

Charity registration number 1207417 (England and Wales)

Company registration number 10622791

PTSD999

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025**

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr D Elsom	(Appointed 10 April 2024)
	Mrs H Peak	(Appointed 10 April 2024)
	Mr M Cook	(Appointed 10 April 2024)
	Mr T Hermes	(Appointed 22 October 2024)
	Mr L Russell	(Appointed 22 October 2024)
Charity number (England and Wales)	1207417	
Company number	10622791	
Principal address	76 Windermere Avenue Hornchurch Essex RM12 5ER	
Registered office	30 Old Market Wisbech Cambridgeshire England PE13 1NB	
Independent examiner	InLine Accounts 75a Willow Street Romford Essex RM7 7LB	

PTSD999

CONTENTS

	Page
Trustees' report	1 - 3
Independent examiner's report	4
Statement of financial activities	5
Balance sheet	6
Notes to the financial statements	7 - 13

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 28 FEBRUARY 2025

The trustees presents its annual report and financial statements for the year ended 28 February 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

The charity's object and its principal activity is that of mental health awareness and support.

The main aims of the charity are:

- To relieve the needs, suffering and distress, primarily (but not exclusively), of serving and former personnel of the emergency services, HM Prison services and other such governmental and non governmental agencies and charities as the trustees think fit, who are suffering or at risk of suffering from mental trauma, PTSD, or other mental health conditions through the provision of a listening service, advice and information and such other support as the Trustees from time to time decide.
- To advance the education of the public in the causes, detection and treatment of mental trauma, post traumatic stress, post traumatic stress disorder or other metal health conditions suffered by those working or have worked, primarily (but not exclusively), for the emergency services.
- To provide mental health awareness training to the emergency services and other agencies.
- To provide mental health first aid training to the emergency services and other agencies.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2025

Achievements and performance

Significant activities and achievements against objectives

In our inaugural year, PTSD999 has made significant strides in fulfilling its charitable objectives. We have built strong foundations in training, awareness, and community engagement, with minimal financial outlay and maximum impact.

We delivered 8 national presentations, with growing interest from both emergency services and the corporate sector. PTSD999 is now recognised as a key supplier of PTSD awareness services within the emergency services community.

Through our training partner, LETS, we delivered 10 MHFA UK courses, training 160 individuals at no cost to their organisations. PTSD999 covered the full cost of £16,171, demonstrating our commitment to accessible mental health support.

We engaged with local communities in the London Borough of Havering, contributing to suicide prevention initiatives, outreach for rough sleepers, and support for individuals with addiction issues. These projects were delivered at no financial cost to the charity, relying solely on volunteer time.

PTSD999 has delivered presentations to Network Rail, Land Sheriffs, Motorfinity Group Ltd, and is in discussions with HS1 Rail. LETS has also provided initial training to Network Rail. These partnerships are ongoing and reflect our expanding reach.

Our website has been updated with a QR donation code and expanded social media outreach via Instagram and other platforms to increase visibility and engagement.

We have initiated partnerships with organisations such as Rail Safe Friendly and continue to seek collaborations that align with our mission and may unlock future funding opportunities.

Support for Emergency Services Personnel

Since gaining our charitable status, we have responded to 689 calls from individuals across all areas of the emergency services, providing vital mental health support and signposting to appropriate organisations. This represents over 340 hours of dedicated charitable time spent assisting those in crisis. Notably, 348 of these calls came from members of the Police force, highlighting the growing need for mental health support within this sector. Our continued commitment to being a trusted resource for emergency service personnel remains a cornerstone of our mission.

Financial review

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

At the year end the charity had total funds of £37,819. All funds held are unrestricted.

Structure, governance and management

The charity is a company limited by guarantee, and is therefore governed by a memorandum and articles of association.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

The members of the trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr D Elsom	(Appointed 10 April 2024)
Mrs H Peak	(Appointed 10 April 2024)
Mr M Cook	(Appointed 10 April 2024)
Mr T Hermes	(Appointed 22 October 2024)
Mr M Hills	(Appointed 10 April 2024 and resigned 6 March 2025)
Mr L Russell	(Appointed 22 October 2024)

Recruitment and appointment of trustees

New trustees are invited and encouraged to familiarise themselves with the charity commissions rules and regulations and to ensure they are up to date with guidance provided.

None of the members of the trustees has any beneficial interest in the company. All of the members of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The trustees' report was approved by the Trustees.



