

MENTAL FIGHT CLUB

England & Wales · Charity number 1158926

Details

Other names MFC

Status Registered

Legal form CIO

Registered 2014-10-21

Register [View on the Charity Commission register](#)

Contact

Address Canopi
Unit A
Arc House
82 Tanner Street
London
SE1 3GN

Phone 07973770273

Email info@mentalfightclub.art

Website www.mentalfightclub.art

Activities

Objects: THE PROMOTION OF SOCIAL INCLUSION AMONGST PEOPLE WHO ARE SOCIALLY EXCLUDED FROM SOCIETY OR PARTS THERE OF AS A RESULT OF MENTAL ILL-HEALTH, THROUGH THE PROVISION OF CREATIVE EVENTS WHICH FOSTER SOCIAL CONNECTION AND ALLOW FOR THE EXPLORATION OF MENTAL ILLNESS, RECOVERY AND WELL BEING FOR ALL.

Activities: The promotion of social inclusion amongst people who are socially excluded from society as a result of mental ill-health. through the provision of creative events which foster social connection and allow for the exploration of mental illness, recovery and well-being for all. The main activity is the Dragon Cafe open Mondays in Southwark with other activities Recreate Psychiatry emerging from it.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£191,888	£187,506	-	-
2024-04-30	£203,290	£205,077	-	-
2023-04-30	£188,260	£184,510	-	-
2022-04-30	£179,179	£240,868	-	-
2021-04-30	£263,552	£222,948	-	-

Trustees

Name	Role	Appointed
LAMIS BAYAR	Chair	2022-11-03
Dr David Anthony Blazey		2025-07-03
Dr Elinor Wyn Hynes		2022-11-03
Grace Smith		2026-03-24
MARTIN BALL		2022-11-03
Ruby Esther Fisher Maxwell		2026-06-01
Steven Lloyd Pook		2026-06-01

MENTAL FIGHT CLUB

England & Wales - Charity number 1158926

Accounts

Charity no. 1158926

Mental Fight Club
Report and Unaudited Financial Statements
30 April 2025

Mental Fight Club
Reference and administrative details
For the year ended 30 April 2025

Charity number 1158926

Registered office Canopi
82, Tanner Street,
Southwark
London
SE1 3GN

Operational address St Peter's Church Crypt,
Liverpool Grove
Walworth
Southwark,
SE17 2HH

Trustees Martin Ball
Lamis Bayar
David Blazey (appointed 3rd July 2025)
Dr Elinor Wyn Hynes
Grace Smith (resigned 30th June 2025)

Honorary Treasurer Grace Smith (appointed 1st July 2025)

Bankers	NatWest Bank Plc London Bridge 10 Southwark Street London Bridge SE1 1TT	The Co-operative Bank Plc PO Box 101 1 Balloon Street Manchester M60 4EP
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Independent examiner Godfrey Wilson Limited
Chartered accountants and statutory auditors
5th Floor Mariner House
62 Prince Street
Bristol
BS1 4QD

Mental Fight Club

Report of the trustees

For the year ended 30 April 2025

Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared according to the accounting policies set out in note 1 to the financial statements and comply with the CIO's trust deed, applicable law, and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities (effective January 2019).

GOVERNANCE AND STRUCTURE

Founded, led and delivered by people with mental health experience, Mental Fight Club (MFC) exists as an openhearted collaboration between its teams, volunteers, and practitioners. With dedication, we work together to continue the high-quality delivery of Mental Fight Club's projects. Our patrons' (attendees), partners' and stakeholders' unstinting support makes our work possible.

Mental Fight Club is a Charitable Incorporated Organisation (CIO) and its governing document is a constitution. There is a recruitment process for Trustees including an application process, interview, references and period of shadowing on the Trustees Board. During 2024/25 period, MFC's four trustees were Lamis Bayar (Chair), Grace Smith (Treasurer), Martin Ball and Elinor Wyn Hynes.

