

# **A VETERAN'S BEST FRIEND**

## **Trustees' Annual Report**

**1<sup>ST</sup> October 2024 to 30th September  
2025**

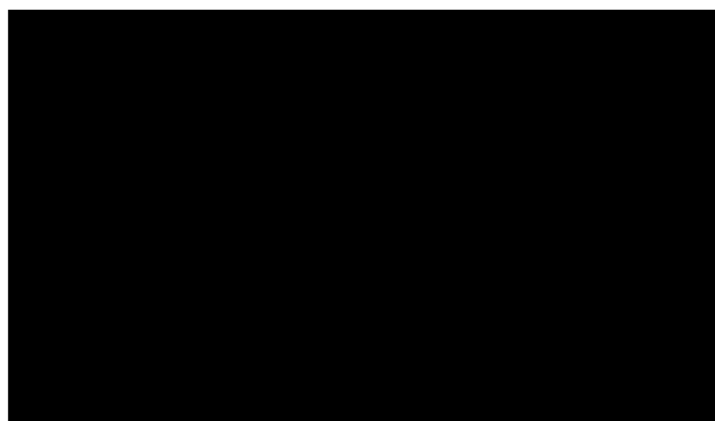
Home sweet home

Our hub in the Linton Lane  
Centre



**A VETERANS'S BEST FRIEND**

Scottish Charity Number: SC050438



Website:

<https://www.aveteransbestfriend.co.uk>

Twitter / Facebook / Social Media profile name:

[A Veteran's Best Friend \(@veteran\\_friend\) / Twitter](#)

[A Veteran's Best Friend | Facebook](#)

## Charity Trustees



## Charity Sub-committee

The Chair & Founder – [REDACTED] ([REDACTED])  
on the left is the reason [REDACTED] set up the  
charity in the first place, [REDACTED] is a rescue  
and helped him through his own  
struggles)

Secretary – [REDACTED] (Ex-Navy.....)

Treasurer – [REDACTED]  
(Has immediate family inks to the  
veteran and serving forces community  
and has worked in the banking world for  
over 20 years)

Our sub committee remains in place  
with [REDACTED]  
and [REDACTED] providing valuable  
input.



## Objectives and activities

This charity was set up by founder [REDACTED] after being diagnosed with PTSD & Obsessive-Compulsive Personality Disorder and ending his career from The Royal Marines. [REDACTED] had noticed how his own dog reacted to him in moments of stress and how much he helped him in these times. The realisation that dogs could help other veterans and members of the public brought the idea to life.

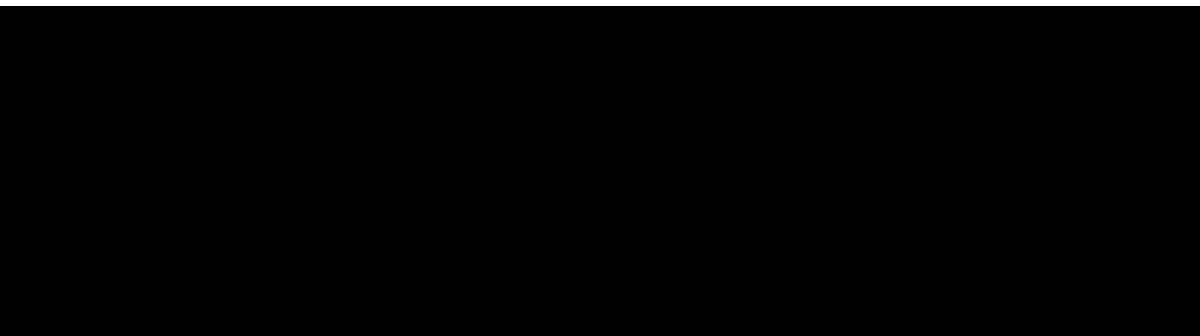
The organisation's purposes are:

1. The advancement of health by supporting the improvement of the mental well-being of armed forces veterans in Scotland
2. The advancement of citizenship or community development by promoting social inclusion and preventing self-isolation within the armed forces veteran community
3. The advancement of animal welfare through the re-homing of rescue dogs to be trained as companion/assistance dogs for veterans struggling with mental health issue.

We help provide dogs used to be trained as a mental health assistance dog by helping with the costs to purchase/adopt a dog. We also help fund the training which is provided by Oliver's Army - [Dog Training - Oliver's Army Assistance and Therapy Dogs \(oliversarmyassistedogs.com\)](http://oliversarmyassistedogs.com)

We also run a hub in the Linton Lane Centre in Kirkcaldy every Monday night from 7pm – 9pm. In that hub we welcome all members of the community.

We also updated our constitution to allow us to train veterans that have their own dogs. We have Angus and Navy veteran [REDACTED] going through our training programme.



