

STATE OF MIND SPORT

England & Wales · Charity number 1158826

Details

Status Registered

Legal form CIO

Registered 2014-10-09

Register [View on the Charity Commission register](#)

Contact

Address Grosvenor House
1 Downcast Way
Swinton
Manchester
M27 8UW

Phone 07903038232

Email steve.hull@stateofmindsport.org

Website www.stateofmindsport.org

Activities

Objects: 1. TO EDUCATE THE PUBLIC ON ALL ISSUES SURROUNDING MENTAL HEALTH IN AN EFFORT TO TACKLE DISCRIMINATION AND TO REDUCE THE STIGMA FELT BY PEOPLE WITH MENTAL HEALTH PROBLEMS, INCLUDING BUT NOT EXCLUSIVELY SPECIFIC TO, MENTAL HEALTH ISSUES OR PROBLEMS IN THE CONTEXT OF RUGBY LEAGUE OR SPORT MORE GENERALLY. 2. THE PROMOTION OF GOOD HEALTH BY ADVANCING EDUCATION IN MENTAL FITNESS AND WELLBEING AND SIGNPOSTING TO WHERE SOURCES OF SUPPORT ARE AVAILABLE FOR PEOPLE WHO MAY BE EXPERIENCING MENTAL DISTRESS.

Activities: To promote positive mental health among our sportsmen and women, fans and wider communities, and ultimately to prevent suicide. We raise awareness of the issues surrounding mental health and well being and deliver education on the subject to all levels of sport, business, education and community groups. We signpost individuals to where they can receive care and support in their area.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£235,376	£274,731	-	-
2023-11-30	£306,700	£320,943	-	-
2022-11-30	£343,904	£258,910	-	-
2021-11-30	£156,382	£156,817	-	-
2020-12-01	£88,046	£64,452	-	-

Trustees

Name	Role	Appointed
Clair Carson	Chair	2015-05-13
Andy Hymers		2025-12-17
DR Allan Johnston		2015-05-13
Kara Colvin		2025-12-17
Karen Godfrey		2025-12-17
Nicholas Spencer Rowe		2017-09-27
Owen Michael Cotterell		2015-05-13
PHIL COOPER		2014-10-09
Stephen Paul Cash		2021-04-21

STATE OF MIND SPORT

England & Wales - Charity number 1158826

Accounts

**STATE OF MIND SPORT
TRUSTEES' REPORT AND AUDITED ACCOUNTS
FOR THE YEAR ENDED 30TH NOVEMBER 2024**

CHARITY No. 1158825

State of Mind Sport

Trustees' Report

Charity No: 1158825

The trustees present their report and accounts for the year ended 30th November 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1-7 in the accounts and comply with the governing document and the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005 (revised 2008).

Aim

The aim of the charity is to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide.

Objectives

To educate sports people and the wider public on all issues surrounding mental health in an effort to tackle discrimination and to reduce the stigma felt by people with mental problems.

The promotion of good health through education in mental fitness and wellbeing and signposting to sources of support for people who may experience mental distress.

To lobby and influence social, political and relevant policy and decision-making bodies on the importance of good physical and mental health and wellbeing. This would lead to better public health decision and an increase in the health resources made available to benefit people involved in sport and the public more widely.

Officers

Dr. Clair Carson - Chair

Mr. Steve Hull - Charity Manager

Trustees

Dr. P Cooper

Dr. A Johnston

Mr. O Cotterell

Mr. Nick Rowe

Mr. I Smith

Mr. S Cash

On behalf of the Board of Trustees



[S A Hull \(Sep 30, 2025 18:08:56 GMT+1\)](#)

Mr. Steve Hull

State of Mind Sport Charity Manager

Dated 24th September 2025



[C L Carson \(Sep 30, 2025 20:19:49 GMT+1\)](#)

Dr. Clair Carson

State of Mind Sport Chair

Dated 24th September 2025

State of Mind Sport

Independent Examiner's Report to the trustees of State of Mind Sport

I report on the accounts of the charity for the year ended 30th November 2024 which are set out on pages 3 to 5.

Respective responsibilities of Trustees and examiner

The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit and is eligible for independent examination, it is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act
- (ii) to follow the procedure laid down in the General Directions given by the Charities Commission under section 145(5)b of the 2011 Act
- (iii) to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out with the General Directions given by the Charities Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements to prepare the accounts which accord with the accounting records and with the methods and principles of the Statement of Recommended Practice; Accounting and Reporting by Charities have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Antony Doherty
Lumbview Accounts Ltd
Grosvenor House
1 Downcast Way
Swinton
Manchester, M27 8UW
Dated 24th September 2025

State of Mind Sport
Statement of Financial Activities
For the year ended 30th November 2024

	Notes	2024	2023
Incoming resources from generated funds			
Voluntary income	2	36,204	18,133
Activities for generating funds		<u>199,172</u>	<u>288,566</u>
		235,376	306,700
Resources expended			
Film and other publicity		1,811	6,649
Delegate expenses	198,924		251,426
Bank charges		104	113
Printing costs		1,653	1,500
Website (Just Giving fee)		216	216
Typing and administration		505	4,693
Indemnity insurance		947	651
Training		5,597	3,503
Merchandise		1,034	4,825
Management fee		22,438	17,086
Miscellaneous purchases		32,784	24,743
Storage charges		1,730	2,061
Choir project		-	1,323
IT/Web hosting		6,988	2,154
		<u>274,731</u>	<u>320,943</u>
Excess of Income over Expenditure		- 39,355	- 14,243
Client prepayment		-	-
		- 39,355	- 14,243
General Fund (unrestricted)			
Balance 1st December 2023		213,211	227,454
Excess of Income over Expenditure		<u>- 39,355</u>	<u>- 14,243</u>
Balance 30th November 2024		173,856	213,211

State of Mind Sport

Balance Sheet

As at 30th November 2024

	2024	2023
Current Assets		
Cash at bank	<u>173,856</u>	<u>213,211</u>
	<u>173,856</u>	<u>213,211</u>
Income funds		
General Fund - unrestricted	<u>173,856</u>	<u>213,211</u>
	<u>173,856</u>	<u>213,211</u>

These financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities.

The accounts were approved by the Trustees on 24th September 2025.

S A Hull

S A Hull (Sep 30, 2025 18:08:56 GMT+1)

Mr. Steve Hull
State of Mind Sport Charity Manager
Charity No. 1158825

C L Carson

C L Carson (Sep 30, 2025 20:19:49 GMT+1)

Dr. Clair Carson
State of Mind Sport Chair

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2024

1. Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice "Accounting and reporting by Charities", issued in March 2005 (revised 2008).

