

Charity registration number 1133188

Company registration number 06884539 (England and Wales)

PTSD RESOLUTION LIMITED
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 AUGUST 2023



Caladine
Chartered Certified Accountants

PTSD RESOLUTION LIMITED

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PTSD RESOLUTION LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Graham Bassett David Piers Bishop Colonel Anthony Gauvain (Chairman) Malcolm Hanson (Clinical Director) Charles Highett (Finance Director and CEO wef 15th April 2022) Nicole Lander Patrick Rea (Marketing and Communications Director) Rosalind Townsend Gregory Vosper
Management team	Charles Highett (Finance Director) Patrick Rea (Marketing & Communications Director)
Charity number	1133188
Company number	06884539
Principal address	Rumbeams Farm Ewhurst Green Surrey GU6 7RR
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

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE PERIOD ENDED 31 AUGUST 2023

The Trustees present their report and accounts for the Period ended 31 August 2023.

Death of our founding President, Lord Ramsbotham GCB CBE

With great sadness, PTSD Resolution announced that our founding President, Lord Ramsbotham GCB CBE, passed away during 2023. We are deeply grateful to David for his tremendous support and guidance over the years, and we extend our heartfelt condolences to his family. He was a tireless advocate for the welfare of veterans, particularly with regards to their mental health and wellbeing. After leaving the army, David was appointed Her Majesty's Chief Inspector of Prisons in 1995, serving admirably in that role until 2001. The Prison Reform Trust issued a poignant tribute, stating:

"He was literally and metaphorically a towering figure in our world — instantly recognisable for his bearing and the meticulous care with which he framed his devastating critique of all that needed changing in our prison system."

Our charity was especially inspired by David's approach to the treatment of veterans in prisons. We remain committed to building our capacity to serve this vulnerable population, as part of the legacy of care and compassion that Lord Ramsbotham exemplified throughout his impactful career.

Change of legal entity

The Board of Trustees decided to transition the charity from PTSD Resolution Ltd, a private limited company, to PTSD Resolution CIO, a charitable incorporated organisation (CIO) registered charity number 1202649. This new legal structure offers a more suitable vehicle for operating our charity. As of August 30th, 2023, PTSD Resolution Limited ceased operations, with all charitable activities transferred to the newly formed PTSD Resolution CIO which was established on April 6th, 2023.

Due to this organisational shift, the Board opted to extend PTSD Resolution Ltd's financial year until August 30th, 2023, allowing all outstanding transactions to be completed under the original corporate entity prior to dissolution. With the CIO now fully operational, PTSD Resolution is well-positioned to continue its charitable work under this improved legal framework.

National awards recognition

Colonel Tony Gauvain (retired), Chairman, CEO and co-founder of PTSD Resolution - with some 4,000 veterans helped since 2009 - was chosen in 2023 as one of the nation's Coronation Champions. Their Majesties The King and The Queen Consort recognised Tony as an outstanding volunteer for the official Coronation celebrations in conjunction with The Royal Voluntary Service.

Tony Gauvain was also honoured in 2023 with the Healthcare and Rehabilitation Award, part of the prestigious annual Soldiering On Awards.

CEO and Chairman roles

On April 15, 2023, Tony Gauvain, the Chair and CEO, handed over the role of CEO to Charles Highett, Finance Director and Trustee. Tony Gauvain retained his position as Chair of the Board.

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)".

PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE PERIOD ENDED 31 AUGUST 2023

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:

- 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;
- 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
- Promoting social inclusion among Veterans of the armed forces with PTSD in prisons through counselling, therapy and support.

Who we are and what we do

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.

Resolution has access to a network of 200 therapists (registered with the Human Givens Institute), which provides treatment to enable Veterans, Reservists and family members to resolve the mental health problems associated with 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.

Measuring therapeutic impact

PROJECT 100- Resolution's Real World Evidence (RWE). This report conducted in 2022 / 23 is the follow-up research recommended by the 2019 King's College Greenberg / Burdett report. It provides preliminary findings, on a cohort of 171 beneficiaries, investigating the efficacy of Human Givens (HG) therapy for treating psychological trauma in military veterans.

Marketing, PR and communications

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.

Veterans in Prison and the Justice System

Prisons and Justice- Resolution saw a significant increase in the number of veterans either in custody, pre-sentencing or on parole, wanting therapy. Working closely with the prison staff, probation and other veteran charities, the therapist either visits the veteran in prison, in the community or delivers the therapy remotely.