## **Structure, governance and management**

Two-tier model –

We follow the A Veterans Best Friend Constitution which all trustees have read and agreed to follow while carrying out all duties for AVBF

Trustee recruitment and appointment

Trustees have remained the same in year 4. The introduction of a subcommittee has allowed for more in-depth discussion and ideas with the board of 3 trustees having the final say on any important matters.

A lot of work was done behind the scenes to find a committee member who could provide dog training, but this was unsuccessful.

We have continued to work with Olivers Army (SCO48628) who provide Assistance and Therapy dog training this year with great success. Our board member [REDACTED] is currently going through the process with his dog Angus, and we have an update from him later.

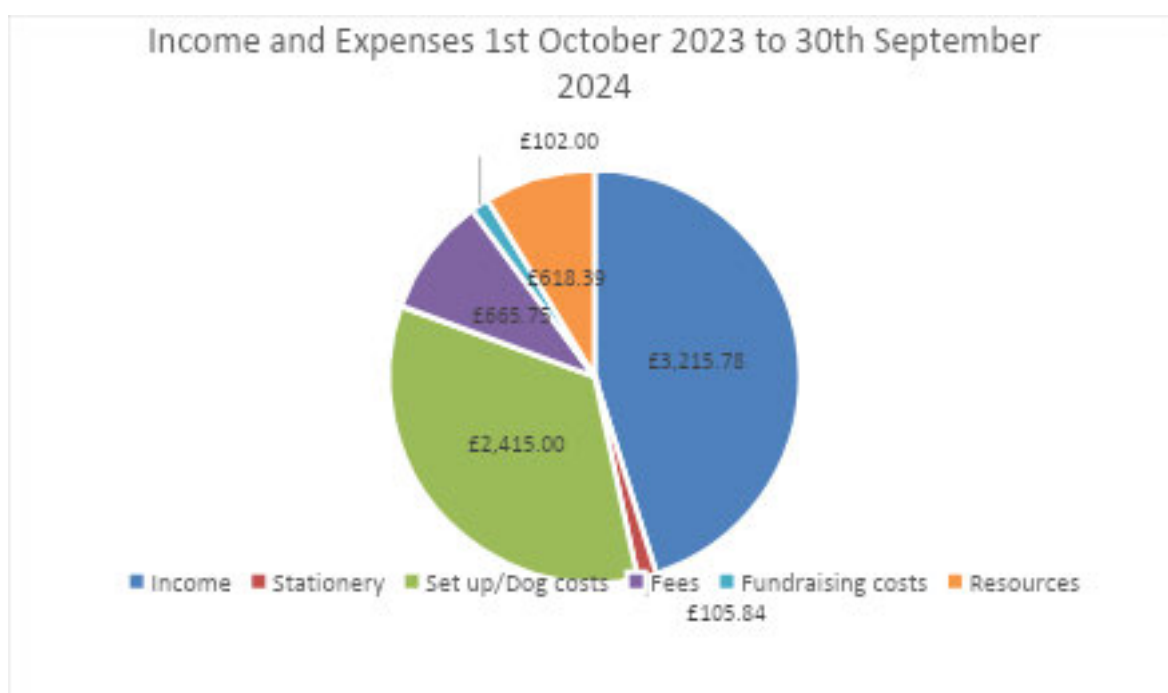
All trustees and support staff are interviewed and must be PVG checked if dealing directly with service users and not a volunteer that are involved in incidental contact i.e., not a regulated activity like dog training e.g.

### **Achievements and performance for year 3**

This has been a great year which has seen the ideals and needs of what AVBF want to achieve just fall into place

- We pay for dog insurance and medical bills for Ollie; on the 10<sup>th</sup> of December 2022 we place Ollie with veteran and [REDACTED] after Ollie developed some skeletal issues which allows us to help the veteran financially. Further update on page?
- We continue to work with Olivers Army who will help our veterans/service users train their dogs.
- We also run a hub in the Linton Lane Centre in Kirkcaldy every Monday night from 7pm – 9pm open to all members of the community.
- In that hub we welcome all members of the community, this will help prevent isolation by getting people to socialise and get out the house.
- We have a base to work out of i.e., the Linton Lane Centre, in Kirkcaldy, Fife, KY2 6LF where we have our hub, but also it is a place to train the dogs.

## Financial Review



We have no restricted funds

Income received through donations and fundraising £3215.78 and Expenses total £3906.98

We have concentrated our efforts this year on organising ourselves, getting our subcommittee set up and deciding where we want to see the charity heading.

In year 4 there has been no travel costs and an increase in the training expenses as our new relationship with Olivers Army hopefully we can now offer more and more training to any veterans who come to us.

Next year we will report on our fundraiser and the donation by the Air Cadets who have donated funds but were out with this reporting period.