On 30th June 2025 Grace Smith resigned as a Trustee but continues to be Honorary Treasurer as part of the Board. David Blazey was appointed as a Trustee on the 3rd July 2025.

Our Annual Meeting was held online on 12th March 2025.

PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit and publication by Charity Commission "Charities and Public Benefit".

Mental Fight Club is a charity founded, led, and delivered by people with mental health experience. Its charitable objective is:

"The promotion of social inclusion amongst people who are socially excluded from society or parts thereof as a result of mental ill-health, through the provision of creative events which foster social connection and allow for the exploration of mental illness, recovery and well-being for all."

In fulfilment of its charitable objective, Mental Fight Club has continued its creative and inclusive approach to project development and delivery throughout the year.

Mental Fight Club

Report of the trustees

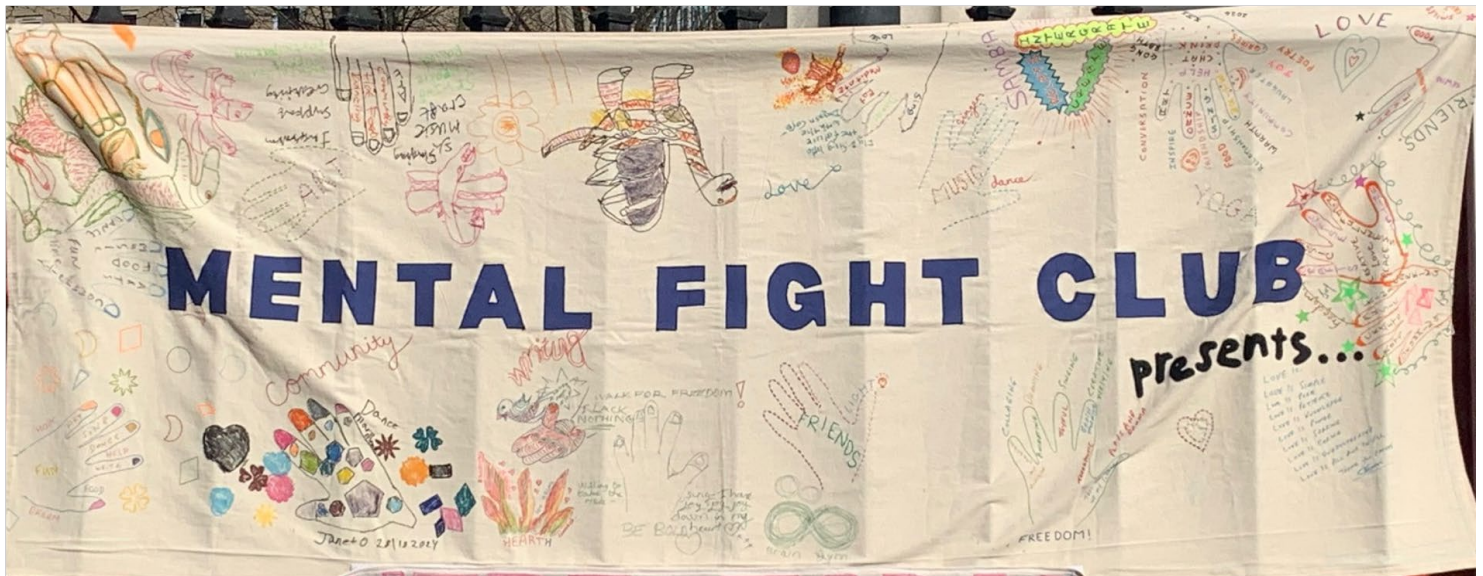
For the year ended 30 April 2025

ACHIEVEMENTS AND PERFORMANCE

Mental Fight Club (MFC) charity's successful year in 2024/2025 marked a dynamic phase for our three main projects:-

- The Dragon Café
- Dragon Café in the City
- MFC Presents

The charity curated and delivered The Dragon Café (DC) on 47 different Mondays, and as well as Dragon Café in the City (DCC) on 24 separate Wednesdays. In addition, we have staged seven Mental Fight Club Presents special events. That is 78 events during the year providing over 300 separate creative arts activities across multiple venues and involving over 6,000 individual people interactions.



