

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 2018



Caladine

Chartered Certified Accountants

PTSD RESOLUTION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Colonel Anthony Gauvain (Chairman) David Piers Bishop (Clinical Director) Malcolm Hanson Charles Highett (Finance and Commercial Director) Matthew Minshall Patrick Rea (Marketing Director) James Woolley
Charity number	1133188
Company number	06884539
Principal address	Meadow Cottage Poundfield Road Chalvington Hailsham East Sussex BN27 3TH
Registered office	Chantry House 22 Upperton Road Eastbourne East Sussex BN21 1BF
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

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PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 APRIL 2018

The Trustees present their report and accounts for the year ended 30 April 2018.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts 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)" (as amended for accounting periods commencing from 1 January 2016)

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;
2. 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
3. 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 dependants, 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.

Resolution has a nationwide network of 200 accredited therapists which provides treatment to enable Veterans to resolve the mental health problems associated with military trauma that obstruct a normal range of family and work relationships. 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 is involved in a number of research projects into trauma, notably with Sussex University, King's College London, University of Exeter, Queen's University Belfast, Anglia Ruskin University, University of Edinburgh, Pragmatic Tracker, Rewind therapy, and Resolution's ongoing on-line survey.

Resolution continues to raise awareness through a PR and marketing programme, described below. 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.

Public benefit

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.

PTSD RESOLUTION LIMITED

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

FOR THE YEAR ENDED 30 APRIL 2018

Achievements and performance

a) Resolution at year end is on its 1980th treatment. This represents a total of 335 referrals in the year, which reflects a continued average of seven new referrals a week. This sustained demand continues to put a strain on fundraising and administration.

b) Resolution has treated a total of 75 prisoners to date, in 22 different prisons.

c) Resolution continues to offer therapy to family members affected by trauma. To date, 52 partners and 18 children have been referred.

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. Improved funding has continued to mean that clients can be given an appointment and treatment can 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 show a marked reduction of symptoms in 78% of clients, in an average of five sessions per treatment.

Financial review

The revenue decreased from £189,161 to £157,747. The decrease was primarily due to the loss of PTSD Action income of over £23,000 and a reduction of income from Lottery England of £9,995. However revenue from Donation and gifts sources have grown by 13% to £109,932.

This year saw continuance of the increase in demand for our services with its resulting increase in costs of 3%. On a like for like over last year the costs used for treatment have risen by 10%. This resulted in a loss of £22,635.

This year 84% of our costs went towards the Charitable Objectives. We have had to dip into our reserves this year and ended the year with £17,900 cash.

Reserves policy

Looking forward, immediately following the close of the year we signed a multi year contract that makes up for any shortfall met in 2017/8 and which provides a foundation of income going forward which has enabled the Charity to re-establish the reserve target of 3 months expenses.

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.

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 Arbuthnot is Vice-President.

PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 APRIL 2018

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)
Linda Field (Resigned 1 May 2018)
Malcolm Hanson
Charles Highett (Finance and Commercial Director)
Matthew Minshall
Patrick Rea (Marketing Director)
Richard Trafford (Resigned 1 May 2018)
James Woolley

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.

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.

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.

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

.....
Colonel Anthony Gauvain (Chairman)
Trustee
Dated:

PTSD RESOLUTION LIMITED

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 30 APRIL 2018

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 2018.

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

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:

PTSD RESOLUTION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 APRIL 2018

	Notes	Unrestricted funds £	Restricted funds £	Total 2018 £	Total 2017 £
<u>Income from:</u>					
Donations and legacies	3	150,597	4,150	154,747	189,161
Charitable activities	4	137	-	137	5,404
Total income		<u>150,734</u>	<u>4,150</u>	<u>154,884</u>	<u>194,565</u>
<u>Expenditure on:</u>					
Raising funds	5	7,242	-	7,242	3,123
Charitable activities	6	165,759	4,518	170,277	174,593
Total resources expended		<u>173,001</u>	<u>4,518</u>	<u>177,519</u>	<u>177,716</u>
Net (expenditure)/income for the year/ Net movement in funds		(22,267)	(368)	(22,635)	16,849
Fund balances at 1 May 2017		<u>23,786</u>	<u>368</u>	<u>24,154</u>	<u>7,305</u>
Fund balances at 30 April 2018		<u><u>1,519</u></u>	<u><u>-</u></u>	<u><u>1,519</u></u>	<u><u>24,154</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 2018

	Notes	2018 £	£	2017 £	£
Current assets					
Trade and other receivables	10	4,799		5,343	
Cash at bank and in hand		17,900		41,311	
		<u>22,699</u>		<u>46,654</u>	
Current liabilities					
	11	(21,180)		(22,500)	
Net current assets			1,519		24,154
			<u>1,519</u>		<u>24,154</u>
Income funds					
Restricted funds	13		-		368
<u>Unrestricted funds</u>					
General unrestricted funds		1,518		23,785	
Share capital		1		1	
		<u>1,519</u>		<u>23,786</u>	
			1,519		23,786
			<u>1,519</u>		<u>24,154</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 2018. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

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.

