

**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

I report on the accounts of the charity for the year ended 30th November 2023 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 (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	213,211	227,454
	<u>213,211</u>	<u>227,454</u>
Income funds		
General Fund - unrestricted	213,211	227,454
	<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

Cl Carson

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.