Improving lives

At our events we survey the impact of participation on the attendees' well-being. The feedback reveals the benefits to people:

- 93% improved their mental wellbeing during the activity
- 86% feel more able to engage with support for their mental well-being following the activity
- 92% feel a sense of community during the activity

We also ask people about their general mood before and after the activity. The change is significant and 72% of attendees reported an improvement as a result of participating in the creative sessions.

Mental Fight Club
Report of the trustees
For the year ended 30 April 2025



Enhancing our creative programme

During the past twelve months our programme strands have not only broadened their ambitions; but have also extended their reach, drawing a diverse and ever-growing audience. This expansion has been underpinned by the forging of invaluable new creative partnerships and the deepening of others. This enabled the delivery of an exceptionally extensive, varied, and impactful programme of arts activities, designed with mental health accessibility at their core.

At the heart of our work is an unwavering commitment to curating accessible activities and events that create safe, affirming spaces. This has been particularly vital for historically marginalised communities, including the LGBTQIA+ community, individuals experiencing homelessness, communities where English is not a first language, and crucially, anyone with lived experience of poor mental health. Our approach ensures that every participant feels genuinely welcomed, understood, and empowered to engage freely and creatively.

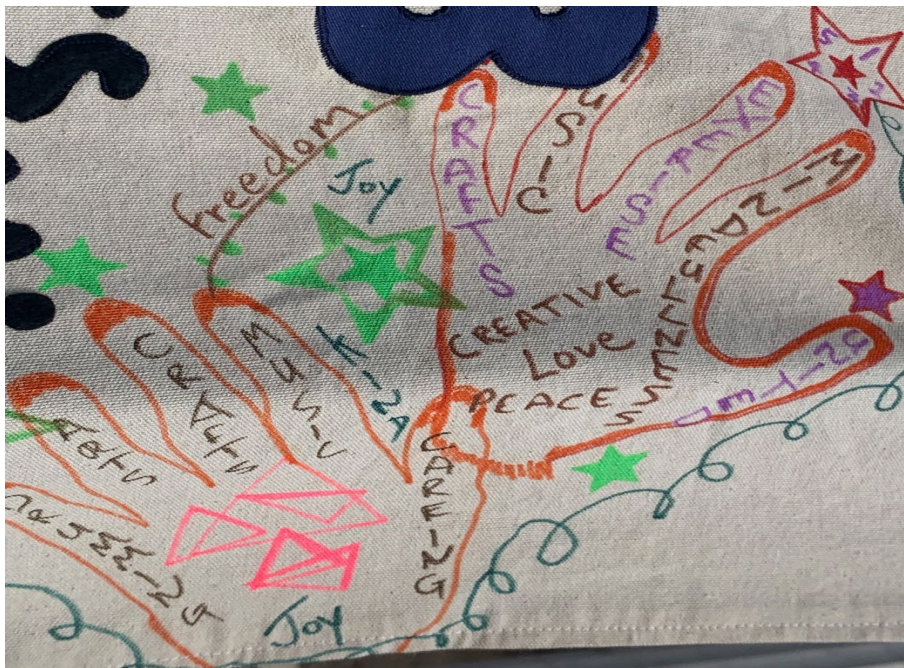
Mental Fight Club

Report of the trustees

For the year ended 30 April 2025

The combination of these thematic strands and individual sessions has resulted in our activities having a meaningful and positive impact on the lives of participants. Attendees have been invited to explore the intersection of arts and mental health through the experience of different art forms and in doing so have found connections, inspirations, and a welcoming creative environment.