Linton Lane in Kirkcaldy kindly donate 2 hours of their facilities, on a Sunday night free of charge. This is where the Hub takes place and is open to veterans and members of the public who would like to drop in.



## **AVBF Reserves Policy**

A Veterans Best Friend (AVBF) shall be a wholly transparent charity. The following is a further commitment to this by means of a reserve policy.

As defined by published guidance; "Reserves are that part of a charity's unrestricted funds that are freely available to spend on any of the charity's purposes. This definition excludes restricted income funds and endowment funds, although holding such funds may affect the reserve policy. Reserves will normally also include tangible fixed assets such as land, buildings, and other assets held for the charity's use. It also excludes amounts designated for essential future spending.

In essence, AVBF funding shall be monitored by the Board of Trustees with the following guidance.

As AVBF is a start-up charity, initial funding shall be critical to enable the charity to set up and deliver services. This will mean in essence as we are searching for funds and supporters that it is imperative to invest as much as possible in as expedient a time as possible. The following policies shall apply:

Unrestricted funds - to be used in all relevant areas throughout the charity.

Restricted funds - to be used only in conjunction with the funder's specific instructions.

While prudent to have a reserves policy; it is also realistic to acknowledge that there will be little ability to keep much in reserve when the charity is starting from zero and looking to get off the ground so it is proposed that the reserves policy shall be amended and updated as funds continue to grow. Initially, the reserves policy shall be set at 5% of unrestricted funds in Year 1 hoping to increase this to 10% Year 2 and thereafter. Obviously, there is no reserve element to restricted funds as those funds are given for a specific element and shall be used for such.

As per the Charity's Constitution, the Board of Trustees shall monitor and be responsible for this policy on a regular ongoing basis.

The charity bank accounts are currently healthy and we do not have any deficit. We will have an Income and Expenditure report each month going forward and any expenditure in the past has always been looked at by more than one member along with a cheque of the bank account.

### **Donated facilities and services**

Linton Lane in Kirkcaldy kindly donate 2 hours of their facilities, on a Sunday night free of charge. This is where the Hub takes place and is open to veterans and members of the public who would like to drop in.

Ollie and [REDACTED]

Can we do an update on this next year and omit this page for this return?

Update in next year's report, Yes

## ████ and Angus

Angus passed his Silver assessment on the 1st May 2024. He continues to attend classes weekly at Olivers Army training to achieve the tasks required to pass his Gold award. Olivers Army are pleased with his achievements to date.

## ████ and Luna

RAF Veteran (████) got in contact in September 2024 and has his own dog called Luna; he was referred to us by Oliver's Army to help with funding. He will go through the same process as █████ and Angus; however, because Luna is only 14 weeks old, she will go through puppy foundation before starting her Kennel Club Good Citizen training.



Here is their story -

*Along with my golden labrador Angus, I have been attending AVBF for almost 2 years. I have found the weekly visits have offered me an opportunity to relax in a group of likeminded and supportive veterans. We reminisce over a cuppa and there is much banter which we all agree we look forward to. Over the years since being diagnosed with PTSD I have attended other groups and sessions and have to say that I have found AVBF to have been of the most benefit. They have offered emotional support for myself and advice regarding training of Angus.*

*Unlike other organisations, the support provided by AVBF does not end when the group meeting is over. There is the comfort of knowing that if needed there is an ear willing to listen if required.*

*Approximately 16 weeks ago, on the advice of AVBF, Angus and I started to attend Olivers Army for further help with training Angus to become an assistance dog. I had a few issues with Angus, he pulled badly on lead and he could be reactive at times to other dogs. Although I did not feel he was aggressive it was a behaviour that needed to be addressed to enable Angus and myself to get the most out of each other. On our first visit with Olivers Army they suggested a gentle leader halti. This has been an absolute game changer and made walking Angus so much more pleasurable and makes it easy to control him when he sees other dogs.*

*The trainers at Olivers Army are very knowledgeable and helpful. They have been very patient in their training when it appeared that neither Ken nor Angus were listening and also being considerate of Kens mental health issues.*

*There is a noticeable improvement in Angus behaviour, especially when seeing other dogs. I was very proud when he passed his Bronze Level and was awarded his blue jacket. Olivers Army have included the AVBF logo on his ID badge and also on the tag that he wears attached to his blue jacket.*

*I am very grateful for the help and ongoing support from A Veterans Best Friend who provide the finance for Oliver's Army and we would hope to look forward to a long and mutually beneficial relationship going forward.*

### **Future plans**

We want to get the funding; therefore, it is important we get our financial return in as a lot of funders look for 12-month financial history.

Get the word out more about us through various media platforms.

More fundraising events.

Help match up at least **3** more dogs with service users in year 4

Because we are using Oliver's Army for training, we can spread ourselves wider as Oliver's Army can do training remotely.

Work alongside the Scots Guards Association to raise awareness in what we do.