Incoming resources

2. Voluntary Income

	2024	2023
Grants and donations	36,204	18,133
Less cost of merchandise and other items	- 1,034	- 4,825
	<u>35,169</u>	<u>13,308</u>

3. Resources Expended

Resources expended are recognised in the period in which they are incurred and include Attributable VAT which cannot be recovered.

4. Expenses and Ambassador Fees

Total ambassador fees and expenses	198,924
Less invoices paid by host companies	- 199,122
	<u>- 198</u>

5. Employees

There were no employees during the year.

6. Taxation

The charity is exempt from corporation tax on charitable activities.

7. Related Parties

The charity was under the control of the trustees during the year.

STATE OF MIND SPORT

England & Wales - Charity number 1158826

Accounts

**STATE OF MIND SPORT
TRUSTEES' REPORT AND AUDITED ACCOUNTS
FOR THE YEAR ENDED 30TH NOVEMBER 2023**

CHARITY No. 1158825

State of Mind Sport

Trustees' Report

Charity No: 1158825

The trustees present their report and accounts for the year ended 30th November 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1-7 in the accounts and comply with the governing document and the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005 (revised 2008).

Aim

The aim of the charity is to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide.

Objectives

To educate sports people and the wider public on all issues surrounding mental health in an effort to tackle discrimination and to reduce the stigma felt by people with mental problems.

The promotion of good health through education in mental fitness and wellbeing and signposting to sources of support for people who may experience mental distress.

To lobby and influence social, political and relevant policy and decision-making bodies on the importance of good physical and mental health and wellbeing. This would lead to better public health decision and an increase in the health resources made available to benefit people involved in sport and the public more widely.

Officers

Dr. Clair Carson - Chair

Mr. Steve Hull - Charity Manager

Trustees

Dr. P Cooper

Dr. A Johnston

Mr. O Cotterell

Mr. Nick Rowe

Ms. A Howarth

Mr. S Cash

On behalf of the Board of Trustees

S A Hull

S A Hull (Sep 4, 2024 10:01 GMT+1)

Mr. Steve Hull

State of Mind Sport Charity Manager

Dated 29th July 2024

Clair Carson

Clair Carson (Sep 10, 2024 15:38 GMT+1)

Dr. Clair Carson

State of Mind Sport Chair

Dated 29th July 2024

State of Mind Sport

Independent Examiner's Report to the trustees of State of Mind Sport

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Respective responsibilities of Trustees and examiner

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- (ii) to follow the procedure laid down in the General Directions given by the Charities Commission under section 145(5)b of the 2011 Act
- (iii) to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out with the General Directions given by the Charities Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements to prepare the accounts which accord with the accounting records and with the methods and principles of the Statement of Recommended Practice; Accounting and Reporting by Charities have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



[Antony Doherty \(Sep 4, 2024 15:57 GMT+1\)](#)

Antony Doherty MAAT
Lumbview Accounts Ltd
Grosvenor House
1 Downcast Way
Swinton
Manchester, M27 8UW
Dated: 29th July 2024

State of Mind Sport
Statement of Financial Activities
For the year ended 30th November 2023

	Notes	2023	2022
Incoming resources from generated funds			
Voluntary income	2	18,133	118,789
Activities for generating funds		<u>288,566</u>	<u>41,185</u>
		306,700	159,974
Resources expended			
Film and other publicity		6,649	6,900
Delegate expenses	251,426		36,190
Bank charges		113	122
Printing costs		1,500	769
Website (Just Giving fee)		216	475
Typing and administration		4,693	4,019
Indemnity insurance		651	603
Training		3,503	7,745
Merchandise		4,825	-
Management fee		17,086	-
Miscellaneous purchases		24,743	13,299
Storage charges		2,061	1,396
Strategy day		-	538
Choir project		1,323	1,083
IT/Web hosting		2,154	1,842
Delegate equipment requirement		-	-
		<u>320,943</u>	<u>74,981</u>
Excess of Income over Expenditure		- 14,243	84,993
Client prepayment		<u>-</u>	<u>-</u>
		- 14,243	84,993
General Fund (unrestricted)			
Balance 1st December 2022		227,454	142,461
Excess of Income over Expenditure		<u>- 14,243</u>	<u>84,993</u>
Balance 30th November 2023		213,211	227,454

State of Mind Sport

Balance Sheet

As at 30th November 2023

	2023	2022
Current Assets		
Cash at bank	<u>213,211</u>	<u>227,454</u>
	<u>213,211</u>	<u>227,454</u>
Income funds		
General Fund - unrestricted	<u>213,211</u>	<u>227,454</u>
	<u>213,211</u>	<u>227,454</u>

These financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities.

The accounts were approved by the Trustees on 29th July 2024.

S A Hull

S A Hull (Sep 4, 2024 10:01 GMT+1)

Mr. Steve Hull
State of Mind Sport Charity Manager
Charity No. 1158825

Clara

Clair Carson (Sep 10, 2024 15:38 GMT+1)

Dr. Clair Carson
State of Mind Sport Chair

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2023

1. Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice "Accounting and reporting by Charities", issued in March 2005 (revised 2008).

Incoming resources

2. Voluntary Income

	2023	2022
Grants and donations	18,133	118,789
Less cost of merchandise and other items	- 4,825	- 1,854
	<u>13,308</u>	<u>116,935</u>

3. Resources Expended

Resources expended are recognised in the period in which they are incurred and include Attributable VAT which cannot be recovered.

4. Expenses and Ambassador Fees

Total ambassador fees and expenses	251,426
Less invoices paid by host companies	- 288,566
	<u>- 37,140</u>

5. Employees

There were no employees during the year.

6. Taxation

The charity is exempt from corporation tax on charitable activities.

7. Related Parties

The charity was under the control of the trustees during the year.

STATE OF MIND SPORT

England & Wales - Charity number 1158826

Accounts

Trustees' Annual Report for the period						
		Period start date			Period end date	
From	01	12	2021	To	30	11 2022

Section A Reference and administration details

Charity name	State of Mind Sport
Other names charity is known by	Not Applicable
Registered charity number (if any)	1158826
Charity's principal address	c/o JDG Media Suite 7 Station House Central Way Warrington Postcode WA2 7FW

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	Dr C Carson	Chair		Trustee Board
2	Mr N S Rowe			Trustee Board
3	Dr P Cooper			Trustee Board
4	Dr. A. Johnston			Trustee Board
5	Mr O Cotterell			Trustee Board
6	Ms A Howarth			Trustee Board
7	Mr S Cash			Trustee Board
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
Not Applicable	

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Jim Finney	4 Chiltern Drive Winstanley, Wigan. WN3 6DY

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

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution
How the charity is constituted <i>(eg. trust, association, company)</i>	Charitable Incorporated Organisation
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Appointed by three existing trustees with application and statements of what they can offer to the Charitable Incorporated Organisation

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

<p>The Charity is subject to a Constitution, last amended on 27th September 2017.</p> <p>All charity policies come under a Governance Framework dated 27th September 2017.</p> <p>Policies include: (Overarching) Governance Policy Code of Conduct for Trustees Code of Conduct for Ambassadors and Volunteers External Communications Policy Social Media Policy Safeguarding Young People and Vulnerable Adults Policy Equality and Diversity Policy Risk Assessment Policy Clinical Escalation and Reporting Policy Whistleblowing Policy</p>

Summary of the objects of the charity set out in its governing document**Aim of Charity**

The aims of the charity are to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide.