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 PERIOD ENDED 31 AUGUST 2023

Achievements and performance

a) Resolution at year-end is on its 3785th client; representing 420 new referrals in this 16-month financial year - which overall remains consistent with the average of 6.5 referrals per week. There were also 56 clients who returned to the charity for further treatment, taking the total number of clients treated for the 16 months to 476, and the number of referrals per week to 7 (69 weeks). This brings the total number of referrals at year-end to 4155. The engagement rate has increased slightly from 70% to 76% (this is clients who contact the charity, and complete the initial registration, and then call back to complete the second part of registration for referral to a therapist).

b) Resolution has treated 28 veteran prisoners for PTSD and other mental health conditions this year, increasing the total to 152 in 29 different prisons, including 6 new prisons.

c) Resolution continues to offer therapy to family members affected by trauma and has treated 88 family members in this reporting year.

d) We do not have waiting lists – from first contact to seeing a therapist takes a few weeks. We continue to treat every qualifying person who makes contact and wishes to try the service. Once registered they are put in touch with our nearest therapist who arranges an appointment for treatment to start within a few days. The results of the treatments continue to be measured by taking clinical scores before and after treatment, which show the changes in symptoms, in an average of six sessions per treatment.

g) Discussions are on-going with several other military charities to create more partnerships and joined-up thinking and working. In particular, Combat Stress approached us to consider some form of collaborative working. Discussions are ongoing.

h) Resolution is an executive member of the CONTACT group, which is the collaboration of statutory and non-statutory (charity, academic and professional) organisations working to improve mental health support to the UK armed forces community including serving personnel, veterans and their families.

Resolution is also a founding member of The Quality Network for Veterans Mental Health Services (QNVMS) developed in collaboration with the Contact Group in 2020 to promote quality improvement within and between veterans mental health services.

i) 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 the many testimonials which reflect how this practical, rapid and effective therapy has saved and changed lives. It continues to be worth reiterating that we are referenced by NICE and conform to their guidelines.

j) 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.

k) We also deliver training for therapists on 'The Military Mind', exploring the characteristics of this particular cohort of beneficiaries and their engagement with therapy; and for the call handlers on suicide risk and handling procedures.

l) We have also started offering therapists support for accessing the enhanced Disclosure and Barring Service.

PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE PERIOD ENDED 31 AUGUST 2023

Research- Real-World Evidence (RWE) PTSD Resolution's Project 100 report

This report conducted in 2022 / 23 is the follow-up research recommended by the 2019 King's College Greenberg / Burdett report. It provides preliminary findings on a cohort of 171 beneficiaries, investigating the efficacy of Human Givens (HGT) for treating psychological trauma in military veterans.

Using established outcome measures PHQ-9 (depression), GAD-7 (anxiety), PCL-5 (Post Traumatic Stress), CORE-10 (distress), initial results suggest promising recovery and consistent improvement rates, aligning with or surpassing national standards.

The therapy showed high beneficiary engagement and low dropout rates, demonstrating its acceptance among veterans. It highlights the value of complementary real-world research as per the NICE Guidelines.

Evidence shows the HGT approach, implemented by Resolution, is effective in addressing psychological trauma. In the PTSD Resolution 10-Year Impact Report 2014 – 2023, the Project 100 key findings show that more than 3 out of 4 beneficiaries stay in treatment to an agreed planned ending, demonstrating a high level of acceptance of the treatment. Treatment effect sizes are large on all measures used.

Recovery rates are broadly equivalent to the targets set by the NHS Improving Access to Psychological Therapies Services (IAPTS) with a higher proportion of referrals engaging in and completing treatment.

Marketing, PR and Communications

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

Social media: we are very active and post daily on LinkedIn, Facebook, Twitter and Instagram. Through these avenues and Just Giving, we receive donations from a range of sponsored initiatives by supporters. We have built strong relationships with a small group of major donors, including companies and trade associations in the security industry.

Print, digital and broadcast media: we are 'on the radar' of the national print media, 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, June 2023: this was another very successful event, an opportunity to meet and network with our major donors and supporters and meet new contacts.
- Corporate Sponsor Recruitment event: we ran a central London event in November 2022 and invited major corporates and would look to repeat this again.
- The Big Give matched funding: we surpassed our targets again through a coordinated campaign that brought in major sponsors. It remains a key focus for both funding and awareness raising.
- Security Industry: we continue to work closely with ASIS and the sector in general – many veterans work in the security business, so it makes sense to keep close links.