### **Additional information**

This charity is needed more than people think, we need more support and for the veteran community to work together more!



## A Veteran's Best Friend

SC050438



## Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Da	Month	Year
	01	10	2023		30	09	2024

## Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
<b>A1 Receipts</b>						
Donations	2,460					3,103
Paypal Donations	655					375
Grants						
Receipts from fundraising activities						912
Gross trading receipts						
Income from investments other than land and buildings						
Refunds	60					521
Gross receipts from other charitable activities						
misc	40					
<b>A1 Sub total</b>	<b>3,215</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,215</b>	<b>4,911</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,215</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,215</b>	<b>4,911</b>
<b>A3 Payments</b>						
Expenses for fundraising activities	102				102	32
Gross trading payments						
Investment management costs						
Payments relating directly to charitable activities	3,805				3,805	3,501
Grants and donations						
Governance costs:						
Audit / independent examination						
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
<b>A3 Sub total</b>	<b>3,907</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,907</b>	<b>3,533</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>3,907</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,907</b>	<b>3,533</b>
<b>Net receipts / (payments)</b>	<b>(692)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>(692)</b>	<b>1,378</b>
<b>A5 Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>(692)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>(692)</b>	<b>1,378</b>

## Section B Statement of balances

Categories	Details	Un	to
<b>B1 Cash funds</b>	Cash and bank balances at start of year		
	Surplus / (deficit) shown on receipts and payments account		
	Unpresented items at the bank		
	Cash and bank balances at end of year (Agree balances with receipts and payments account(s))		

Categories	Details
<b>B2 Investments</b>	

Categories	Details
<b>B3 Other assets</b>	

Categories	Details
<b>B4 Liabilities</b>	

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Details

**B5 Contingent liabilities**


**Signed by one or two trustees  
on behalf of all the trustees**

**Signature**





Restricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
6,809				6,809	6,117
(692)				(692)	1,311
				-	
				-	
6,117	-	-	-	6,117	7,500

Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
Total	-	

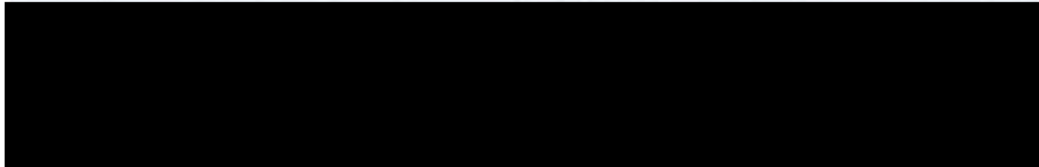
Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
Total	-	-	

Fund to which liability relates	Amount due to nearest £	Last year to nearest £

Total	-	
Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
Total	-	

Print Name

Date of approval



28  
28



E

23

78

01

E

E

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3/5/2025  
3/5/2025

## Section C Notes to the Accounts

### C1 Nature and purpose of funds *(may be stated on analysis of funds worksheets)*

All funds are unrestricted and used by the charity in accordance with their constitution

### C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

### C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	x
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### C3b Trustee remuneration - details

Authority under which paid	£

### C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	x
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### C4b Trustee expenses - details

	Number of trustees	£
	0	

### C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

### C6 Other information

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## A Veteran's Best Friend

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**Additional analysis (1)****Analysis of receipts and payments****1 Donations**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Donations	3,155				3,155	3,456
					-	
Refunds	60				60	521
					-	
<b>Total</b>	<b>3,215</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,215</b>	<b>3,977</b>
	reference	-	-	-	reference	# reference

**2 Grants**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	# Total last period to nearest £
			-	
			-	
			-	
			-	
<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
	-	-	-	-

**3 Gross receipts from other charitable activities**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Pay Pal					-	859
Fundraising					-	1,535
Refund					-	472
					-	
					-	
					-	
					-	
<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>2,866</b>
	-	-	-	-	-	reference error

**4 Payments relating directly to charitable activities**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Set up/Dog Costs	2,415				2,415	682
Stationery	105				105	
Postage	-				-	
Fees	666				666	774
Disclosures					-	
Resources	618				618	904
Travel					-	952
misc					-	
Fund Raising Costs	102				102	
					-	
<b>Total</b>	<b>3,906</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,906</b>	<b>3,312</b>
	reference error	-	-	-	reference error	reference error

SC050438

## Additional analysis (2)

### 5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
<b>Receipts</b>						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
<b>Sub total</b>	-	-	-	-	-	-
					cross ref error	#
<b>Receipts from asset &amp; investment sales</b>						#
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-	-
					cross ref error	
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
<b>Sub total</b>	-	-	-	-	-	-
					cross ref error	
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-	-
					cross ref error	
<b>Net receipts / (payments)</b>	-	-	-	-	-	-
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	-	-	-	-	-	-
					cross ref error	

### Nature and purpose of funds

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