

Charity Registration No. 1133188

Company Registration No. 06884539 (England and Wales)

PTSD RESOLUTION LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2020



Caladine
Chartered Certified Accountants

PTSD RESOLUTION LIMITED

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PTSD RESOLUTION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Colonel Anthony Gauvain (Chairman) David Piers Bishop (Clinical Director) Malcolm Hanson Matthew Minshall James Woolley Lorne Mitchell Rosalind Townsend Gregory Vosper Nicole Lander
Management team	Charles Highett (Finance Director) Patrick Rea (Marketing & Communications Director)
Charity number	1133188
Company number	06884539
Principal address	Meadow Cottage Poundfield Road Chalvington Hailsham East Sussex BN27 3TH
Independent examiner	John Caladine FCCA CTA FCIE Caladine Limited Chantry House 22 Upperton Road Eastbourne East Sussex BN21 1BF
Bankers	Barclays Bank Plc Leicestershire LE87 2BB

PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 APRIL 2020

The Trustees present their report and accounts for the year ended 30 April 2020.

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 Memorandum and Articles of Association, the Companies Act 2006 and "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)".

Objectives and activities

The charity's objects are:

For the public benefit, the relief of the mental sickness of Veterans, Reservists and family members of the armed forces with post-traumatic symptoms in particular by the provision of counselling, therapy and support by:

1. Promoting research into treating post-traumatic symptoms, and to promote new ways of providing services for Veterans of the armed forces suffering from post-traumatic stress disorder (PTSD), across the UK;
1. Advancing the education of veterans of the armed forces and the public about the mechanisms of trauma and means of reducing the impact of PTSD on Veterans of the armed forces and the population in general; and
1. Promoting social inclusion among Veterans of the armed forces with PTSD in prisons through counselling, therapy and support.

PTSD Resolution (hereinafter referred to as Resolution) provides free treatment to Military Veterans, Reservists and their families, (hereinafter referred to as clients), with the particular aim of helping those who have failed to reintegrate into a normal work and family life because of military trauma suffered during service in the armed forces. Trauma causes flashbacks, nightmares, anger and depression - often leading to violence, alcohol and substance abuse, job loss, family breakdown and even suicide.

PTSD Resolution has a nationwide network of 200 accredited Human Givens therapists, which provides treatment to enable Veterans, Reservists and families to resolve the mental health problems associated with military trauma that obstruct a normal range of family and work relationships. PTSD Resolution provides a national low-cost phone line on which Veterans, Reservists, and their families can receive advice on the effects of trauma and available routes to treatment, including our own.

Resolution's research purpose has been met through contributing to a Queen's University Belfast project on Veterans' Transition; The Veterans Strategy consultation; the analysis of our own on-line survey; the creation of a new on-line survey; responding to four different university research requests for information; and five different individual requests.

PTSD Resolution continues to raise awareness through a PR and marketing programme. This programme of communication targets trauma sufferers, potential donors, related military and health organisations as well as press and other interested parties. The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake. The Trustees consider that the activities described above are consistent with the Charity's objectives and fulfils the requirements of the Charity Commission's public benefit criteria.

Achievements and performance

a) Resolution at year-end is on its 2,770th treatment; representing 438 new referrals in the year - an increase of 86 over the previous year - an average of 9 new referrals a week. Additionally, we have reopened 32 former cases with complex PTSD, requiring second or third periods of treatment. This demand is likely to increase, in the future, especially given the reduced services from other military charities due to Covid, putting strains on fundraising and administration.

PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2020

b) Resolution has treated a total of 107 veteran prisoners to date, in 23 different prisons, for PTSD and other mental health conditions.

c) Resolution continues to offer therapy to family members affected by trauma and has treated 61 family members in this reporting year.

d) We continue to treat every ex-service person who makes contact and wishes to try the service. We offer new clients the opportunity to talk to a previous patient if they wish, then they are put in touch with our nearest therapist and can go for an initial discussion to talk over how they are, what they need, what we can offer and what we cannot do. Clients continue to be given an appointment for treatment to start within a few days. The results of the treatments continue to be measured by taking the impact of event scores before and after treatment, which shows a marked reduction of symptoms, in an average of five sessions per treatment.

e) We instituted an extra requirement for newly registered therapists, confirmed by their supervisor, that they were ready to accept referrals, based on a review of their work to date.

f) We engaged an extra administrator in the role of Social Support and Aftercare. This role takes requests from therapists for helping to meet the social support needs of clients as well as contacting clients from 3 to 6 months after the end of treatment in order to measure the sustainability of treatment.

g) A pilot exercise was initiated into setting up a Post Treatment Support Network (PTSN) for ex-clients. Three were started, in Cornwall, Kent and Scotland, with varying results. Their purpose is to offer an opportunity at a local level for Veterans who have received treatment to be able to meet each other and engage in a mutually supportive activity. Toward the end of the reporting year, the Coronavirus forced a lockdown resulting in seeing whether an on-line network would be feasible. The results of this have yet to be evaluated.

h) The decision by Combat Stress in January to stop taking referrals from England and Wales resulted in an increase in referrals. The first Coronavirus lockdown on 23 March saw an initial reduction in referrals on a like-for-like, year on year basis, however, this report only covers those first five weeks.

j) The Coronavirus lockdown has also meant that therapy has had to be offered on-line. This was already offered for clients who were hard to access, or who could not travel, but was promoted as being available to all and initial results and veteran reactions are very promising.

k) Discussions with the NHS about partnership working continue and we continue to receive referrals from GPs, TILS, and CTS.

l) Membership of Cobseo continues to benefit us in various ways, not least in awareness-raising. SSAFA and other charities have increased their referrals to us which is very pleasing. Helpfully, the Veterans' Gateway passes referrals to us from their helpline, and we are on their website – leading, we hope, to becoming one of their official referral partners.

m) Discussions are on-going with several other military charities to create more partnerships and joined-up thinking.

n) We remain committed to carefully monitoring and producing evidence-based proof of the therapeutic impact Human Givens Therapy has on the veterans, reservists and the families we help. On our website, you can read about how this practical, rapid and effective therapy has saved and changed lives. It is also worth reiterating that we are referenced by NICE and conform to their guidelines.

o) We are promoting individual and group Trauma Awareness Training workshops and have now launched an on-line training service. The reasons why we feel this is so important is primarily to reduce the stigma attached to mental health and secondly to help educate companies, organisations and their teams on this critically important issue.

p) We held a successful conference in London on the 18th May 2019, details of which can be seen at <https://ptsdresolution.org/conference-2019.php>.

PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2020

q) We launched a new online survey on the Veterans' Mental Health Journey and a promotional video called 'Drop the Mask'.

PR/Marketing

PR and marketing continue to achieve excellent results with very limited expenditure. There are no salaried staff and we do very little advertising – success is delivered via traditional PR and social media. Key features of the year are:-

Social media: we are very active and post almost daily to Facebook, with over 5,000 Followers, and via Twitter and Instagram. Through these avenues and Just Giving, we receive donations from a range of sponsored initiatives by supporters. Looking forward, as with other charities, we expect that some of our future fundraising sources will be affected by the pandemic.

Traditional and broadcast media: we are 'on the radar' of the national print media, especially the defence correspondents, and are often asked to contribute and comment when military PTSD stories are written or talked about. Wherever possible we take part in national and local radio and TV programmes as they represent an important opportunity to increase awareness of the help we provide.

Event activities include:

- VIP Event at the House of Lords - this major annual event was a great success in November 2019 and will be a Zoom webinar on Nov 10th 2020
- The Big Give matched funding: we hit our targets again through a coordinated campaign that brought in major sponsors
- Liaison and fundraising through corporate supporters: we are always looking to find those individuals or companies who want to do more to support the armed forces veteran community
- Security Industry: we continue to work closely with ASIS and the sector in general – many veterans inevitably end up in the security business, so it makes sense to keep close links

Fundraising

Once again ASIS have continued in their excellent support of our Charity and their donations have continued to make a significant impact on our ability to deliver the services.

