

**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

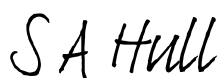
Mr. O Cotterell

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.



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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		<u>-</u>	<u>-</u>
		- 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	173,856	213,211
	<u>173,856</u>	<u>213,211</u>
Income funds		
General Fund - unrestricted	173,856	213,211
	<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.