Our programming for this period has been brought to life through a rich array of artistic mediums. These include: the connective power of music, the expressive freedom of drawing, captivating performance art, the intricate craft of collective making, the imaginative possibilities of animation, and a multitude of other deeply engaging and participatory arts workshops. There has also been the uplifting power of communal singing, the introspective depth of creative writing, the satisfying craft of creative crafting, the serene resonance of gong baths, the invigorating joy of laughter yoga, the mindful movement of Qigong, the expressive beauty of poetry, and the liberating energy of dance. Our integrated approach has consistently yielded a profound and demonstrably positive impact on the lives of our participants. Through their direct engagement with a diverse array of art forms, participants have consistently discovered new connections to themselves, to others, and to the creative process itself. They have found sparks of inspiration, unlocking previously untapped creative potential, all within the comforting embrace of a welcoming, non-judgmental, and profoundly creative environment.



Dragon Cafe highlights

Theatre: Through two series of eight in-person theatre skills workshops with Southwark Playhouse, participants had unique opportunities to engage with the performing arts, develop creative skills, and experience the therapeutic benefits of theatre. This collaboration offers a dynamic platform for expression and connection within a professional artistic environment, making high-quality theatrical experience accessible to those who might not otherwise engage. Theatre activities, such as acting and

Mental Fight Club

Report of the trustees

For the year ended 30 April 2025

improvisation, are particularly effective in developing social skills, enhancing communication, and fostering empathy, as participants learn to understand and embody different perspectives. One participant reported in the evaluation that “coming to the Southwark Playhouse sessions at the Dragon Café gives me something to look forward to. They have sparked my creativity and helped me get out of the house. It has not only helped support my mental health, but also my ADHD.”

Mind and Body: Recognising the profound link between movement and mental health, we have significantly increased our Movement Work across all programmes. This includes a dedicated focus on the benefits of Ecstatic Dance. These sessions offer a safe, non-judgmental space for uninhibited movement, allowing participants to release tension, express emotions physically, and experience joy and connection. Ecstatic dance helps individuals to connect with their bodies, release stored trauma, and have a mood-boosting effect.

Outdoor activities: We host a popular monthly Creative Walk. This guided experience combined gentle physical activity with sensory awareness and creative prompts, encouraging mindfulness, reducing stress, and fostering a deeper connection with nature and creativity. Spending time in nature is often referred to as “green exercise,” and has well-documented benefits for mental health such as reduced rumination and improved mood. When combined with creative prompts, these walks become a powerful tool for observation, reflection, and artistic inspiration.

Movement: This year we have increased the number of Tai Chi, Yoga, and gentle stretching sessions designed specifically to be accessible to all, regardless of mobility restrictions or experience. These practices are renowned for their ability to improve flexibility, balance, and strength, while simultaneously reducing anxiety and promoting a sense of calm through controlled breathing and mindful movement. Their gentle nature makes them suitable for those recovering from physical illness or experiencing chronic pain.

The Written Word: Our Creative Writing programme provides a vital outlet for self-expression and narrative development. Through workshops and supportive group settings, individuals have explored personal stories, developed new literary skills, and found empowering ways to articulate their experiences, contributing significantly to emotional processing and communication. Expressive writing has been shown to improve emotional regulation, reduce intrusive thoughts, and help individuals construct coherent narratives around their experiences, including trauma. Over the course of the past twelve months, Dragon Café participants have had the opportunity to work alongside skilled and experienced practitioners, with the goal to produce a MFC Book which will become a repository and record of those collective writings. This initiative both celebrates individual voices and creates a powerful collective testament to resilience and creativity, reinforcing the communal aspect of healing through shared storytelling.

The Voice: The Dragon Café Singers have given a vibrant series of public performances that have resonated across numerous distinguished venues. From the Bloomsbury Festival, where our voices

Mental Fight Club

Report of the trustees

For the year ended 30 April 2025

added to a rich tapestry of artistic expression, to multiple invited performances at the heart of civic engagement in Southwark. These public engagements showcase their talent and resilience while actively combating the stigma often associated with mental health challenges. The act of performing collectively instils a profound sense of achievement and self-worth.