PTSD RESOLUTION LIMITED

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

FOR THE PERIOD ENDED 31 AUGUST 2023

Fundraising

During the year we were fortunate that many volunteers, often at their own expense, put great effort and energy into fundraising for us. We would like to highlight a few stalwart supporters who have donated year on year through their efforts:

For the fourth year running, Jonathan Thomson and his team completed a 7-day marathon cycling challenge, this year in the windswept landscapes of the Orkney and Shetland Islands. Covering over 100km daily and ascending climbs that would stack up to the height of Mount Everest, the squad has raised over £120,000 across the last 5 years for the charity.

We have also benefited enormously from Tanya Hodges' backing for the past 7 years, through her remarkable feats of endurance including walking to Everest Base Camp, scaling Kilimanjaro and a 100km (62 mile) hike in 2023, continuous and overnight, as part of the UK Ultra Challenge series. Tanya has raised over £9,000 for the charity to date, with that total set to increase as she takes on a second non-stop 100km challenge along the Cotswold Way in June 2024.

Additionally, over the last four years, the Castle Combe racing circuit has dedicated a specific day to support PTSD Resolution's work. With match funding provided through the Big Give annual campaigns, Castle Combe race days have brought in over £40,000. We thank Christopher Darwin for his tireless support,

We are also grateful to our supporters in the security industry, including ASIS and the Worshipful Company of Security Professionals.

The selflessness of supporters undertaking these trials and tests of determination never ceases to humble and inspire us. We extend our profound thanks to all who donated their time and courage.

We thank the many fundraisers and donors who have supported us, many using JustGiving as a platform for donating directly to the charity. To every one of them who has given their backing, whether through sponsorship challenges or direct contributions, the charity thanks them deeply. Their generosity makes our work possible, allowing us to reach more veterans in crisis.

For all those who organise and take part in fundraising events, create Facebook birthday donations, remember us in your Will, or simply provide whatever support you can spare - please know it is appreciated enormously. Beyond vital money raised, their help spreads awareness of the urgent need to heal the mental wounds of military service. We could not continue assisting vulnerable veterans on their journey to recovery without their compassionate community of donors. Their aid is life-changing.

We continue to receive direct payment for therapy provided to our clients from several organisations. Local Lions Clubs fund treatment for beneficiaries within their catchment areas. FDM refers employed veterans to us periodically and reimburses costs. The Royal British Legion Industries (RBLI), which houses homeless veterans at Mountbatten House in Aylesbury, refunds therapy provided to their residents. We also receive payment support from military units like The Rifles and the Mercian Regiment to assist their former colleagues.

Through this collaborative funding model with partner groups, we can ensure more veterans access our therapy regardless of their ability to contribute. It is rewarding that charities, local organisations and military bodies recognise the effectiveness of our approach and will directly invest to enable us to aid beneficiaries in need. Their practical support alongside our clinical excellence provides comprehensive coverage for healing the mental scars of active service.

PTSD RESOLUTION LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE PERIOD ENDED 31 AUGUST 2023

Grants and Legacies

During the year we have been most fortunate to receive grants from several organisations. We sincerely thank the Armed Forces Covenant Fund for their continued support in funding therapy for former Afghan veterans. This represents the third grant we have been awarded through their vital program.

Veterans Foundation remains a key sponsor, with their generous quarterly contributions to veteran mental health charities like ours through membership of the Contact coalition. They also fund the Real World Evidence research project.

Lest We Forget charity has also maintained its steadfast support of PTSD Resolution, both by sponsoring Jonathan Thomson and his team's cycling fundraisers and through direct funding streams to the charity itself.

These grants form an essential pipeline enabling us to sustain the breadth of services we provide to veterans and families. Without such backing, we could not hope to reach all those desperately seeking rehabilitation from the mental wounds of service. Our deep thanks go to all who contribute through grants and trust in our model of care - your investments directly restore lives ravaged by trauma.

During the year we received a generous legacy.

Financial review

The period under review covers 16 months ended 31 August 2023 with the comparative period being 12 months to 30 April 2022.

Revenue for the period decreased from £546,386 in 2022 to £437,085 in 2023. Donation income fell, but income from counselling services increased by 7% to £136,446. The difference between the two periods is accounted for by an exceptional legacy in the previous period of £100,000.

The charity also received numerous smaller amounts from multiple donors from the public, which cumulatively form a substantial contribution, for which we are very grateful.

