



Trustees' Annual Report for the period

From 01 Jun 2022
Period end date

Period start date To 31 May 2023

Charity name: PTSD – Progress Through Scuba Diving

Charity registration number: NI108392

Objectives and Activities

	SORP Reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Purpose of PTSD: To relieve the symptoms of PTSD and alleviate mental health issues in veterans and serving members of the armed forces within the UK.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The company provide therapeutic scuba diving to help combat veterans suffering with PTSD. The company opened in 2021. During the financial year the company has benefited combat veterans in the following ways: Provided flights and accommodation for combat veterans to take part in the scuba diving. Fundraising through the selling of t-shirts and other small items.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All the trustees are aware of their responsibilities. The public benefit is explained to the trustees in the governing document. This is discussed at our AGM.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	The charity has helped over 12 veterans and serving personnel better manage their PTSD after attending and completing our one to one therapeutic scuba diving sessions.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	See attached accounts
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves held as we have no employees
Amount of reserves held	Para 1.22	£0
Reasons for holding zero reserves	Para 1.22	No employees
Details of fund materially in deficit	Para 1.24	No funds in deficit
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No going concerns

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		No Trusts
Type of governing document (trust deed, royal charter)	Para 1.25	Charter
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees appointed at point of inception of charity in 2021. Trustees in post for fixed term of 4 years. Confirmation of commitment voted on at AGM.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	PTSD – Progress Through Scuba Diving
Other name the charity uses	
Registered charity number	NI 108392
Charity's principal address	41b Cloughey Road Portavogie Newtownards BT22 1EF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Margaret Mathieson	Chairperson		Majority of Trustees by vote
2	James Mathieson	Treasurer		Chairperson
3	Lawrie McDougall	Communications		Chairperson
4	Kevin James	Director of dive operations		Chairperson
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	No funds held by custodian Trustees
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not Applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not Applicable

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not Applicable

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>J Mathieson</i>	
Full name(s)	James Mathieson	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	Monday 12 Feb 2024	