshops that include yoga and meditation, and our newest workshop explores intimacy and sex wellness after sexual assault.

Supporting Women at Sea

Women working at sea, whether in the maritime industry or naval services, face distinct challenges related to isolation, long work hours, and gender-specific issues. As a charity we are both delighted and proud to receive multi-year funding from the Seafarers Charity, we will enable us to focus on the following areas:

Mental Health and Well-being

Virtual Therapy: With the limitations of being at sea, we offer virtual therapy sessions to ensure continuous mental health support and crisis support.

Online Groups – We have created sexual violence at sea workshops for women to connect.

Professional Development

Leadership and confidence-building workshops: Focused on building leadership skills, these workshops empower women to take on more significant roles within their organisations.

Community Building

Online Forums: We have created online platforms where women at sea can connect, share experiences, and offer mutual support.

The past year has been marked by significant progress in our efforts to support women veterans and women at sea. Our initiatives have provided much-needed services, built supportive communities and empowered these women to overcome challenges and thrive in their respective fields. As we move forward, we remain committed to expanding our programs and continuing to advocate for the rights and well-being of women veterans and women at sea.

Together, we can make a lasting impact and ensure that these remarkable women receive the support and recognition they deserve.

The Staff and Trustees are extremely grateful for the ongoing support and assistance received from many people and organisations but most especially to the generosity of our funders and benefactors.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

12012249 (England and Wales)

Salute Her UK

Registered Charity number

1195683

Registered office

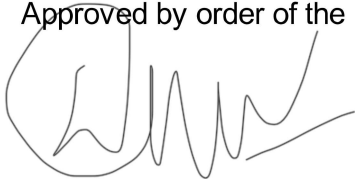
The John Willie Sams Centre Market Street
Dudley
Cramlington
Northumberland
NE23 7HS

Trustees

Mrs E Driver Military
Mrs D E Gill Self Employed
Mrs A M Lee Head of Property & Maintenance

Company director

Approved by order of the board of trustees on 26th March 2025 and signed on its behalf by:



.....
Elizabeth Driver, Director

Salute Her UK

Statement of Financial Activities for the Year Ended 31 May 2024

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and Legacies	2,000	-	2,000
Grant	22,500	247,400	269,900
Events and Activities	<u>9,250</u>	-	<u>9,250</u>
TOTAL	33,750	247,400	281,150
EXPENDITURE ON			
Charitable Activities			
Staff Costs	9,990	73,264	83,254
Activities and Delivery	17,324	45,805	63,129
Rent	579	4,249	4,828
Publicity	-	600	600
Clinical Supervision	435	3,162	3,597
Travel	984	7,217	8,201
Expenses	436	3,202	3,638
Admin costs	286	2,095	2,381
Holistic Support	8,656	21,810	30,466
Volunteer Expenses	340	2,497	2,837
Insurance	-	863	863
Professional Fees	1,465	-	1,465
Training	<u>-</u>	<u>1,163</u>	<u>1,163</u>
TOTAL	40491	165,927	206,418
NET INCOME	(6,741)	81,473	74,732
Funds Brought Forward	16,110	14,758	30,868
TOTAL FUNDS CARRIED FORWARD	9369	96231	105600

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The notes form part of these financial statements

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Notes	Unrestricted funds £	Restricted funds £	Total funds £
FIXED ASSETS			
Car	10,500	-	-
CURRENT ASSETS			
Cash At Bank 4	9,369	99,279	108,648
CREDITORS			
Amounts falling due within one year	=	<u>(3,898)</u>	<u>(3,898)</u>
NET CURRENT ASSETS	<u>19,869</u>	<u>96,231</u>	<u>116,100</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>19,869</u>	<u>96,231</u>	<u>116,100</u>
NET ASSETS	<u>19,869</u>	<u>96,231</u>	<u>116,100</u>
FUNDS 5			
Unrestricted Funds			19,869
Restricted Funds			<u>96,231</u>
TOTAL FUNDS			<u>116,100</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2024.

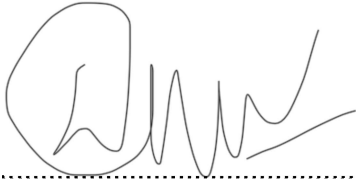
The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 26th March 2025 and were signed on its behalf by:



.....
Elizabeth Driver
Director

Notes to the Financial Statements
for the Year Ended 31 May 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Notes to the Financial Statements - continued
for the Year Ended 31 May 2024

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2024.

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

Executive Officer		1
Project Leader	1	1
Apprentice		1
		<u>3</u>

No employees received emoluments in excess of £60,000.