Building on their creative momentum, the singing group completed work on the third song in the ambitious trilogy exploring the themes of Past, Present, and Future. Participants had an exclusive glimpse into the intricate world of music recording, facilitated by a visit to a professional recording studio, that provided an invaluable insight into the technical artistry behind sound production. This has culminated in the creation of a tangible record of beloved Dragon Café songs spanning across the years.

Strengthening Partnerships and Expanding Our Reach: To grow and improve our activities we develop relationships with new practitioners and local community partners. Collaborating with a diverse range of artists, therapists, and community leaders enriches our programme content, introduces fresh perspectives, and ensures our events remain innovative and responsive to the evolving needs of people. A relationship with St. John's Waterloo has enabled us to develop and deliver innovative projects that directly benefit the church's community and has led to significant positive outcomes for all participants.

Dragon Café in the City

Dragon Cafe in the City is a collaboration with Shoe Lane Library, which is part of the City of London Community Libraries. A Wellness Wednesdays programme provides a wide and varied creative day of learning and engagement. This year we increased the number of creative physical activities through stretching, yoga, and started to undertake creative walks in the heart of London. In addition, two special events were staged at the Barbican Library. One celebrated World Mental Health Day (WMHD) in October and the other focussed on the production of Zines.

Feedback from participants rate the activities at 4.8 out of 5, and they continue to comment on how valuable the support is for their well-being. One attendee commented: "I have never done creative writing like this session today. I originally just wanted to watch but found myself taking part. It was fun." Another referred to DCC as "Lots of fun activities and good community vibe." An attendee at the WMHD Barbican event said: "Thank you for having a World Mental Health Day pop-up. I didn't have to spend it on my own."

MFC Presents

MFC Presents continued its commitment to curating engaging and innovative artistic experiences, designed specifically to foster mental well-being, connection, and creative exploration. For the Saturday evening at the Waterloo Arts Festival we curated a Sound Flows Though Us event. This brought together eight instrumentalists, many of whom were unknown to each other, to immerse themselves and participants in a three-hour musical improvisation. Every participant had been invited to bring musical instruments and join in the wonderfully vibrant communally created sound.

Another special event offered a multi-sensory, multi-medium immersion into the concept of "layering" in creative production. Attendees superimposed layered vocals, from theatre devising to medieval

Mental Fight Club

Report of the trustees

For the year ended 30 April 2025

chants and contemporary rounds, with the evocative power of visual arts and dynamic soundscapes. Through this interwoven creativity, the participants witnessed how each artistic element accretes to form a rich and resonant whole, truly showcasing the interplay between diverse creative mediums.

MFC Presents hosted a "Sounds and Movement" workshop specifically designed to explore the powerful and often transformative connection between body, sound, and emotion. This immersive experience fostered somatic awareness, utilising individual and collective movement and vibration as profound tools for personal and spatial transformation. Through guided body awareness practices and active listening meditations, participants were empowered to release involuntary tensions, find balance in movement and sound, and unlock emotional and intellectual blockages. All culminating in an experimental phase where inner landscapes were tangibly imprinted onto canvas.

The complementary session "Movement... Followed by a Grounding" provided a unique creative experience that seamlessly combined mindful movement, artistic expression, and deep relaxation. Designed with universal accessibility in mind, this event encouraged participants to let their bodies lead, embrace creativity, and celebrate community within a supportive and non-judgmental environment.

Charity Governance and Development

Training

The MFC Team accessed free training through Community Southwark, City and Hackney CVS, Walking and Cycling Fund as well as Superhighways. This commitment to learning is recognised in the comment from an attendee: "Great staff who care about attendees and providing good services."

Business Planning

MFC accessed through the City Bridge Foundation "Funder Plus" programme, additional expert support which we used to update the MFC Business plan, to focus on our Theory of Change, to review current needs, and to examine external factors post-COVID including the cost of living crisis.

