

# RESPIRE FOR VETERANS

England & Wales · Charity number 1203236

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2023-05-24

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

## Contact

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**Address** 74 Billacombe Road  
Plymouth  
PL9 7EX

**Phone** 01752294249

**Email** [info@respiteforveterans.org](mailto:info@respiteforveterans.org)

**Website** [www.respiteforveterans.org](http://www.respiteforveterans.org)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF UK SERVICE AND EX-SERVICE PERSONNEL WITH DISABILITIES OR WHO HAVE SUSTAINED INJURIES IN SERVICE (AND BY EXTENSION THEIR FAMILIES AND CARERS) IN PARTICULAR BY THE PROVISION AND ASSISTING IN THE PROVISION OF RESPIRE FACILITIES AND EXPERIENCES DESIGNED TO AID AND FACILITATE IN THEIR PHYSICAL AND MENTAL RECOVERY.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Other Finance, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies

## Geography

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- Scotland
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31		£0	£249	-
2024-03-31		£506	£40	-

## Trustees

Name	Role	Appointed
<b>Damian Joseph Lyons</b>	Chair	
David James Grieves		
Paul Knight		

**RESPIRE FOR VETERANS**

England & Wales - Charity number 1203236

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# Accounts

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## Trustees' Annual Report for the period

From 1<sup>st</sup> April 2024 Period start date To Period end date 31<sup>st</sup> March 2025

Charity name: Respite for Veterans

Charity registration number: 1203236

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit, to relieve the needs of UK service and ex-service personnel with disabilities or who have sustained injuries in service (and by extension their families and carers) in particular by the provision and assisting in the provision of respite facilities and experiences designed to aid and facilitate in their physical and mental recovery
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	The main activities remain the provision of respite opportunities for eligible beneficiaries, either through direct fundraising, or facilities provided by third parties. Several respite breaks have been provided; however, they have been donated with no financial cost to the charity. The cost of providing these benefits has been £0.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees of Respite for Veterans CIO present their annual return and accounts for the year ending 31st March 2025 and confirm they comply with the requirements of the Charities Act 2011, the trust deed, and the guidance issued by the Charity Commission on public benefit

### 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	<p>Our continued priority has been building a strong foundation for future growth, and delivery of meaningful benefits to our beneficiaries. In this time, we have invested our efforts in the following foundation areas:</p> <ul style="list-style-type: none"> <li>▪ Establishing formal governance controls and processes.</li> <li>▪ Contacting and building relationships with other Veterans charities (Building a trusted network that would benefit beneficiaries).</li> <li>▪ Researching fundraising methods and challenges, including development of applicable policies etc.</li> <li>▪ Slowly growing the number of registered beneficiaries.</li> <li>▪ Investigating opportunities to veterans and their families at a Cotswold holiday resort. The feedback is that this has improved mental wellbeing and stronger family relationships in a safe and fully supported environment.</li> <li>▪ Using partner feedback to help guide future strategy and direction.</li> </ul> <p>This foundation work has, albeit slowly, helped the charity understand the challenges we face in difficult times, particularly regarding fundraising.</p> <p>In our next financial period, we will expect to significantly increase our fundraising activities and start delivering a steady flow of respite opportunities to our beneficiaries and their families.</p>

### 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	<p>Given that this is the first year for the charity, and the focus has been on building strong foundations and identifying beneficiaries, there has been minimal fundraising and expenditure. The current financial position is as follows: -</p> <ul style="list-style-type: none"> <li>▪ <b>Total Income:</b> - £0</li> <li>▪ <b>Total Expenditure:</b> - £269</li> <li>▪ <b>Breakdown of income sources:</b> - <ul style="list-style-type: none"> <li>• Bank Interest: £0.00</li> <li>• Trustee Donations: £0</li> <li>• External Donations: £0</li> </ul> </li> <li>▪ <b>Breakdown of expenditure by activity:</b> - <ul style="list-style-type: none"> <li>• Bank Charges: £50</li> </ul> </li> <li>▪ <b>Investments:</b> - £0</li> <li>▪ <b>Grants Received:</b> - £0</li> <li>▪ <b>Fundraising activities</b> - £0</li> <li>▪ <b>Total Value of Assets</b> - £0</li> <li>▪ <b>Total Value of Liabilities</b> - £0</li> </ul>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>The amount required to sustain the charity over the next 12 months aligns to our policy requirement to retain reserves that are “<i>Sufficient to sustain minimal operational viability for a period of no less than one whole financial reporting period</i>”, including where “<i>Our forecasts for levels of income for the current and future years, taking into account the reliability of each source of income and the prospects for developing new income sources</i>”. The reserve levels will be assessed frequently throughout the reporting period to ensure they remain adequate.</p>
Amount of reserves held	Para 1.22	£250
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	<p>The charity is aware of global economic influences and the challenges this puts on small charity funding. The risk is that we are unable to grow and meet the needs and expectations of our beneficiaries. However, this is why we have deliberately taken steps to adopt a longer-term approach, ensuring we build strong foundations and understanding what funding options would work best for us. We will mitigate this risk through steady growth and ensuring we do not overcommit both financial and in terms of beneficiary expectations.</p>

### 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	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

### Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	A Charity Constitution registered with the UK Charities Commission
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation whose only voting members are its charity trustees.
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	Trustees are selected in accordance with the Charities constitution and the Charity Commissions 'Finding new trustees (CC30) guidance. In selecting individuals for appointment as a charity trustee, the charity trustees do so regarding the skills, knowledge and experience needed for the effective administration of the CIO. Apart from the first charity trustees, every trustee must be appointed [for a term of [Three years [by a resolution passed at a properly convened meeting of the charity trustees.

