

## LIFE FOR VETERANS ANNUAL REPORT

01/01/22- 31/12/22

Charity Number 108224

11a Kinallen rd

Kinallen

bt252nl

Our purpose is to support the well-being of veterans, holistically – physically, mentally and emotionally. We have done this through;

1. Coach led group training sessions. There is availability for up to 8 veterans in each session. Offering 12 sessions per week will enable us to support 32 veterans, assuming they visit 3 times per week; we have also opened 2 further sessions on a Thursday and Monday evening.

2. Our veterans have an accountability coach; someone to support them in setting goals and supporting them through the pursuit of these goals, by working together on solutions to overcome obstacles and regular encouragement to continue to pursue their goal.

3. Community activity It is our intention to build trust, understanding and a community amongst the people who visit us and ourselves who are not veterans. We will have a monthly activity-based programme to facilitate this, to allow everyone to connect. In turn, this will aid with the mental well-being of our veterans, that they know and trust us to be there for them and to help them should they face difficulties.

Summary of accounts for Life 4 Veterans;

|                   |            |
|-------------------|------------|
| TOTAL INCOME      | £ 8,235.13 |
| TOTAL EXPENDITURE | £ 8,492.32 |

Expenditures year end 22

|                        |        |
|------------------------|--------|
| Rent                   | 6,000  |
| Bank fees              | 49.65  |
| Admin fees             | 685.68 |
| Equipment              | 699.57 |
| Group evenings/outings | 94.89  |
| Loan repayment         | 807.53 |
| electric               | 155    |

Total loans received end of 2022 £1211.45

Total loan repayments end of 2022 £807.53

Loan balance of £403.92

Trustees

John Gibson  
Angela McAfee  
Louise Davis

Prepared by John Gibson