The arrangements with the Lions Club and FDM group are providing a useful income in payment for case by case from local groups who can see how their donation is being used for the treatment of Clients within their area.

Fundraising sponsorship events initiated by the public through Just Giving and other platforms are a great way of supporting us. We also, of course, continued to receive grants from bequests, charities, companies and individuals – all of which are important streams of revenue and we dedicate time and effort to produce the applications and information as required.

Lottery England continued to support us in the year, however, looking forward to the year ahead, it is inevitable that their ability to fund us will be significantly impacted due to Covid.

We take this opportunity to thank the Armed Forces Covenant Fund, the Veterans' Foundation and Lest We Forget Association for their very generous support and are so grateful for all they do to help us.

The Trustees thank each and every donor for their vital support to enable us to treat a record number of Veterans.

PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2020

Financial review

The revenue increased from £259,032 in 2019 to £289,894. The increase was primarily due to the growth in income from a contract provided for counselling services entered into during the previous year. Income from Donation and gifts have remained broadly the same.

Total resources expended increased by 63% to £303,987. This resulted in a deficit of £14,094 as compared to a surplus of £87,468 in the prior year.

The growth in resources expended was mainly caused by the costs of paying for treatment of an additional 86 Clients as compared to the previous year.

In note 6 to the accounts, the breakdown of the costs allocated to the different activities we undertake is shown. It shows that a total of £264,793 was expended in pursuit of the charitable purposes compared with £163,411 in the previous year. This represents 87% of the total costs.

Reserves policy

Our policy, in keeping with Charity Commission guidelines, is always to ensure that our Reserves allow for a minimum of three months operating costs and to maintain a secure financial footing. Reserves stand at £54,893 at the closed balance sheet date.

Risk management

The Trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Plans for the future

The targets for next year are:

- a) Treat more Veterans, Reservists and families of the UK armed forces
- b) Teach more Veterans, companies and other organisations about the effects of trauma
- c) Continue to build sustainable sources of revenue
- d) Continue to raise awareness of trauma and modern approaches to relieving it, in order to attract donors, media and other interested parties
- f) Continue to build the evidence base using the Pragmatic Tracker application
- g) Engage in a trial to further evaluate the evidence of treatment outcomes
- h) Create Post Treatment Support Networks in selected centres of the veteran population, engaging ex-clients in socially supporting activities and fundraising
- j) Partnership with the Veterans Gateway
- k) Obtain full membership of Contact

Structure, governance and management

The charity is a limited company, incorporated on 22 April 2009 and registered as a charity on 8 December 2009.

The President is Lord Ramsbotham, and Lord Arbutnot is Vice-President.

PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2020

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:

Colonel Anthony Gauvain (Chairman)
David Piers Bishop (Clinical Director)
Malcolm Hanson
Matthew Minshall
James Woolley
Lorne Mitchell
Rosalind Townsend
Gregory Vosper
Nicole Lander

Trustees are recruited and appointed from those individuals who have an interest in psychological trauma and the welfare of veterans of the UK armed forces. The Trustees interview all potential candidates for Trustee positions.

The Trustees delegate day-to-day running of the charity's operations to Colonel Anthony Gauvain, as Chairman, supported by the Finance Director, Charles Highett and Marketing and Communications Director, Patrick Rea, admin/telephone call handlers, and active Trustees as necessary.