Total resources expended for the 16 months amounted to £381,911 compared to £258,468 for the preceding 12-month period. Overall, the charity recorded a surplus of £55,174 compared to £287,918 in the prior period. The growth in resources expended was mainly caused by the costs of paying for the treatment of additional 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 £301,620 (or £355,219) was expended in pursuit of the charitable purposes representing almost 80% of the total costs.

At the end of the period the assets of the charity were transferred to the new charity PTSD Resolution CIO, registered charity number 1202649.

Reserves policy

In line with Charity Commission guidelines, the trustees decided to increase the reserves from three months to six months expenditure. The reserves at the period end amounted to £488,275 and were transferred to the new CIO entity, PTSD Resolution CIO.

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.

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 PERIOD ENDED 31 AUGUST 2023

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

Graham Armitage (Resigned 25 April 2023)
Graham Bassett
David Piers Bishop
Colonel Anthony Gauvain (Chairman)
Malcolm Hanson (Clinical Director)
Charles Highett (Finance Director and CEO wef
15th April 2022)
Nicole Lander
Patrick Rea (Marketing and Communications
Director)
Rosalind Townsend
Gregory Vosper
James Woolley (Resigned 15 November 2022)

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
 - i. Professional Standards Authority
- b. Fundraising Governance
 - i. Fundraising regulator
 - i. Charity Commission
 - ii. Confederation of Services Charities,
 - iii. Gambling Commission
- c. Financial and Legal Governance
 - i. Company Law
 - i. Charity Commission
 - ii. Confederation of Services Charities,
- d. Information Protection
 - i. General Data Protection Regulation
- e. Armed Forces Covenant
- f. Quality Network for Veterans' Mental Health Services

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 PERIOD ENDED 31 AUGUST 2023

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 Period.

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 Period ended 31 August 2023.

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:

PTSD RESOLUTION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 AUGUST 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	3	236,647	62,192	298,839	377,473	41,717	419,190
Charitable activities	4	138,246	-	138,246	127,196	-	127,196
Total income		374,893	62,192	437,085	504,669	41,717	546,386
Expenditure on:							
Raising funds	5	23,311	-	23,311	40,523	-	40,523
Charitable activities	6	290,350	68,250	358,600	209,795	8,150	217,945
Total expenditure		313,661	68,250	381,911	250,318	8,150	258,468
Net income/(expenditure)		61,232	(6,058)	55,174	254,351	33,567	287,918
Transfer of assets:							
Assets transferred to PTSD Resolution CIO		(460,766)	(27,509)	(488,275)	-	-	-
Net movement in funds		(399,534)	(33,567)	(433,101)	254,351	33,567	287,918
Reconciliation of funds:							
Fund balances at 1 May 2022		399,535	33,567	433,102	145,184	-	145,184
Fund balances at 31 August 2023		1	-	1	399,535	33,567	433,102

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

PTSD RESOLUTION LIMITED

STATEMENT OF FINANCIAL POSITION

AS AT 31 AUGUST 2023

		2023		2022	
	Notes	£	£	£	£
Current assets					
Trade and other receivables	11	-		43,263	
Cash at bank and in hand		1		422,801	
				<u>466,064</u>	
Current liabilities	12	-		32,962	
		<u>1</u>			
Net current assets			1		433,102
			<u>1</u>		<u>433,102</u>
The funds of the charity					
Share capital	14		1		1
Restricted income funds	13		-		33,567
Unrestricted funds			-		399,534
				<u>1</u>	<u>433,102</u>
			<u>1</u>		<u>433,102</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the Period ended 31 August 2023.

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 Period 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

.....
Colonel Anthony Gauvain (Chairman)

Trustee

.....
Charles Hightett (Finance Director and CEO wef 15th April 2022)

Trustee

Company registration number 06884539 (England and Wales)

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 AUGUST 2023

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 Reporting period

These financial statements cover a period of 16 months ending 31 August 2023. The comparative period is 12 months ended 30 April 2022. The financial period of the charity was changed during the year so as to encapsulate all income and expenditure prior to the assets and activities being transferred to a newly formed CIO.

1.2 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" ("FRS 102") 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)" (effective 1 January 2019). 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. The principal accounting policies adopted are set out below.

1.3 Going concern

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. The activities of the charity are ongoing and will be transferred to the new CIO entity, the PTSD Resolution CIO on 31st August 2023.

1.4 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.

1.5 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 PERIOD ENDED 31 AUGUST 2023

1 Accounting policies (Continued)

1.6 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.

1.7 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.

1.8 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.

1.9 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.