.....
Mr D Elsom
Trustee

Date:

PTSD999

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PTSD999

I report to the trustees on my examination of the financial statements of PTSD999 (the charity) for the year ended 28 February 2025.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

J Smyth

InLine Accounts

75a Willow Street

Romford

Essex

RM7 7LB

Date:

PTSD999

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 28 FEBRUARY 2025

	Notes	Unrestricted funds 2025 £
Income from:		
Donations and legacies	3	85,989
Other trading activities	4	18,677
Total income		104,666
Expenditure on:		
Raising funds	5	1,310
Charitable activities	6	65,576
Total expenditure		66,886
Net income and movement in funds		37,780
Reconciliation of funds:		
Fund balances at 1 March 2024		-
Fund balances at 28 February 2025		37,780

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

PTSD999

BALANCE SHEET

AS AT 28 FEBRUARY 2025

	Notes	2025 £	£
Fixed assets			
Tangible assets	11		1,557
Current assets			
Debtors	12	251	
Cash at bank and in hand		38,632	
		<u>38,883</u>	
Creditors: amounts falling due within one year	13	<u>(2,660)</u>	
Net current assets			<u>36,223</u>
Total assets less current liabilities			<u>37,780</u>
The funds of the charity			
Unrestricted funds	15		<u>37,780</u>
			<u>37,780</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 28 February 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on

Helen Peak

.....
Mrs H Peak
Trustee

Company registration number 10622791 (England and Wales)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025

1 Accounting policies

Charity information

PTSD999 is a private company limited by guarantee incorporated in England and Wales. The registered office is 30 Old Market, Wisbech, Cambridgeshire, PE13 1NB, England.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

1 Accounting policies**(Continued)****1.5 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	25% Straight line
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees is required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £
Donations and gifts	81,781
Presentations	3,478
Merchandise sales	730
	85,989

PTSD999

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2025

4 Income from other trading activities

	Unrestricted funds 2025 £
Fundraising events	18,677
Other trading activities	18,677

5 Expenditure on raising funds

	Unrestricted funds 2025 £
Fundraising and publicity	
Seeking donations, grants and legacies	1,250
Advertising	60
	1,310
Trading costs	
	-

PTSD999

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2025

6 Expenditure on charitable activities

	Charitable activities 2025 £
Direct costs	
Staff costs	30,574
Depreciation and impairment	677
Mental health first aid training	16,171
Merchandise	2,868
Travel	10,293
	<u>60,583</u>
Share of support and governance costs (see note)	
Support	2,455
Governance	2,538
	<u>65,576</u>
Analysis by fund	
Unrestricted funds	<u>65,576</u>

7 Net movement in funds

2025
£

The net movement in funds is stated after charging/(crediting):

Fees payable for the independent examination of the charity's financial statements	480
Depreciation of owned tangible fixed assets	677
	<u></u>

8 Trustees

During the year Mapus-Smith & Lemmon LLP received £1,153 in respect of accountancy fees. Trustee, Helen Peak, is a Partner of Mapus-Smith & Lemmon LLP.

9 Employees

The average monthly number of employees during the year was:

2025
Number
1

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

9 Employees **(Continued)**

Employment costs	2025 £
Wages and salaries	30,000
Other pension costs	574
	<u>30,574</u>

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Tangible fixed assets

	Computers £
Cost	
At 1 March 2024	2,191
Additions	546
	<u>2,737</u>
At 28 February 2025	<u>2,737</u>
Depreciation and impairment	
At 1 March 2024	503
Depreciation charged in the year	677
	<u>1,180</u>
At 28 February 2025	<u>1,180</u>
Carrying amount	
At 28 February 2025	<u>1,557</u>

12 Debtors

	2025 £
Amounts falling due within one year:	
Trade debtors	251

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 28 FEBRUARY 2025

13 Creditors: amounts falling due within one year

2025
£

Other taxation and social security	561
Other creditors	959
Accruals and deferred income	1,140
	<u>2,660</u>

14 Retirement benefit schemes

2025
£

Defined contribution schemes

Charge to profit or loss in respect of defined contribution schemes	<u>574</u>
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The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 March 2024 £	Incoming resources £	Resources expended £	At 28 February 2025 £
General funds	<u>-</u>	<u>104,666</u>	<u>(66,886)</u>	<u>37,780</u>

16 Related party transactions

There were no disclosable related party transactions during the year.