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

Regulators and Authorities

We adhere to the standards set down in the code of the following institutions:

- a. Medical Governance:
 - i. Human Givens Institute
 - ii. Professional Standards Authority
- b. Fundraising Governance
 - i. Fundraising regulator
 - ii. Charity Commission
 - iii. Confederation of Services Charities,
 - iv. Gambling Commission
- c. Financial and Legal Governance
 - i. Company Law
 - ii. Charity Commission
 - iii. Confederation of Services Charities,
- d. Information Protection
 - i. General Data Protection Regulation
- e. Armed Forces Covenant

The trustees' report was approved by the Board of Trustees.

Colonel Anthony Gauvain (Chairman)

Trustee

Dated: 16 December 2020

PTSD RESOLUTION LIMITED

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 30 APRIL 2020

The Trustees, who are also the directors of PTSD Resolution Limited for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these accounts, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

PTSD RESOLUTION LIMITED

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PTSD RESOLUTION LIMITED

I report to the Trustees on my examination of the financial statements of PTSD Resolution Limited (the charity) for the year ended 30 April 2020.

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 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act 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 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Certified Accountants, which is one of the listed bodies.

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 2006 Act; or
- 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 2006 Act other than any requirement that the accounts 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 accounts 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.

John Caladine FCCA CTA FCIE

Caladine Limited
Chantry House
22 Upperton Road
Eastbourne
East Sussex
BN21 1BF

Dated: 17 December 2020

PTSD RESOLUTION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30 APRIL 2020

		Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £
	Notes						
Income from:							
Donations and legacies	3	155,777	9,117	164,894	153,892	5,140	159,032
Charitable activities	4	125,000	-	125,000	100,000	-	100,000
Total income		<u>280,777</u>	<u>9,117</u>	<u>289,894</u>	<u>253,892</u>	<u>5,140</u>	<u>259,032</u>
Expenditure on:							
Raising funds	5	39,194	-	39,194	28,153	-	28,153
Charitable activities	6	255,677	9,117	264,794	158,271	5,140	163,411
Total resources expended		<u>294,871</u>	<u>9,117</u>	<u>303,988</u>	<u>186,424</u>	<u>5,140</u>	<u>191,564</u>
Net (expenditure)/income for the year/ Net movement in funds							
		(14,094)	-	(14,094)	67,468	-	67,468
Fund balances at 1 May 2019		68,987	-	68,987	1,519	-	1,519
Fund balances at 30 April 2020		<u><u>54,893</u></u>	<u><u>-</u></u>	<u><u>54,893</u></u>	<u><u>68,987</u></u>	<u><u>-</u></u>	<u><u>68,987</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

PTSD RESOLUTION LIMITED

STATEMENT OF FINANCIAL POSITION

AS AT 30 APRIL 2020

	Notes	£	2020 £	£	2019 £
Current assets					
Trade and other receivables	10	43,563		1,092	
Cash at bank and in hand		31,716		69,755	
		<u>75,279</u>		<u>70,847</u>	
Current liabilities					
	11	(20,386)		(1,860)	
Net current assets			<u>54,893</u>		<u>68,987</u>
Income funds					
<u>Unrestricted funds</u>					
General unrestricted funds		54,892		68,986	
Share capital		1		1	
		<u>54,893</u>		<u>68,987</u>	
			<u>54,893</u>		<u>68,987</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 30 April 2020.

The Trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the 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 company.

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 16 December 2020

Colonel Anthony Gauvain (Chairman)
Trustee

Company Registration No. 06884539

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2020

1 Accounting policies

Company information

PTSD Resolution Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is Chantry House, 22 Upperton Road, Eastbourne, East Sussex, BN21 1BF.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's articles of association, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). 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 applying FRS 102 Update Bulletin 1 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. The principal accounting policies adopted are set out below.

1.2 Going concern

The Trustees recognise that funds held at the year end are below the amount required by the Charity's reserves policy. Following the year end the Charity won a large contract to provide therapy services and significant funds were received shortly after the year end.

At the time of approving the financial statements, the Trustees have 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 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.

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.

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2020

1 Accounting policies (Continued)

1.5 Expenditure

Liabilities are recognised when a constructive obligation exists, the payment is probable and the obligation can be measured or estimated reliably.