Objects of the Charity

- I. To educate sports people and the wider public on all issues surrounding mental health in an effort to tackle discrimination and to reduce the stigma felt by people with mental health problems.
- II. The promotion of good health through education in mental fitness and wellbeing and signposting to sources of support for people who may be experiencing mental distress.
- III. To lobby and influence social, political and relevant policy and decision making bodies on the importance of good physical and mental health and wellbeing. This would lead to better public health decision and an increase in the health resources made available to benefit people involved in sport and the public more widely.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- Delivery of Mental Fitness Sessions throughout 2021/22 to Schools, Colleges, Universities, Sports Clubs (Professional and Amateur), Public Sector and Commercial Organisations
- Charity present at many RFL Games during 2021/22, promoting Mental Fitness and Wellbeing to players and supporters
- Trustees and volunteers present at games. Players wore State of Mind Sport tee shirts before the games.
- Mental Fitness Cards given out at grounds
- Social Media reach (Twitter, Instagram and Facebook) to over 25,000 direct followers promoting Mental Fitness messages
- Attendance and presentation at many Mental Health and Suicide Prevention Conferences nationally.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

Maintained a major education and workshop programme accessing sports clubs, schools, colleges, universities and workplaces

Delivery of Adult Mental Health First aid training accredited by MHFA England

Numerous reports that our training has saved lives or encouraged people to access support and help that has prevented suicide attempts

Partnerships continue to be forged with the Rugby Football League, Superleague, North West Counties Football in 2021/22

Major twitter and other social media support from current players and former players

Supporting suicide prevention strategies and advocating support for the Zero Suicide Alliance.

Contributing to healthcare conferences

Mental Health Projects developed to support NW Counties Football League, RL Referees Societies and "Grassroots" Rugby League Clubs through the continued delivery of the Terry Newton Grassroots Project.

Roll out of an innovative project ("Be the Ref") using Virtual Reality Headsets to allow users to experience directly the viewpoint and practice of professional referees, aiming to address the stigma and potential MH impact on professional RL referees.

The establishment of a Community Choir project and delivery of two songs written and produced for State of Mind Sport and performed during the Rugby League World Cup during 2021.

Support the development of Widnes Vikings Men's Mental Health "Extra Time Group", along with other projects with Cheshire and Merseyside Police Forces and Sixth Form colleges, funded through Mersey care NHS FT.

Section E

Financial review

Brief statement of the charity's policy on reserves

Income	£343,904
Outgoings	£258,910
Outstanding Debts	£00.00
Cash at Bank @ 30/11/22	£227,454
Reserve minimum agreed with trustees of	£25,000

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

1. Commercial workplace training sessions are chargeable at 'cost plus' to cover cost of providing a presentation team. Profit is then used to contribute to free MH awareness training to schools, colleges and sports clubs.
2. The secondary source of funding has been donations from a variety of sources e.g. Fundraising by supporters, Charity events, legacies etc
3. Expenses/Fees are paid to former RL players to deliver education and training sessions across the country and purchasing mental fitness cards and branding merchandise to give out at each education session
4. Purchase of presentation equipment to deliver training sessions
5. Purchase of materials and resources to deliver MH education, including Mental Health first Aid Training.
6. The charity does not employ staff directly. All Non-Trustee resources are self employed.
7. Investment policy not applicable at this time

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>C Carson</i>	<i>Mr S Hull</i>
Full name(s)	Dr Clair Carson	Mr Stephen Hull
Position (eg Secretary, Chair, etc)	Chair	Charity Manager (Incorporating Secretary/Treasurer)
Date	25/08/2023	

**STATE OF MIND SPORT
TRUSTEES' REPORT AND AUDITED ACCOUNTS
FOR THE YEAR ENDED 30TH NOVEMBER 2022**

CHARITY No. 1158825

State of Mind Sport

Trustees' Report

Charity No: 1158825

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Officers

Dr. Clair Carson – Chair

Mr. Steve Hull – Charity Manager

Trustees

Dr P Cooper

Dr A Johnston

Mr. O Cotterell

Mr. Nick Rowe

Ms. A Howarth

Mr. S Cash

On behalf of the Board of Trustees



Mr. Steve Hull

State of Mind Sport Charity Manager

Dated: 3rd August 2023

State of Mind Sport

Independent Examiner's Report to the trustees of State of Mind Sport

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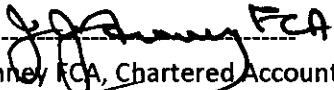
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- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



JJ Finney FCA, Chartered Accountant
4 Chiltern Drive
Winstanley
Wigan
WN3 6DY

Dated: 3rd August 2023

State of Mind Sport
Statement of Financial Activities
For the year ended 30th November 2022

	Notes	2022	2021
Incoming resources from generated funds			
Voluntary income	1	118,789	34,652
Activities for generating funds	2	<u>41,185</u>	<u>5,522</u>
		159,974	40,174
Resources expended			
Film & other publicity	6,900	-	-
Delegate expenses	36,190	14,272	-
Bank Charges	122	91	-
Printing Costs	769	239	-
Website (Just Giving Fee)	475	562	-
Typing and administration	4,019	2,836	-
Indemnity Insurance	603	547	-
Training	7,745	13,226	-
Miscellaneous Purchases	13,299	6,027	-
Storage Charges	1,396	1,103	-
Strategy Day	538	-	-
Choir Project	1,083	-	-
IT/Web Hosting	1,842	1,706	-
Delegate equipment requirement	-	<u>74,981</u>	<u>40,609</u>
Excess of Income over Expenditure		84,993	(435)
Client Prepayment		<u>84,993</u>	<u>(435)</u>
General Fund (unrestricted)			
Balance 1st December 2021		142,461	142,896
Excess of Income over Expenditure		<u>84,993</u>	<u>(435)</u>
Balance 30th November 2022		227,454	142,461

State of Mind Sports

Balance Sheet

As at 30th November 2022

	2022	2021
Current Assets		
Cash at Bank	<u>227,454</u>	<u>142,461</u>
	<u>227,454</u>	<u>142,461</u>
Income funds		
General Fund- unrestricted	<u>227,454</u>	<u>142,461</u>
	<u>227,454</u>	<u>142,461</u>

These financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities.