Independent Review of our feedback

An independent review of the feedback from attendees was completed at the Dragon Café during the year. It was undertaken by London South Bank University (LSBU) as part of their BIG (Business Innovation Growth) Programme funded by the Mayor of London. The reviewers supported Mental Fight Club by assessing how we collect our feedback and act on the information received. They attended The Dragon Café, taking part in activities, conducting research and by holding a focus group in February 2025.

Their report referenced how people found it easier to socialise because of involvement in MFC activities. Participation helped them build friendships, integrate socially, and to develop the confidence to engage in activities outside of MFC. The charity's unique and engaging activities were noted for offering creative and skill-building opportunities. The document emphasised MFC's strong commitment

Mental Fight Club

Report of the trustees

For the year ended 30 April 2025

to fostering well-being through creative expression in a safe community. Participants repeatedly mentioned the connection and inspiration of activities, and MFC's events effectiveness in enhancing social networks.

FINANCIAL REVIEW

For the year ended 30 April 2025 incoming resources were £ 192k (2024: £203k) and resources expended were £188k (2024: £205k), resulting in a surplus for the year of £4k (2024: deficit £2k). Total funds at 30 April 2025 were £142k (2024: £138k), of which £63k is held in restricted funds with £72k in unrestricted reserves and £7k as designated reserves. We continue to be funded mainly on an annual basis, although we have some multi-year grants. Our current funders are:

- Backstage Trust
- City Bridge Foundation
- City of London Corporation
- Co Op Community Fund
- Culture Mile Bid
- Elephant and Castle Community Fund - London Community Fund
- Fleet Street Quarter
- London Borough of Southwark
- Mrs Smith and Mount Trust
- Skinners' Charity Foundation
- Sports England - The National Lottery
- Southwark Charities
- St Andrew Holborn and Stafford's Charity
- The D'Oyly Carte Charitable Trust
- The National Lottery Community Fund
- United St Saviour's Charity
- Walking & Cycling Grants London (WCGL) Groundwork London
- West Central Multi-Ward Neighbourhoods Fund

We want to express our thanks and gratitude to our funders which reflect a broad base of our grants and donors over the last year who have been so very supportive of our activities and providing flexibility in their funding.

We thank all those who have made donations to Mental Fight Club including our patrons, named, anonymously and others- The Arnold Clark Community Fund, The Worshipful Company of Curriers Charity, Q Charitable Trust and Sir Jules Thorn Charitable Trust.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2025

Going Concern Statement

The Trustees consider that the charity is likely to continue as a going concern for a period of at least 12 months from the date of which the financial statements are approved for the following reasons:

- MFC holds unrestricted reserves of £72k which is just over 3 months' running costs
- MFC holds designated reserves of £7k ring fenced for MFC events
- MFC has a cash balance of £155k (As at August 2025)

The Trustees therefore consider it appropriate to adopt the going concern basis for the preparation of the accounts as detailed in note 1b to the financial statements.

Reserves policy

We continue to be a going concern as we secure and apply for funding required to sustain and grow Mental Fight Club's activities in 2025/26. Our reserves policy is to have a minimum of 3 months running costs in unrestricted funds, which is £60k. Our unrestricted reserves currently are £72k – which is 3.5 months running costs.

Risks

Mental Fight Club has a risk policy and assessments which are reviewed by the Trustees. The principal risks and uncertainties identified by the charity are:

Risk	Mitigating action	Controls in place
Increase Demand for services due to cost of living crisis Impact: ongoing risk as more people experiencing mental ill health	Providing a blended provision to maximise take up for beneficiaries'. Location of Dragon Cafe reviewed regularly to maximize space for increasing number of attendees	Updated Safeguarding policy including online events

Mental Fight Club

Report of the trustees

For the year ended 30 April 2025

Economic Impact: continuing very highly competitive fundraising landscape	Keeping financial position and fundraising approaches drawn under constant review. Managing the charity's ability to remain a going concern. Planning for uncertainty. Making efficiency savings as required	Fundraising strategy and plan is in place. Targeting a wide range of potential funders for Mental Fight Club increasing diversity of funding.
Dependency on small number of staff	Increasing the number of staff and number of volunteers	Monitor delivery, progress and retention.
Reputational Risk: Conveying MFC's vision and values	Devising new ways to communicate MFC's achievements in the face of continued global unprecedented challenges.	Using regular use of a variety of social media platforms.

