

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

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.

The Charity is subject to a Constitution, last amended on 27<sup>th</sup> September 2017.

All charity policies come under a Governance Framework dated 27<sup>th</sup> September 2017.

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

## Section C Objectives and activities

### 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 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.

- The principal source of funding has been donations from a variety of sources e.g. Fundraising by supporters, Charity events, legacies etc
- 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.
- 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
- Presentation equipment to deliver training sessions
- The charity does not employ staff directly.
- 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)	C Carson	N S Rowe
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
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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
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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 30<sup>TH</sup> 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 30<sup>th</sup> 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

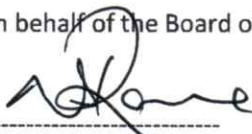
Mrs. C Carson (CHAIR)

Mr. O Cotterell

Dr P Cooper

Ms. A Howarth

On behalf of the Board of Trustees



Mr. Nick Rowe

Secretary, Treasurer & Trustee

Dated: 15<sup>th</sup> 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 30<sup>th</sup> 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

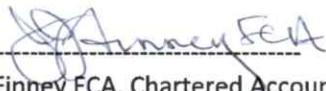
#### **Basis of independent examiner's report**

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: 15<sup>th</sup> September 2021

**State of Mind Sport**  
**Statement of Financial Activities**  
**For the year ended 30<sup>th</sup> November 2020**

	<b>Notes</b>	<b>2020</b>	<b>2019</b>
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>
			41,661
Excess of Income over Expenditure		20,725	23,850
Client Prepayment		<u>41,600</u>	<u></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**

	<b>2020</b>	<b>2019</b>
<b>Current Assets</b>		
Cash at Bank	<u>142,896</u>	<u>80,571</u>
	<u>142,896</u>	<u>80,571</u>
<b>Income funds</b>		
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 30<sup>th</sup> 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 30<sup>th</sup> 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.