The accounts were approved by the Trustees on 3rd August 2023.



Mr Steve Hull
State of Mind Sport - Charity Manager
Charity No.1158825

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2022

1. Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice "Accounting and reporting by Charities", issued in March 2005 (revised 2008).

2. Incoming resources

Voluntary Income	2022	2021
Grants & Donations	118,789	34,552
Less cost of merchandise and other items	<u>(1,854)</u>	<u>(6,022)</u>
	116,935	24,530
Activities for generation of funds		
Social Activities	41,185	5,522
Less cost of these activities	<u>-</u>	<u>-</u>
	41,185	5,522

3. Resources Expended

Resources expended are recognized in the period in which they are incurred and include Attributable VAT which cannot be recovered.

4. Expenses & Ambassador Fees

Total Ambassador Fees and Expenses	193,104
Less Invoices Paid by Host Companies	<u>211,411</u>
	(18,307)

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2022

5. Employees

There were no employees during the year.

6. Taxation

The charity is exempt from corporation tax on charitable activities.

7. Related parties

The charity was under the control of the trustees during the year.

**STATE OF MIND SPORT
TRUSTEES' REPORT AND AUDITED ACCOUNTS
FOR THE YEAR ENDED 30TH NOVEMBER 2022**

CHARITY No. 1158825

State of Mind Sport

Trustees' Report

Charity No: 1158825

The trustees present their report and accounts for the year ended 30th November 2022.

The accounts have been prepared in accordance with the accounting policies set out in Note 1-7 in the accounts and comply with the governing document and the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005 (revised 2008).

Aim

The aim of the charity is to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide.

Objectives

To educate sports people and the wider public on all issues surrounding mental health in an effort to tackle discrimination and to reduce the stigma felt by people with mental problems.

The promotion of good health through education in mental fitness and wellbeing and signposting to sources of support for people who may experience mental distress.

To lobby and influence social, political and relevant policy and decision-making bodies on the importance of good physical and mental health and wellbeing. This would lead to better public health decision and an increase in the health resources made available to benefit people involved in sport and the public more widely.

Officers

Dr. Clair Carson – Chair

Mr. Steve Hull – Charity Manager

Trustees

Dr P Cooper

Dr A Johnston

Mr. O Cotterell

Mr. Nick Rowe

Ms. A Howarth

Mr. S Cash

On behalf of the Board of Trustees



Mr. Steve Hull

State of Mind Sport Charity Manager

Dated: 3rd August 2023

State of Mind Sport

Independent Examiner's Report to the trustees of State of Mind Sport

I report on the accounts of the charity for the year ended 30th November 2022 which are set out on pages 3 to 5.

Respective responsibilities of Trustees and examiner

The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit and is eligible for independent examination, it is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 act
- (ii) to follow the procedure laid down in the General Directions given by the Charities Commission under section 145(5)b of the 2011 Act
- (iii) to state whether particular matters have come to my attention

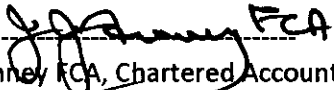
Basis of independent examiner's report

My examination was carried out with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements to prepare accounts which accord with the accounting records and with the methods and principles of the Statement of Recommended Practice; Accounting and Reporting by Charities have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



JJ Finney FCA, Chartered Accountant
4 Chiltern Drive
Winstanley
Wigan
WN3 6DY

Dated: 3rd August 2023

State of Mind Sport
Statement of Financial Activities
For the year ended 30th November 2022

	Notes	2022	2021
Incoming resources from generated funds			
Voluntary income	1	118,789	34,652
Activities for generating funds	2	<u>41,185</u>	<u>5,522</u>
		159,974	40,174
Resources expended			
Film & other publicity	6,900	-	-
Delegate expenses	36,190	14,272	-
Bank Charges	122	91	-
Printing Costs	769	239	-
Website (Just Giving Fee)	475	562	-
Typing and administration	4,019	2,836	-
Indemnity Insurance	603	547	-
Training	7,745	13,226	-
Miscellaneous Purchases	13,299	6,027	-
Storage Charges	1,396	1,103	-
Strategy Day	538	-	-
Choir Project	1,083	-	-
IT/Web Hosting	1,842	1,706	-
Delegate equipment requirement	-	<u>74,981</u>	<u>40,609</u>
Excess of Income over Expenditure		84,993	(435)
Client Prepayment		<u>84,993</u>	<u>(435)</u>
General Fund (unrestricted)			
Balance 1st December 2021		142,461	142,896
Excess of Income over Expenditure		<u>84,993</u>	<u>(435)</u>
Balance 30th November 2022		227,454	142,461

State of Mind Sports

Balance Sheet

As at 30th November 2022

	2022	2021
Current Assets		
Cash at Bank	<u>227,454</u>	<u>142,461</u>
	<u>227,454</u>	<u>142,461</u>
Income funds		
General Fund- unrestricted	<u>227,454</u>	<u>142,461</u>
	<u>227,454</u>	<u>142,461</u>

These financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities.

The accounts were approved by the Trustees on 3rd August 2023.



Mr Steve Hull
State of Mind Sport - Charity Manager
Charity No.1158825

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2022

1. Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice "Accounting and reporting by Charities", issued in March 2005 (revised 2008).

2. Incoming resources

Voluntary Income	2022	2021
Grants & Donations	118,789	34,552
Less cost of merchandise and other items	<u>(1,854)</u>	<u>(6,022)</u>
	116,935	24,530
Activities for generation of funds		
Social Activities	41,185	5,522
Less cost of these activities	<u>-</u>	<u>-</u>
	41,185	5,522

3. Resources Expended

Resources expended are recognized in the period in which they are incurred and include Attributable VAT which cannot be recovered.

4. Expenses & Ambassador Fees

Total Ambassador Fees and Expenses	193,104
Less Invoices Paid by Host Companies	<u>211,411</u>
	(18,307)

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2022

5. Employees

There were no employees during the year.

6. Taxation

The charity is exempt from corporation tax on charitable activities.

7. Related parties

The charity was under the control of the trustees during the year.

