

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

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.

**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)**

<p><b>Objects of the Charity</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> </ol>	
	<ul style="list-style-type: none"> <li>• Delivery of Mental Fitness Sessions throughout 2020/21 to Schools, Colleges, Universities, Sports Clubs (Professional and Amateur), Public Sector and Commercial Organisations</li> <li>• Charity present at many RFL Games during 2021, promoting Mental Fitness and Wellbeing to players and supporters</li> <li>• 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</li> <li>• Mental Fitness Cards given out to over 15,000 fans and 250 posters made available at grounds</li> <li>• Social Media reach (Twitter, Instagram and Facebook) to over 25,000 direct followers promoting Mental Fitness messages</li> <li>• Attendance and presentation at many Mental Health and Suicide Prevention Conferences nationally.</li> <li>• Membership of regional suicide prevention strategy working groups (Greater Manchester, Cheshire &amp; Merseyside and Lancashire)</li> </ul>

**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.

- 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.
- The secondary source of funding has been donations from a variety of sources e.g. Fundraising by supporters, Charity events, legacies etc
- 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
- Purchase of 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	23/09/2022	

**STATE OF MIND SPORT  
TRUSTEES' REPORT AND AUDITED ACCOUNTS  
FOR THE YEAR ENDED 30<sup>TH</sup> 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 30<sup>th</sup> 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: 16<sup>th</sup> 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 30<sup>th</sup> 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

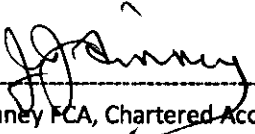
#### **Basis of Independent examiner's report**

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.

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

Dated: 16<sup>th</sup> September 2022

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

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

**State of Mind Sports**

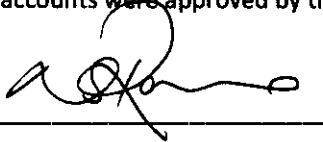
**Balance Sheet**

**As at 30th November 2021**

	<b>2021</b>	<b>2020</b>
<b>Current Assets</b>		
Cash at Bank	<u>142,461</u>	<u>142,896</u>
	<u>142,461</u>	<u>142,896</u>
<b>Income funds</b>		
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 30<sup>th</sup> 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 30<sup>th</sup> 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 30<sup>TH</sup> NOVEMBER 2021**

**CHARITY No. 1158825**

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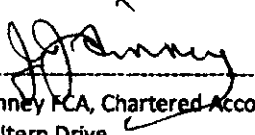
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J J Finney FCA, Chartered Accountant  
4 Chiltern Drive  
Winstanley  
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WN3 6DY

Dated: 16<sup>th</sup> September 2022