Resources expended are allocated to the particular cost centre to which they relate and include irrecoverable VAT.

1.6 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.

1.7 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 trade and other receivables 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.

Basic financial liabilities

Basic financial liabilities, including trade and other payables 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 payables 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 payables 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.

1.8 Taxation

PTSD Resolution Limited is a registered charity and its income is considered exempt from United Kingdom taxation.

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2020

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are 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 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2020	2020	2020	2019	2019	2019
	£	£	£	£	£	£
Donations and gifts	155,777	9,117	164,894	147,392	5,140	152,532
Grants	-	-	-	6,500	-	6,500
	<u>155,777</u>	<u>9,117</u>	<u>164,894</u>	<u>153,892</u>	<u>5,140</u>	<u>159,032</u>
Donations and gifts						
General fund donations and gifts	83,092	9,117	92,209	98,780	5,140	103,920
Lottery England	36,632	-	36,632	33,528	-	33,528
The Big Give	32,649	-	32,649	14,825	-	14,825
Gift aid	3,404	-	3,404	259	-	259
	<u>155,777</u>	<u>9,117</u>	<u>164,894</u>	<u>147,392</u>	<u>5,140</u>	<u>152,532</u>
Grants receivable for core activities						
Raymond Hide Will Trust	-	-	-	6,500	-	6,500
	<u>-</u>	<u>-</u>	<u>-</u>	<u>6,500</u>	<u>-</u>	<u>6,500</u>

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2020

4 Charitable activities

	Clinical pathway 2020 £	Clinical pathway 2019 £
Counselling services	125,000	100,000

5 Raising funds

	Unrestricted funds 2020 £	Unrestricted funds 2019 £
<u>Fundraising and publicity</u>		
Fundraising	29,545	21,198
Share of support and governance costs	9,649	6,955
Fundraising and publicity	39,194	28,153

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 APRIL 2020

6 Charitable activities	Clinical Pathway	Educating of veterans and the public about PTSD	Research into the treatment of PTSD	Promoting social inclusion of Veterans with PTSD in prisons	Total	
					2020	2019
Costs	2020	2020	2020	2020	2020	Total
Therapy costs	£	£	£	£	£	£
Exhibitions and conferences	159,039	-	-	-	159,039	84,775
Raising awareness to services personnel	-	3,140	-	-	3,140	549
Therapist and client support	-	14,300	-	-	14,300	10,400
Travel and Accommodation	26,027	-	556	-	26,583	15,791
Computer software and consumables	4,258	-	-	-	4,258	4,866
Research	2,757	394	591	-	3,742	5,367
Administration	-	3,933	-	-	3,933	-
Consultancy	5,373	2,985	1,194	1,194	10,746	9,283
Sundry	5,996	5,996	1,999	999	14,990	7,116
Events	163	-	-	-	163	1,024
Research	-	551	-	-	551	5,035
Printing, Postage and Stationery	-	230	-	-	230	525
	-	1,889	-	-	1,889	1,690
Share of support costs (see note 7)	203,613	33,418	4,340	2,193	243,564	146,421
Share of governance costs (see note 7)	2,354	6,055	228	236	8,873	8,422
	7,843	3,133	696	685	12,357	8,568
	213,810	42,606	5,264	3,114	264,794	163,411
Analysis by fund						
Unrestricted funds	204,693	42,606	5,264	3,114	255,677	158,271
Restricted funds	9,117	-	-	-	9,117	5,140
	213,810	42,606	5,264	3,114	264,794	163,411