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 AUGUST 2023

1 Accounting policies (Continued)

1.10 Taxation

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

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 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	131,160	4,650	135,810	172,673	8,150	180,823
Legacies receivable	42,154	-	42,154	100,000	-	100,000
Grants	63,333	57,542	120,875	104,800	33,567	138,367
	<u>236,647</u>	<u>62,192</u>	<u>298,839</u>	<u>377,473</u>	<u>41,717</u>	<u>419,190</u>
Donations and gifts						
General fund donations and gifts	94,899	4,650	99,549	134,366	8,150	142,516
Lottery England	-	-	-	455	-	455
The Big Give	22,702	-	22,702	36,970	-	36,970
Gift aid	13,559	-	13,559	882	-	882
	<u>131,160</u>	<u>4,650</u>	<u>135,810</u>	<u>172,673</u>	<u>8,150</u>	<u>180,823</u>
Grants receivable for core activities						
Armed Forces Covenant Trust	-	57,542	57,542	-	33,567	33,567
Veterans Foundation	57,333	-	57,333	40,000	-	40,000
NHS England	-	-	-	16,300	-	16,300
Lest we Forget Association	-	-	-	16,000	-	16,000
Other grants < £15,000	6,000	-	6,000	32,500	-	32,500
	<u>63,333</u>	<u>57,542</u>	<u>120,875</u>	<u>104,800</u>	<u>33,567</u>	<u>138,367</u>

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 AUGUST 2023

4 Income from charitable activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Charitable Activities		
Counselling services	135,857	125,110
Trauma awareness training	1,800	-
Shop sales	589	2,086
	<u>138,246</u>	<u>127,196</u>

5 Expenditure on raising funds

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Fundraising and publicity		
Fundraising	11,897	9,951
Support costs	11,414	30,572
	<u>23,311</u>	<u>40,523</u>

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 AUGUST 2023

6 Expenditure on charitable activities

	Clinical pathway	Education about PTSD	Research into PTSD treatments	Total	Clinical pathway	Education about PTSD	Research into PTSD treatments	Total
	2023	2023	2023	2023	2022	2022	2022	2022
	£	£	£	£	£	£	£	£
Direct costs								
Therapy costs	180,885	-	-	180,885	128,414	-	-	128,414
Therapist and client support	39,741	-	-	39,741	28,509	-	-	28,509
Travel and Accommodation	3,460	-	-	3,460	2,154	-	-	2,154
Computer software and consumables	66	15	15	96	8,360	-	-	8,360
Administration	21,929	9,447	11,054	42,430	10,805	6,144	5,459	22,408
Consultancy	10,698	8,669	3,209	22,576	1,174	4,989	1,227	7,390
Events	1,454	1,085	727	3,266	-	498	-	498
Research	-	-	28,854	28,854	-	-	35	35
Training	700	667	127	1,494	-	9,700	-	9,700
Social inclusion in Justice	-	6,908	-	6,908	-	-	-	-
	<u>258,933</u>	<u>26,791</u>	<u>43,986</u>	<u>329,710</u>	<u>179,416</u>	<u>21,331</u>	<u>6,721</u>	<u>207,468</u>
Share of support and governance costs (see note 7)								
Support	3,844	7,173	635	11,652	958	4,208	332	5,498
Governance	13,170	2,181	1,887	17,238	2,973	1,337	669	4,979
	<u>275,947</u>	<u>36,145</u>	<u>46,508</u>	<u>358,600</u>	<u>183,347</u>	<u>26,876</u>	<u>7,722</u>	<u>217,945</u>
Analysis by fund								
Unrestricted funds	207,697	36,145	46,508	290,350	175,197	26,876	7,722	209,795
Restricted funds	68,250	-	-	68,250	8,150	-	-	8,150
	<u>275,947</u>	<u>36,145</u>	<u>46,508</u>	<u>358,600</u>	<u>183,347</u>	<u>26,876</u>	<u>7,722</u>	<u>217,945</u>

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 AUGUST 2023

7 Support costs allocated to activities

	2023 £	2022 £
Subscriptions	3,748	3,361
Insurance	1,192	1,276
Consultancy	-	5,088
Client support administration	-	5,318
Marketing	9,329	7,133
Printing, postage and stationery	621	630
Telephone	1,340	1,414
Travel	2,822	486
Sundry	162	1,127
Governance costs	21,090	15,216
	<u>40,304</u>	<u>41,049</u>
Analysed between:		
Fundraising	11,414	30,572
Clinical pathway	17,014	3,931
Education about PTSD	9,354	5,545
Research into PTSD treatments	2,522	1,001
	<u>40,304</u>	<u>41,049</u>
	2023	2022
Governance costs comprise:	£	£
Accountancy	3,247	2,473
Legal and professional	5,272	1,692
Book keeping	12,304	10,901
Bank charges	267	150
	<u>21,090</u>	<u>15,216</u>

8 Trustees

During the period, four trustees were reimbursed £5,007 (2022: Three trustees reimbursed £1,914) for out of pocket expenses.

