

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

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
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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 27th September 2017.

All charity policies come under a Governance Framework dated 27th 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

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.

- 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
- Purchase of materials and resources to deliver MH education, including Mental Health first Aid Training.
- The charity does not employ staff directly. All Non-Trustee resources are self employed.
- 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

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

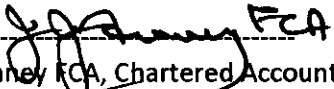
Basis of independent examiner's report

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
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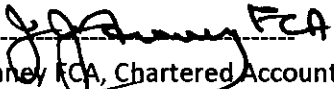
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