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Social security and other taxes	£ 3,048
Accountancy fee	850
	<u>3898</u>

5. MOVEMENT IN FUNDS

Net movement in funds is as follows:

Unrestricted Funds

Fund	Brought Forward £	Incoming Resources £	Resources Expended £	Movement In Funds £
General Fund	1040	11250	(2921)	9369
Bolt Burdon Kemp	4335	7500	(11835)	-
Karbon Homes	75	-	(75)	-
Northumbria Police	824	-	(824)	-
Community Union	9836	-	(9836)	-
Rose Paterson	<u>-----</u>	<u>15000</u>	<u>(15000)</u>	<u>-----</u>
	16110	33750	(40491)	9369

Restricted Funds

Salute Her UK

Armed Forces Covenant (Administered by Forward Assist)	14758	100000	(88476)	26282
Seafarers Charity	-	100000	(55361)	44639
North Tyneside Council	<u>- --</u>	<u>47400</u>	<u>(22090)</u>	<u>25310</u>
<u>TOTAL FUNDS</u>	<u>30868</u>	<u>281150</u>	<u>206418</u>	<u>105600</u>

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st May 2024

Detailed Statement of Financial Activities for the year ended 31 May 2024

INCOME AND ENDOWMENTS	£
Donations and Legacies	
Donations	2000
Charitable Activities	
Grants	269900
Event and activities income	<u>9250</u>
Total Incoming Resources	<u>279150</u>
EXPENDITURE	
Staff Costs	83254
Activities and Delivery	63129
Rent	4828
Publicity	600
Clinical Supervision	3597
Travel	8201
Expenses	3638
Admin costs	2381
Holistic Support	30466
Volunteer Expenses	2837
Insurance	863
Training	<u>1163</u>
	204953
Support costs	
Professional Fees	<u>1465</u>
Total Resources Expended	206418
Net Income	74732

This page does not form part of the statutory financial statements

SALUTE HER UK

England & Wales - Charity number 1195683

Accounts

REGISTERED COMPANY NUMBER: 12012249 (England and Wales)
REGISTERED CHARITY NUMBER: 1195683

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 May 2023
for
Salute Her UK

AWS Accountancy Limited
3 Berrymoor Court
Northumberland Business Park
Cramlington
Northumberland
NE23 7RZ

Salute Her UK

Contents of the Financial Statements
for the Year Ended 31 May 2023

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Balance Sheet	4
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Detailed Statement of Financial Activities	8

Salute Her UK

Report of the Trustees **for the Year Ended 31 May 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

INCORPORATION

The charitable company was incorporated on 22 May 2019.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Salute Her UK works to improve the lives of UK female serving personnel, women veterans and women who work at sea by addressing the distinct and interjectional needs of women veterans. We develop the provision of national services for victims and survivors of sexual violence, bullying, harassment, and gender discrimination.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We worked with partners to develop and support best practices, including training and workshops.

We received 328 new referrals.

We delivered 4158 specialist information, advice, and guidance sessions to women.

We continued to grow our Military Sexual Trauma Therapeutic Support Group; 49 women accessed our monthly group.

Salute Her UK welcomed two new trauma therapists to the team which enabled us to meet the growing need for women to access trauma-informed therapy.

We developed and delivered three exciting women-only residential retreats.

20 women accessed our Dialectical Behaviour Therapy Course.

Feedback from service users:

"Thank you so much for the support and for helping me when I felt like my world was ending "

" The kindness, insight, and validation I received was amazing. I'd be lost without your service thank you so much. "

"I felt completely seen and heard for the first time. It was also so nice talking with someone who understood what happens when you have been sexually assaulted in the military"

" The only place I felt safe was at work until I wasn't. Salute Her is helping me to put myself back together"

We consulted with survivors to better understand their needs and utilising this knowledge we delivered needs-led service.

A new Salute Her UK website was developed with downloadable content for survivors, supporters, and professionals.

In addition to service delivery, we continued the promotion of victims' and survivors' rights, needs, and voices.

This year saw the launch of our Instagram page.

With a renewed focus on press and media work, we have obtained interviews and given comments across tabloids.

Ongoing strategic advocacy and policy work to represent and promote the needs and rights of sexual violence survivors to Government, policy- and decision-makers, including submitting evidence to inquiries, contributing to research, attending and participating in multi-agency meetings, and responding to consultations.

Salute Her UK

Report of the Trustees for the Year Ended 31 May 2023

FUTURE PLANS

Over the next year, the charity will continue to fulfill its charitable objectives through its activities for the public benefit with the aim of increasing the impact of our work, including:

Services to increase and develop the capacity and capability of Salute Her UK including tailored support, training and production, and provision of resources.

Supporting and developing services on a regional basis.

Continued workforce development.