**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	Respite for Veterans
Other name the charity uses	N/A
Registered charity number	1203236
Charity's principal address	74 Billacombe Road, Plymouth, Devon, PL9 7EX

**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	Damian Lyons	Chairman		Damian Lyons, Chairman
2	Paul Knight	Trustee		Damian Lyons, Chairman
3	David Grieves	Trustee		Damian Lyons, Chairman
4				

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

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

## Funds held as custodian trustees on behalf of others

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

### 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

N/A
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## Other optional information

None
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## Declarations

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>Damian J Lyons</i>	
<b>Full name(s)</b>	Damian Joseph Lyons	
<b>Position (eg Secretary, Chair, etc)</b>	Chairman	
<b>Date</b>	24 <sup>th</sup> February 2026	

**RESPIRE FOR VETERANS**

England & Wales - Charity number 1203236

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# Accounts

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## Trustees' Annual Report for the period

From 24<sup>th</sup> May 2023 **Period start date** To **Period end date** 31<sup>st</sup> March 2024

**Charity name:** Respite for Veterans

**Charity registration number:** 1203236

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit, to relieve the needs of UK service and ex-service personnel with disabilities or who have sustained injuries in service (and by extension their families and carers) in particular by the provision and assisting in the provision of respite facilities and experiences designed to aid and facilitate in their physical and mental recovery
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	The main activities remain the provision of respite opportunities for eligible beneficiaries, either through direct fundraising, or facilities provided by third parties. Several respite breaks have been provided; however, they have been donated with no financial cost to the charity. The cost of providing these benefits has been £0.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees of Respite for Veterans CIO present their annual return and accounts for the year ending 31st March 2024 and confirm they comply with the requirements of the Charities Act 2011, the trust deed, and the guidance issued by the Charity Commission on public benefit

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
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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	<p>This has been the first year for the charity, and our priority has been building a strong foundation for future growth, and delivery of meaningful benefits to our beneficiaries. In this time, we have invested our efforts in the following foundation areas:</p> <ul style="list-style-type: none"> <li>▪ Establishing formal governance controls and processes.</li> <li>▪ Contacting and building relationships with other Veterans charities (Building a trusted network that would benefit beneficiaries).</li> <li>▪ Researching fundraising methods and challenges, including development of applicable policies etc.</li> <li>▪ Slowly growing the number of registered beneficiaries.</li> <li>▪ Providing several respite opportunities to veterans and their families at a Cotswold holiday resort. The feedback is that this has improved mental wellbeing and stronger family relationships in a safe and fully supported environment.</li> <li>▪ Using beneficiary feedback to help guide future strategy and direction.</li> </ul> <p>This foundation work has, albeit slowly, provided direct benefits to several beneficiaries, and helped the charity understand the challenges we face in difficult times, particularly regarding fundraising.</p> <p>Broadly, the in-direct benefit to society is knowing that veterans and their families, all of whom have made sacrifices for their country and society, have not been forgotten, and RFV are doing their part to recognise their value and hopefully help improve their lives.</p>

### Additional information (optional)

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Performance of fundraising activities against objectives set	Para 1.41	
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Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>The amount required to sustain the charity over the next 12 months aligns to our policy requirement to retain reserves that are “<i>Sufficient to sustain minimal operational viability for a period of no less than one whole financial reporting period</i>”, including where “<i>Our forecasts for levels of income for the current and future years, taking into account the reliability of each source of income and the prospects for developing new income sources</i>”. The reserve levels will be assessed frequently throughout the reporting period to ensure they remain adequate.</p>
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**Additional information (optional)**

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Relationship with any related parties	Para 1.51	
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Charity name	Respite for Veterans
Other name the charity uses	N/A
Registered charity number	1203236
Charity's principal address	74 Billacombe Road, Plymouth, Devon, PL9 7EX

**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	Damian Lyons	Chairman		Damian Lyons, Chairman
2	Miriam Allen	Trustee		Damian Lyons, Chairman
3	Paul Knight	Trustee		Damian Lyons, Chairman
4	David Grieves	Trustee		Damian Lyons, Chairman

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

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

## Funds held as custodian trustees on behalf of others

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

### 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

N/A
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## Other optional information

None
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## Declarations

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>Damian J Lyons</i>	
<b>Full name(s)</b>	Damian Joseph Lyons	
<b>Position (eg Secretary, Chair, etc)</b>	Chairman	
<b>Date</b>	13 <sup>th</sup> February 2025	