STATE OF MIND SPORT

England & Wales - Charity number 1158826

Accounts

Trustees' Annual Report for the period									
From		Period start date			To		Period end date		
		01	12	2020			30	11	2021

Section A Reference and administration details

Charity name	State of Mind Sport
Other names charity is known by	Not Applicable
Registered charity number (if any)	1158826
Charity's principal address	1 Oak Close Penwortham Preston Postcode PR1 0UN

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	Dr C Carson	Chair		Trustee Board
2	Mr N S Rowe	Secretary / Treasurer		Trustee Board
3	Dr P Cooper			Trustee Board
4	Dr. A. Johnston			Trustee Board
5	Mr O Cotterell			Trustee Board
6	Ms A Howarth			Trustee Board
7	Mr S Cash		From 21/04/2021	Trustee Board
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
Not Applicable	

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Jim Finney	4 Chiltern Drive Winstanley, Wigan. WN3 6DY

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

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by three existing trustees with application and statements of what they can offer to the Charitable Incorporated Organisation

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>The Charity is subject to a Constitution, last amended on 27th September 2017.</p> <p>All charity policies come under a Governance Framework dated 27th September 2017.</p> <p>Policies include: (Overarching) Governance Policy Code of Conduct for Trustees Code of Conduct for Ambassadors and Volunteers External Communications Policy Social Media Policy Safeguarding Young People and Vulnerable Adults Policy Equality and Diversity Policy Risk Assessment Policy Clinical Escalation and Reporting Policy Whistleblowing Policy</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

<p>Aim of Charity</p> <p>The aims of the charity are to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide.</p>
--

Objects of the Charity

- I. To educate sports people and the wider public on all issues surrounding mental health in an effort to tackle discrimination and to reduce the stigma felt by people with mental health problems.
- II. The promotion of good health through education in mental fitness and wellbeing and signposting to sources of support for people who may be experiencing mental distress.
- III. To lobby and influence social, political and relevant policy and decision making bodies on the importance of good physical and mental health and wellbeing. This would lead to better public health decision and an increase in the health resources made available to benefit people involved in sport and the public more widely.

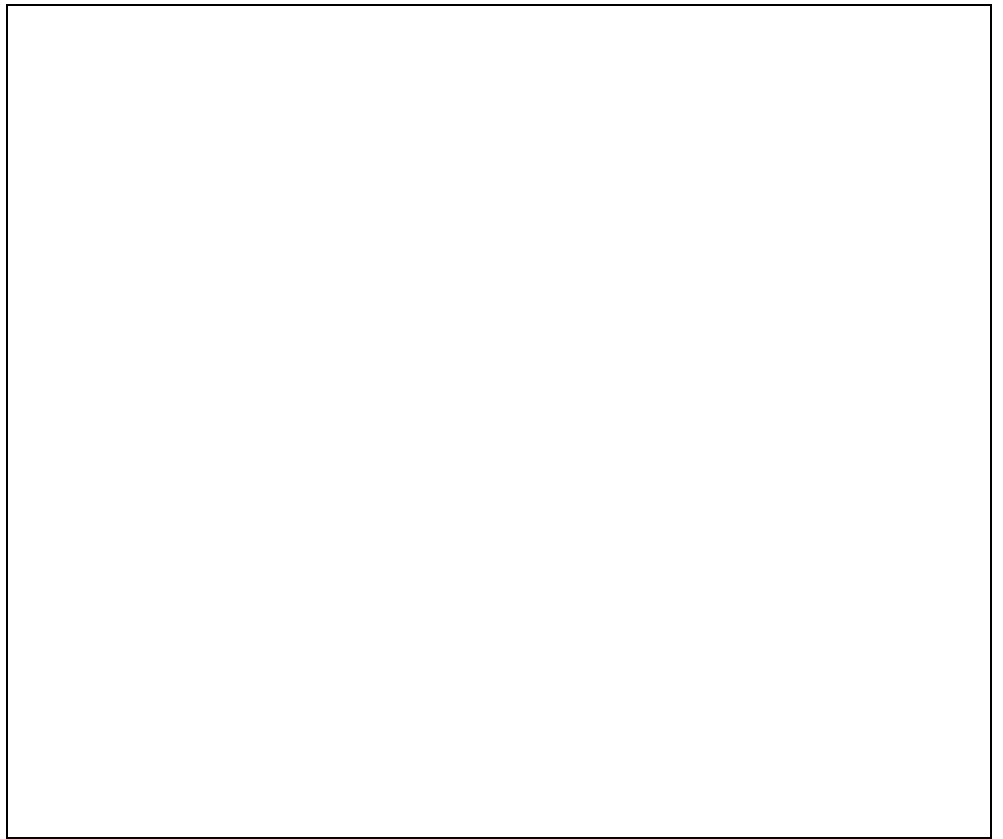
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- Delivery of Mental Fitness Sessions throughout 2020/21 to Schools, Colleges, Universities, Sports Clubs (Professional and Amateur), Public Sector and Commercial Organisations
- Charity present at many RFL Games during 2021, promoting Mental Fitness and Wellbeing to players and supporters
- Trustees and volunteers present at games. Players wore State of Mind Sport tee shirts before the games with an average attendance at each game being 14,000
- Mental Fitness Cards given out to over 15,000 fans and 250 posters made available at grounds
- Social Media reach (Twitter, Instagram and Facebook) to over 25,000 direct followers promoting Mental Fitness messages
- Attendance and presentation at many Mental Health and Suicide Prevention Conferences nationally.
- Membership of regional suicide prevention strategy working groups (Greater Manchester, Cheshire & Merseyside and Lancashire)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

Maintained a major education and workshop programme accessing Circa 60,000 people in sports clubs, , schools, colleges, universities and workplaces

Delivery of Adult Mental Health First aid training accredited by MHFA England

Numerous reports that our training has saved lives or encouraged people to access support and help that has prevented suicide attempts

Partnerships continue to be forged with the Rugby Football League, Superleague, Yorkshire RFU, North West Counties Football in 2020/21

Major twitter and other social media support from current players and former players

Suicide prevention strategies influenced and support for implementation plans in Cheshire and Greater Manchester and Lancashire and cited in national suicide prevention document as an example of good practice

Contributing to healthcare conferences

MH Projects developed to support NW Counties Football League, West Yorkshire RU, RL Referees Societies and "Grassroots" Rugby League Clubs.

Section E Financial review

Brief statement of the charity's policy on reserves

Income	£156,382
Outgoings	£156,817
Outstanding Debts	£00.00
Cash at Bank @ 30/11/21	£142,461
Reserve minimum agreed with trustees of £25,000	

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

1. Commercial workplace training sessions are chargeable at 'cost plus' to cover cost of providing a presentation team. Profit is then used to contribute to free MH awareness training to schools, colleges and sports clubs.
2. The secondary source of funding has been donations from a variety of sources e.g. Fundraising by supporters, Charity events, legacies etc
3. Expenses/Fees are paid to former RL players to deliver education and training sessions across the country and purchasing mental fitness cards and branding merchandise to give out at each education session
4. Purchase of presentation equipment to deliver training sessions
5. The charity does not employ staff directly.
6. Investment policy not applicable at this time

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>C Carson</i>	<i>N S Rowe</i>
Full name(s)	Ms Clair Carson	Mr Nicholas Rowe
Position (eg Secretary, Chair, etc)	Chair	Secretary/Treasurer
Date	23/09/2022	

**STATE OF MIND SPORT
TRUSTEES' REPORT AND AUDITED ACCOUNTS
FOR THE YEAR ENDED 30TH NOVEMBER 2021**

CHARITY No. 1158825

State of Mind Sport

Trustees' Report Charity No: 1158825

The trustees present their report and accounts for the year ended 30th November 2021.