Ongoing strategic advocacy and engagement work at a national level, including responding to Government consultations and developing policy responses to issues relating to sexual violence.

Ongoing partnership work with other organisations, including strategic meetings with other specialist sexual violence and abuse specialist partners.

Create a specialist training package for partners and external agencies.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

12012249 (England and Wales)

Registered Charity number

1195683

Registered office

The John Willie Sams Centre Market Street
Dudley
Cramlington
Northumberland
NE23 7HS

Trustees

Mrs E Driver Military (appointed 28.7.22)

Mrs D E Gill Self Employed (appointed 28.7.22)

Mrs A M Lee Head of Property & Maintenance

Company Secretary

Approved by order of the board of trustees on **25th January 2024** and signed on its behalf by:



.....
Mrs A M Lee - Trustee

Salute Her UK

Statement of Financial Activities
for the Year Ended 31 May 2023

Notes	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2,000	-	2,000
Charitable activities			
Grant	19,500	-	19,500
Event and activities	5,000	25,000	30,000
Total	<u>26,500</u>	<u>25,000</u>	<u>51,500</u>
EXPENDITURE ON			
Charitable activities			
Event and activities	9,355	2,462	11,817
Training	75	35	110
Staff	-	6,394	6,394
Transport costs	-	214	214
Admin costs	-	225	225
Insurance	-	912	912
Accountancy fees	960	-	960
Total	<u>10,390</u>	<u>10,242</u>	<u>20,632</u>
NET INCOME	16,110	14,758	30,868
TOTAL FUNDS CARRIED FORWARD	<u><u>16,110</u></u>	<u><u>14,758</u></u>	<u><u>30,868</u></u>

The notes form part of these financial statements

Salute Her UK

Balance Sheet
31 May 2023

	Notes	Unrestricted funds £	Restricted fund £	Total funds £
CURRENT ASSETS				
Cash at bank		17,070	17,055	34,125
CREDITORS				
Amounts falling due within one year	4	(960)	(2,297)	(3,257)
NET CURRENT ASSETS		<u>16,110</u>	<u>14,758</u>	<u>30,868</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		16,110	14,758	30,868
NET ASSETS		<u>16,110</u>	<u>14,758</u>	<u>30,868</u>
FUNDS				
	5			
Unrestricted funds				16,110
Restricted funds				14,758
TOTAL FUNDS				<u>30,868</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorized for issue on **25th January 2024** and were signed on its behalf by:



.....
Mrs A M Lee - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 May 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Salute Her UK

Notes to the Financial Statements - continued
for the Year Ended 31 May 2023

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2023.

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

Executive Officer	1
Project Leader	1
	<hr/>
	2
	<hr/> <hr/>

No employees received emoluments in excess of £60,000.

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Social security and other taxes	2,078
Other creditors	219
Accrued expenses	960
	<hr/>
	3,257
	<hr/> <hr/>

5. MOVEMENT IN FUNDS

	Net movement in funds £	At 31.5.23 £
Unrestricted funds		
General fund	1,040	1,040
Bolt Burdon Kemp	4,335	4,335
Karbon Homes	75	75
Northumbria Police	824	824
Community Union	9,836	9,836
	<hr/>	<hr/>
	16,110	16,110
Restricted funds		
Forward Assist- Covenant Trust Fund	14,758	14,758
	<hr/>	<hr/>
TOTAL FUNDS	30,868	30,868
	<hr/> <hr/>	<hr/> <hr/>

Salute Her UK

Notes to the Financial Statements - continued
for the Year Ended 31 May 2023

5. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	7,000	(5,960)	1,040
Bolt Burdon Kemp	5,000	(665)	4,335
Karbon Homes	1,000	(925)	75
Northumbria Police	3,000	(2,176)	824
Community Union	10,500	(664)	9,836
	<u>26,500</u>	<u>(10,390)</u>	<u>16,110</u>
Restricted funds			
Forward Assist- Covenant Trust Fund	25,000	(10,242)	14,758
	<u>51,500</u>	<u>(20,632)</u>	<u>30,868</u>

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 May 2023.

Salute Her UK

Detailed Statement of Financial Activities
for the Year Ended 31 May 2023

£

INCOME AND ENDOWMENTS

Donations and legacies

Donations 2,000

Charitable activities

Grants 19,500

Event and activities income 30,000

49,500

Total incoming resources 51,500

EXPENDITURE

Charitable activities

Wages 6,394

Insurance 912

Event and activities costs 11,817

Transport costs 214

Training 110

Computer costs 180

Admin costs 45

19,672

Support costs

Governance costs

Accountancy fees 960

Total resources expended 20,632

Net income 30,868

This page does not form part of the statutory financial statements