Trustees Charles Highett and Patrick Rea received £21,396 and £10,920 (2022: £7,828 and £8,360) respectively for consultancy services provided to the charity. Trustee Ros Townsend provided therapy services to the charity and was paid £1,185 during the period (2022: £6,917).

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

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 AUGUST 2023

9 Employees

The average monthly number of employees during the Period was:

	2023 Number	2022 Number
Total	-	-

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

Remuneration of key management personnel

	2023 £	2022 £
Aggregate compensation	-	-

10 Taxation

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

11 Trade and other receivables

	2023 £	2022 £
Amounts falling due within one year:		
Trade receivables	-	36,325
Other receivables	-	1,604
Prepayments and accrued income	-	5,334
	-	43,263

12 Current liabilities

	2023 £	2022 £
Accruals and deferred income	-	32,962

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 AUGUST 2023

13 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 May 2022	Incoming resources	Resources expended	Transfer to PTSD Resolution CIO	At 31 August 2023
	£	£	£	£	£
Lions fund	-	3,650	(3,650)	-	-
Afghan Veterans	33,567	57,542	(64,600)	(26,509)	-
Other	-	1,000	-	(1,000)	-
	<u>33,567</u>	<u>62,192</u>	<u>(68,250)</u>	<u>(27,509)</u>	<u>-</u>
	<u><u>33,567</u></u>	<u><u>62,192</u></u>	<u><u>(68,250)</u></u>	<u><u>(27,509)</u></u>	<u><u>-</u></u>
Previous year:	At 1 May 2021	Incoming resources	Resources expended	Gains and losses	At 30 April 2022
	£	£	£	£	£
Lions fund	-	8,150	(8,150)	-	-
Afghan Veterans	-	33,567	-	-	33,567
	<u>-</u>	<u>41,717</u>	<u>(8,150)</u>	<u>-</u>	<u>33,567</u>
	<u><u>-</u></u>	<u><u>41,717</u></u>	<u><u>(8,150)</u></u>	<u><u>-</u></u>	<u><u>33,567</u></u>

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

The Afghan Veterans fund represents monies given by the Armed Forces Covenant Fund Trust to aide in the treatment and rehabilitation of veterans of the Afghanistan war suffering with PTSD and other complex mental health issues.

14 Share capital	2023	2022
	£	£
Ordinary share capital		
Issued and fully paid		
1 Ordinary share of £1 each	<u>1</u>	<u>1</u>
	<u><u>1</u></u>	<u><u>1</u></u>

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

PTSD RESOLUTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 AUGUST 2023

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 May 2022	Incoming resources	Resources expended	Transferred to PTSD Resolution CIO	At 31 August 2023
	£	£	£	£	£
General funds	399,535	374,893	(378,261)	(396,166)	1
	-	-	64,600	(64,600)	-
	<u>399,535</u>	<u>374,893</u>	<u>(313,661)</u>	<u>(460,766)</u>	<u>1</u>
Previous year:	At 1 May 2021	Incoming resources	Resources expended	Gains and losses	At 30 April 2022
	£	£	£	£	£
General funds	145,184	504,669	(250,318)	-	399,535
	<u>145,184</u>	<u>504,669</u>	<u>(250,318)</u>	<u>-</u>	<u>399,535</u>

16 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2023	2023	2023
	£	£	£
Fund balances at 31 August 2023 are represented by:			
Current assets/(liabilities)	1	-	1
	<u>1</u>	<u>-</u>	<u>1</u>
	<u>1</u>	<u>-</u>	<u>1</u>
	Unrestricted funds	Restricted funds	Total
	2022	2022	2022
	£	£	£
Fund balances at 30 April 2022 are represented by:			
Current assets/(liabilities)	399,535	33,567	433,102
	<u>399,535</u>	<u>33,567</u>	<u>433,102</u>
	<u>399,535</u>	<u>33,567</u>	<u>433,102</u>

17 Related party transactions

There were no disclosable related party transactions during the Period (2022 - none), other than those contained within the Trustees note.