The accounts have been prepared in accordance with the accounting policies set out in Note 1-7 in the accounts and comply with the governing document and the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005 (revised 2008).

Aim

The aim of the charity is to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide.

Objectives

To educate sports people and the wider public on all issues surrounding mental health in an effort to tackle discrimination and to reduce the stigma felt by people with mental problems.

The promotion of good health through education in mental fitness and wellbeing and signposting to sources of support for people who may experience mental distress.

To lobby and influence social, political and relevant policy and decision-making bodies on the importance of good physical and mental health and wellbeing. This would lead to better public health decision and an increase in the health resources made available to benefit people involved in sport and the public more widely.

Officers

Mrs. Clair Carson- Chairman

Mr. Nick Rowe- Secretary/Treasurer

Trustees

Dr A Johnston


Mr. O Cotterell

Dr P Cooper

Ms. A Howarth

Mr. S Cash

On behalf of the Board of Trustees



Mr. Nick Rowe

Secretary, Treasurer & Trustee

Dated: 16th September 2022

State of Mind Sport

**Independent Examiner's Report
to the trustees of State of Mind Sport**

I report on the accounts of the charity for the year ended 30th November 2021 which are set out on pages 3 to 5.

Respective responsibilities of Trustees and examiner

The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit and is eligible for independent examination, it is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 act
- (ii) to follow the procedure laid down in the General Directions given by the Charities Commission under section 145(5)b of the 2011 Act
- (iii) to state whether particular matters have come to my attention

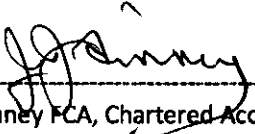
Basis of Independent examiner's report

My examination was carried out with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements to prepare accounts which accord with the accounting records and with the methods and principles of the Statement of Recommended Practice; Accounting and Reporting by Charities have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



J J Finney FCA, Chartered Accountant
4 Chiltern Drive
Winstanley
Wigan
WN3 6DY

Dated: 16th September 2022

**State of Mind Sport
Statement of Financial Activities
For the year ended 30th November 2021**

	Notes	2021	2020
Incoming resources from generated funds			
Voluntary income	1	34,652	46,628
Activities for generating funds	2	<u>5,522</u>	<u>-182</u>
		40,174	46,446
Resources expended			
Film & other publicity		-	4,644
Delegate expenses	14,272	7,140	7,140
Bank Charges	91	199	199
Printing Costs	239	746	746
Website (Just Giving Fee)	562	562	562
Typing and administration	2,836	2,846	2,846
Indemnity Insurance	547	547	547
Training	13,226	2,668	2,668
Miscellaneous Purchases	6,027	1,226	1,226
Storage Charges	1,103	961	961
Strategy Day	-	-	-
Room Hire	-	74	74
IT/Web Hosting	1,706	1,929	1,929
Delegate equipment requirement	-	<u>40,609</u>	<u>2,179</u>
			25,721
Excess of Income over Expenditure			
		-£435	20,725
Client Prepayment		<u>-435</u>	<u>41,600</u>
			62,325
General Fund (unrestricted)			
Balance 1st December 2020		142,896	80,571
Excess of Income over Expenditure		<u>-435</u>	<u>62,325</u>
Balance 30th November 2021		142,461	142,896

State of Mind Sports

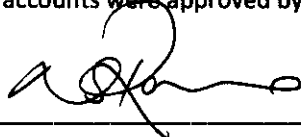
Balance Sheet

As at 30th November 2021

	2021	2020
Current Assets		
Cash at Bank	<u>142,461</u>	<u>142,896</u>
	<u>142,461</u>	<u>142,896</u>
Income funds		
General Fund- unrestricted	<u>142,461</u>	<u>142,896</u>
	<u>142,461</u>	<u>142,896</u>

These financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities.

The accounts were approved by the Trustees on 16th September 2022.



Mr N Rowe
Secretary/Treasurer
Charity No.1158825

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2021

1. Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice "Accounting and reporting by Charities", issued in March 2005 (revised 2008).

2. Incoming resources

Voluntary Income	2021	2020
Grants & Donations	34,552	38,633
Less cost of merchandise and other items	<u>(6,022)</u>	<u>(6,162)</u>
	24,530	32,918
Activities for generation of funds		
Social Activities	5,522	-
Less cost of these activities	<u>-</u>	<u>(182)</u>
	5,522	(182)

3. Resources Expended

Resources expended are recognized in the period in which they are incurred and include Attributable VAT which cannot be recovered.

4. Expenses & Ambassador Fees

Total Ambassador Fees and Expenses	125,918
Less Invoices Paid by Host Companies	<u>80,991</u>
	44,927

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2021

5. Employees

There were no employees during the year.

6. Taxation

The charity is exempt from corporation tax on charitable activities.

7. Related parties

The charity was under the control of the trustees during the year.

**STATE OF MIND SPORT
TRUSTEES' REPORT AND AUDITED ACCOUNTS
FOR THE YEAR ENDED 30TH NOVEMBER 2021**

CHARITY No. 1158825

State of Mind Sport

**Independent Examiner's Report
to the trustees of State of Mind Sport**

I report on the accounts of the charity for the year ended 30th November 2021 which are set out on pages 3 to 5.

Respective responsibilities of Trustees and examiner

The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit and is eligible for independent examination, it is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 act
- (ii) to follow the procedure laid down in the General Directions given by the Charities Commission under section 145(5)b of the 2011 Act
- (iii) to state whether particular matters have come to my attention

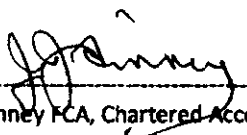
Basis of Independent examiner's report

My examination was carried out with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements to prepare accounts which accord with the accounting records and with the methods and principles of the Statement of Recommended Practice; Accounting and Reporting by Charities have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



JJ Finney FCA, Chartered Accountant
4 Chiltern Drive
Winstanley
Wigan
WN3 6DY

Dated: 16th September 2022

STATE OF MIND SPORT

England & Wales - Charity number 1158826

Accounts

Trustees' Annual Report for the period									
From		Period start date			To		Period end date		
		01	12	2019			01	12	2020

Section A Reference and administration details

Charity name	State of Mind Sport
Other names charity is known by	Not Applicable
Registered charity number (if any)	1158826
Charity's principal address	1 Oak Close Penwortham Preston Postcode PR1 0UN

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	Ms C Carson	Chair		Trustee
2	Mr N S Rowe	Secretary / Treasurer		Trustee
3	Dr P Cooper			Original trustee
4	Dr. A. Johnston			Trustee
5	Mr O Cotterell			Trustee
6	Ms A Howarth			Trustee
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
Not Applicable	