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

.....
Colonel Anthony Gauvain (Chairman)
Trustee

.....
Charles Highett (Finance and Commercial Director)
Trustee

Company Registration No. 06884539

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2018

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 unless the funds have been designated for other purposes.

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 2018

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 2018

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 2018	Total 2017
	£	£	£	£
Donations and gifts	150,597	4,150	154,747	189,161
	<u>150,597</u>	<u>4,150</u>	<u>154,747</u>	<u>189,161</u>
For the year ended 30 April 2017	<u>155,995</u>	<u>33,166</u>		<u>189,161</u>
Donations and gifts				
Donations and gifts	105,782	4,150	109,932	97,067
PTSD Action	-	-	-	23,166
Lottery England	34,706	-	34,706	44,701
The Big Give	9,571	-	9,571	22,871
Gift aid	538	-	538	1,356
	<u>150,597</u>	<u>4,150</u>	<u>154,747</u>	<u>189,161</u>

4 Charitable activities

	2018 £	2017 £
Great North Run	108	212
Conference	-	1,880
Shell Shock Walk	29	3,312
	<u>137</u>	<u>5,404</u>

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 APRIL 2018

5 Raising funds

	2018	2017
	£	£
<u>Fundraising and publicity</u>		
Fundraising	7,242	3,123

6 Charitable activities

	2018	2017
	£	£
Therapy costs	102,156	98,106
Exhibitions and conferences	3,984	1,622
Raising awareness to services personnel	14,000	12,702
Great North Run	983	2,199
Therapist and client support	17,724	14,407
Travel	1,223	693
Computer software and consumables	3,056	277
Action challenge	-	156
Research	-	9,632
	<u>143,126</u>	<u>139,794</u>
Share of support costs (see note 7)	17,773	23,729
Share of governance costs (see note 7)	9,378	11,070
	<u>170,277</u>	<u>174,593</u>
Analysis by fund		
Unrestricted funds	165,759	
Restricted funds	4,518	
	<u>170,277</u>	
For the year ended 30 April 2017		
Unrestricted funds		141,795
Restricted funds		32,798
		<u>174,593</u>

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 APRIL 2018

7 Support and governance costs

	Support costs	Governance costs	Total 2018	2017
	£	£	£	£
Subscriptions	1,877	-	1,877	566
Insurance	822	-	822	262
Research administration	574	-	574	257
Client support administration	2,794	-	2,794	3,858
Marketing	7,656	-	7,656	16,703
Computer software and consumables	3,056	-	3,056	277
Printing, postage and stationery	400	-	400	1,273
Telephone	57	-	57	60
Travel	524	-	524	473
Sundry	13	-	13	13
Accountancy	-	2,180	2,180	1,720
Legal and professional	-	367	367	1,574
Bookkeeping fees	-	6,831	6,831	7,763
	<u>17,773</u>	<u>9,378</u>	<u>27,151</u>	<u>34,799</u>
<u>Analysed between</u>				
Charitable activities	<u>17,773</u>	<u>9,378</u>	<u>27,151</u>	<u>34,799</u>

Governance costs includes Independent Examiners fees of £480 (2017 - £480).

8 Trustees

Two Trustees were reimbursed £1,504 (2017: £1,211) for out of pocket expenses. No other Trustees or persons connected to them received and expenses, nor did any of them receive a salary.

9 Employees

There were no employees during the year.

10 Trade and other receivables

	2018	2017
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	<u>4,799</u>	<u>5,343</u>

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 APRIL 2018

11 Current liabilities

	2018 £	2017 £
Other payables	1,200	8,930
Accruals and deferred income	19,980	13,570
	<u>21,180</u>	<u>22,500</u>

12 Retirement benefit schemes

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.

13 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:

	Balance at 1 May 2017 £	Movement in funds		Balance at 30 April 2018 £
		Incoming resources £	Resources expended £	
LV Research fund	368	-	(368)	-
Lions fund	-	4,150	(4,150)	-
	<u>368</u>	<u>4,150</u>	<u>(4,518)</u>	<u>-</u>

The LV Research fund was specifically for research on clinical matters.

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

14 Share capital

	2018 £	2017 £
Ordinary share capital Issued and fully paid		
1 Ordinary share of £1 each	1	1

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

15 Financial commitments, guarantees and contingent liabilities

Included within accruals in Note 11 are costs of £16,041 relating to therapy treatment completed but not invoiced as yet to the charity. There are also other therapy commitments of £10,000 (2017: £10,000) not included within accruals which are contingent on funding in 2018/19.

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) *FOR THE YEAR ENDED 30 APRIL 2018*

16 Related party transactions

There were no disclosable related party transactions during the year (2017 - none).