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 APRIL 2020

6 Charitable activities (Continued)

For the year ended 30 April 2019

	Clinical Pathway	Educating of veterans and the public about PTSD	Research into the treatment of PTSD	Promoting social inclusion of Veterans with PTSD in prisons	Total 2019
	£	£	£	£	£
Costs					
Therapy costs	84,775	-	-	-	84,775
Exhibitions and conferences	-	549	-	-	549
Raising awareness to services personnel	-	10,400	-	-	10,400
Therapist and client support	15,791	-	-	-	15,791
Travel and Accommodation	4,866	-	-	-	4,866
Computer software and consumables	3,474	631	631	631	5,367
Administration	4,510	820	3,133	820	9,283
Consultancy	1,684	4,487	207	738	7,116
Sundry	237	635	83	69	1,024
Events	-	5,035	-	-	5,035
Research	-	525	-	-	525
Printing, Postage and Stationery	-	1,690	-	-	1,690
Share of support costs (see note 7)	115,337	24,772	4,054	2,258	146,421
Share of governance costs (see note 7)	2,140	5,842	220	220	8,422
	5,705	1,911	476	476	8,568
	123,182	32,525	4,750	2,954	163,411
Analysis by fund					
Unrestricted funds	118,042	32,525	4,750	2,954	158,271
Restricted funds	5,140	-	-	-	5,140
	123,182	32,525	4,750	2,954	163,411

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2020

7 Support costs	Support costs	Governance costs	Total	Support costs	Governance costs	Total
	£	£	2020 £	£	£	2019 £
Subscriptions	2,341	-	2,341	2,004	-	2,004
Insurance	1,028	-	1,028	1,457	-	1,457
Marketing	9,842	-	9,842	7,327	-	7,327
Printing, postage and stationery	1,493	-	1,493	1,656	-	1,656
Telephone	641	-	641	257	-	257
Travel	1,773	-	1,773	1,470	-	1,470
Sundry	-	-	-	231	-	231
Accountancy	-	2,160	2,160	-	2,100	2,100
Legal and professional	-	1,573	1,573	-	60	60
Bookkeeping fees	-	9,866	9,866	-	7,359	7,359
Bank charges	-	162	162	-	24	24
	<u>17,118</u>	<u>13,761</u>	<u>30,879</u>	<u>14,402</u>	<u>9,543</u>	<u>23,945</u>
<u>Analysed between</u>						
Fundraising	8,245	1,404	9,649	6,955	-	6,955
Charitable activities	8,873	12,357	21,230	8,422	8,568	16,990
	<u>17,118</u>	<u>13,761</u>	<u>30,879</u>	<u>15,377</u>	<u>8,568</u>	<u>23,945</u>

Governance costs includes Independent Examiners fees of £480 (2019 - £480).

8 Trustees

One Trustee was reimbursed £1,463 (2019: £16) for out of pocket expenses.

No other Trustees or persons connected to them received any expenses, nor did any of them receive a salary or fees.

9 Employees

There were no employees during the year.

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2020

10 Trade and other receivables		
	2020	2019
	£	£
Amounts falling due within one year:		
Trade receivables	35,092	-
Other receivables	5,422	259
Prepayments and accrued income	3,049	833
	<u>43,563</u>	<u>1,092</u>

11 Current liabilities		
	2020	2019
	£	£
Accruals and deferred income	20,386	1,860
	<u>20,386</u>	<u>1,860</u>

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds		
	Incoming resources	Resources expended	Balance at 1 May 2019	Incoming resources	Resources expended	Balance at 30 April 2020
	£	£	£	£	£	£
Lions fund	5,140	(5,140)	-	9,117	(9,117)	-
	<u>5,140</u>	<u>(5,140)</u>	<u>-</u>	<u>9,117</u>	<u>(9,117)</u>	<u>-</u>

The Lions fund represents monies received from The Lions Club, which is regarded as restricted income with it's related therapy expenditure.

13 Share capital		
	2020	2019
	£	£
Ordinary share capital		
Issued and fully paid		
1 Ordinary share of £1 each	1	1
	<u>1</u>	<u>1</u>

The one ordinary £1 share is held by Mr D Bishop on behalf of all the Trustees.

14 Related party transactions

There were no disclosable related party transactions during the year (2019 - none).

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.