--	--

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Jim Finney	4 Chiltern Drive Winstanley, Wigan. WN3 6DY

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

--

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by three original trustees with application and statements of what they can offer to the Charitable Incorporated Organisation

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>The Charity is subject to a Constitution, last amended on 27th September 2017.</p> <p>All charity policies come under a Governance Framework dated 27th September 2017.</p> <p>Policies include: (Overarching) Governance Policy Code of Conduct for Trustees Code of Conduct for Ambassadors and Volunteers External Communications Policy Social Media Policy Safeguarding Young People and Vulnerable Adults Policy Equality and Diversity Policy Risk Assessment Policy Clinical Escalation and Reporting Policy Whistleblowing Policy</p>
--	---

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

<p>Aim of Charity</p> <p>The aims of the charity are to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide.</p>
--

Objects of the Charity

- I. To educate sports people and the wider public on all issues surrounding mental health in an effort to tackle discrimination and to reduce the stigma felt by people with mental health problems.
- II. The promotion of good health through education in mental fitness and wellbeing and signposting to sources of support for people who may be experiencing mental distress.
- III. To lobby and influence social, political and relevant policy and decision making bodies on the importance of good physical and mental health and wellbeing. This would lead to better public health decision and an increase in the health resources made available to benefit people involved in sport and the public more widely.

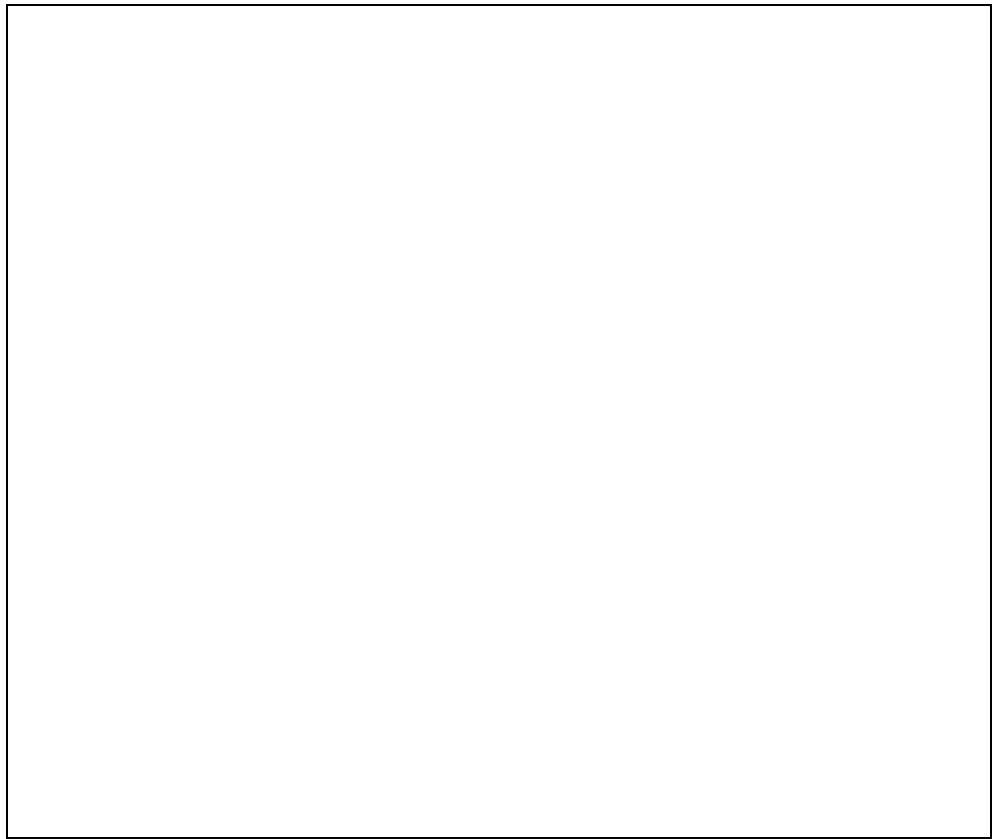
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- Delivery of Mental Fitness Sessions throughout 2019/20 to Schools, Colleges, Universities, Sports Clubs (Professional and Amateur), Public Sector and Commercial Organisations
- State of Mind Round of Fixtures Super League July 2020
- Trustees at all games, players all wore State of Mind tee shirts before the games with an average attendance at each game being 14,000
- Mental Fitness Cards = given out to over 26,400 fans and 250 posters at 6 grounds
- 400,000 people will have seen State of Mind features on television during the weekend of games
- Player Twitter Ambassadors reached over 18 million twitter followers during the week leading up the round of fixtures with prepared messages
- Attendance and presentation at many Mental Health and Suicide Prevention Conferences nationally.
- Presented at All Parliamentary RL Working Group on the work of the charity
- Membership of regional suicide prevention strategy working groups (Greater Manchester, Cheshire & Merseyside and Lancashire)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

Maintained a major training programme accessing Circa 56,000 people in sports clubs, universities, schools, colleges, prisons, workplaces

Numerous reports that our training has saved lives or encouraged people to access support and help that has prevented a suicide attempt

Partnerships continue to be forged with the Rugby Football League, Rugby League Cares Charity and Big Lottery for a community based MH project in 2019/20

Major twitter support from players and former players

Suicide prevention strategies influenced and support for implementation plans in Cheshire and Greater Manchester and Lancashire and cited in national suicide prevention document as an example of good practice

Contributing to healthcare conferences

MH Projects developed to support NW Counties Football League, West Yorkshire RU, RL Referees Societies and "Grassroots" Rugby League Clubs.

Section E Financial review

Brief statement of the charity's policy on reserves

Income	£88,046
Outgoings	£64,452
Outstanding Debts	£00.00
Cash at Bank @ 30/11/21	£142,896
Reserve minimum agreed with trustees	£25,000

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

1. The principal source of funding has been donations from a variety of sources e.g. Fundraising by supporters, Charity events, legacies etc
2. Commercial workplace training sessions are chargeable at 'cost plus' to cover cost of providing a presentation team. Pfofit is then used to contribute to free MH awareness training to schools, colleges and sports clubs.
3. Expenses/Fees paid to players and former players to deliver sessions across the country and purchasing mental fitness cards and branding merchandise to give out at each education session
4. Presentation equipment to deliver training sessions
5. The charity does not employ staff directly.
6. Investment policy not applicable at this time

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>C Carson</i>	<i>N S Rowe</i>
Full name(s)	Ms Clair Carson	Mr Nicholas Rowe
Position (eg Secretary, Chair, etc)	Chair	Secretary/Treasurer
Date	30/09/2020	

Cash Balance as at 01 December 2019 (Start of Financial Year) £80,571

Cash Balance as at 30 November 2020 (End of Financial Year) £142,896

(Liquidity Balance Adjusted for O/S Client Invoices less O/S Presenter Claims of £4,710 = £147,606)

Income (From 01/12/19 to 30/11/20) Value

Paid Assignments - SOMS £72,447

Client Prepayment (SWY NHS FT) £41,600

Just Giving, Virgin Money Etc £28,481

General Donations £8,850

Merchandise Sales (Transfer From PayPal) £6,667

Total £158,045

Excess of income over expenditure for the period **£62,325**

* Value of Client work outstanding as at 30th November 2020 £9,250

* Presenter Invoices outstanding as at 30th November 2020 £4,540

£4,710

Expenditure (From 01/12/19 to 30/11/20) Value

Presenter Fees and Expenses £64,452

Administration Services £2,806

General Purchases £13,102

Merchandising Purchases and Postages £6,162

Just Giving Costs and Bank Charges £761

Storage Charges £961

Expenditure for Ladies Lunch Fundraiser Event Nov 2019 £182

Fundraising Share with Partners £5,365

IT/Web Hosting £1,929

Total £95,720

Date	Inv. No	Date	Job
230719	217	300719	Elysium Healthcare
250919	228	161019	Lancashire Care
10/15/2019	242	12/04/2019	AMEY Plc
271119	256	111219	Eversheds Southerland
101219	257	111219	Prinovis Ltd
150120	264	310120	Boulting Ltd
90120	269	50220	Wigan Warriors Community Foundation/UClan
310120	273	160320	Amentum Ltd
60220	275	160320	Kier Highways
60220	276	160320	J Murphy & Sons Ltd
03/11/2020	279	240320	Wakefield Council

Value £
£853.90
£760.43
£2,756.00
£740.09
£1,678.14
£1,425.25
£1,500.00
£1,089.80
£738.50
£1,476.95
£209.00
£13,228.06

**STATE OF MIND SPORT
TRUSTEES' REPORT AND AUDITED ACCOUNTS
FOR THE YEAR ENDED 30TH NOVEMBER 2020**

CHARITY No. 1158825

State of Mind Sport

Trustees' Report

Charity No: 158825

The trustees present their report and accounts for the year ended 30th November 2020.

The accounts have been prepared in accordance with the accounting policies set out in Note 1-7 in the accounts and comply with the governing document and the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005 (revised 2008).

Aim

The aim of the charity is to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide.

Objectives

To educate sports people and the wider public on all issues surrounding mental health in an effort to tackle discrimination and to reduce the stigma felt by people with mental problems.

The promotion of good health through education in mental fitness and wellbeing and signposting to sources of support for people who may experience mental distress.

To lobby and influence social, political and relevant policy and decision-making bodies on the importance of good physical and mental health and wellbeing. This would lead to better public health decision and an increase in the health resources made available to benefit people involved in sport and the public more widely.

Officers

Mr. Nick Rowe- Secretary/Treasurer

Trustees

Dr A Johnston


Mrs. C Carson (CHAIR)

Mr. O Cotterell

Dr P Cooper

Ms. A Howarth

On behalf of the Board of Trustees



Mr. Nick Rowe

Secretary, Treasurer & Trustee

Dated: 15th September 2021

State of Mind Sport

Independent Examiner's Report to the trustees of State of Mind Sport

I report on the accounts of the charity for the year ended 30th November 2020 which are set out on pages 3 to 5.

Respective responsibilities of Trustees and examiner

The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit and is eligible for independent examination, it is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 act
- (ii) to follow the procedure laid down in the General Directions given by the Charities Commission under section 145(5)b of the 2011 Act
- (iii) to state whether particular matters have come to my attention


Basis of independent examiner's report

My examination was carried out with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements to prepare accounts which accord with the accounting records and with the methods and principles of the Statement of Recommended Practice; Accounting and Reporting by Charities have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



J J Finney FCA, Chartered Accountant
4 Chiltern Drive
Winstanley
Wigan
WN3 6DY

Dated: 15th September 2021

State of Mind Sport
Statement of Financial Activities
For the year ended 30th November 2020

	Notes	2020	2019
Incoming resources from generated funds			
Voluntary income	1	46,628	60,818
Activities for generating funds	2	<u>-182</u>	<u>4,693</u>
		46,446	65,511
Resources expended			
Film & other publicity	4,644	1,718	
Delegate expenses	7,140	25,386	
Bank Charges	199	212	
Printing Costs	746	2,116	
Website (Just Giving Fee)	562	302	
Typing and administration	2,846	7,087	
Indemnity Insurance	547	547	
Training	2,668	-	
Miscellaneous Purchases	1,226	162	
Storage Charges	961	517	
Strategy Day	-	1,523	
Room Hire	74	170	
IT/Web Hosting	1,929		
Delegate equipment requirement	2,179	<u>25,721</u>	<u>1,921</u>
			<u>41,661</u>
Excess of Income over Expenditure		20,725	23,850
Client Prepayment		<u>41,600</u>	
		62,325	23,850
General Fund (unrestricted)			
Balance 1st December			
2019		80,571	56,720
Excess of Income over Expenditure		<u>62,325</u>	<u>23,851</u>
Balance 30th November 2020		142,896	80,571

State of Mind Sports

Balance Sheet

As at 30th November 2020

	2020	2019
Current Assets		
Cash at Bank	<u>142,896</u>	<u>80,571</u>
	<u>142,896</u>	<u>80,571</u>
Income funds		
General Fund- unrestricted	<u>142,896</u>	<u>80,571</u>
	<u>142,896</u>	<u>80,571</u>

These financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities.

The accounts were approved by the Trustees on 15th September 2021.



Mr N Rowe
Secretary/Treasurer
Charity No.1158825

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2020

1. Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice "Accounting and reporting by Charities", issued in March 2005 (revised 2008).

2. Incoming resources

Voluntary Income	2020	2019
Grants & Donations	38,633	69,310
Less cost of merchandise and other items	<u>6,162</u>	<u>8,392</u>
	32,471	60,918
Activities for generation of funds		
Social Activities	-	10,513
Less cost of these activities	<u>(182)</u>	<u>5,820</u>
	(182)	4,693

3. Resources Expended

Resources expended are recognized in the period in which they are incurred and include Attributable VAT which cannot be recovered.

4. Expenses & Ambassador Fees

Total Ambassador Fees and Expenses	64,452
Less Invoices Paid by Host Companies	<u>72,447</u>
	(7,995)

State of Mind Sport

Notes to Accounts

For the year ended 30th November 2020

5. Employees

There were no employees during the year.

6. Taxation

The charity is exempt from corporation tax on charitable activities.

7. Related parties

The charity was under the control of the trustees during the year.