PLANS FOR FUTURE PERIODS

We will improve our events to include more celebratory days once every three months and to further evolve our work. We have increased our in person events and they are now in the majority with only one online event per month. We are also providing hybrid in person and online access.

As ever, and despite the concerns of the future cost of living increases we will continue to strategically develop our core areas of work:

- Building on our project success to refine and progress them yet further;
- Enhancing our development and training;
- Building on current partnerships and growing MFC's collaborative framework; and
- Continuing to build relationships with local health and social care stakeholders to strategically shape mental health and wellbeing provision.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2025

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year. In preparing those financial statements the trustees are required to:

- ☐ select suitable accounting policies and then apply them consistently;
- ☐ observe the methods and principles in the Charities SORP;
- ☐ make judgements and accounting estimates that are reasonable and prudent;
- ☐ state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- ☐ prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity have no liability to contribute to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charity during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 30 October 2025 and signed on their behalf by



Martin Ball – Trustee



Grace Smith - Honorary Treasurer

Independent examiner's report

To the trustees of Mental Fight Club

I report to the trustees on my examination of the accounts of Mental Fight Club (the CIO) for the year ended 30 April 2025, which are set out on pages 14 to 28.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act').

I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the CIO as required by section 130 of the Act;
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

William Guy Blake

William Guy Blake ACA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Date: 30 October 2025

Mental Fight Club
Statement of financial activities
For the year ended 30 April 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Income from :					
Donations and legacies	3	19,465	-	19,465	24,984
Charitable activities	4	21,290	146,623	167,913	156,740
Other trading activities	5	1,255	-	1,255	18,953
Investments income		3,255	-	3,255	2,613
Total Income		45,265	146,623	191,888	203,290
Expenditure on:					
Raising funds		5,903	-	5,903	18,395
Charitable activities		45,844	135,759	181,603	186,682
Total Expenditure	7	51,747	135,759	187,506	205,077
Net Income/ (expenditure)		(6,482)	10,864	4,382	(1,787)
Transfer between funds		-	-	-	-
Net Movement in funds	8	(6,482)	10,864	4,382	(1,787)
Reconciliation of funds:					
Funds brought forward		85,216	52,416	137,632	139,419
Funds carried forward		78,734	63,280	142,014	137,632

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 14 to the accounts.

Mental Fight Club
Balance sheet
As at 30 April 2025

	Notes	£	2025 £	2024 £
CURRENT ASSETS				
Debtors	11	556	19,430	
Cash at bank and in hand:		<u>153,474</u>	<u>132,026</u>	
Total current assets		154,030	151,456	
CREDITORS: amounts falling due within one year	12	<u>(12,016)</u>	<u>(13,824)</u>	
NET CURRENT ASSETS			<u>142,014</u>	<u>137,632</u>
NET ASSETS TOTALS	13		<u>142,014</u>	<u>137,632</u>
THE FUNDS OF THE CHARITY				
	14			
Restricted funds			63,280	52,416
Unrestricted funds				
Designated funds:			6,500	12,500
General funds:			72,234	72,716
TOTAL CHARITY FUNDS			<u>142,014</u>	<u>137,632</u>

Approved by the trustees on 30 October 2025 and signed on their behalf by

Martin Ball

Martin Ball – Trustee

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Grace Smith – Honorary Treasurer

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2025

1. Accounting policies

a) Basis of preparation

Mental Fight Club is a charitable incorporated organisation registered in England and Wales. The registered office address is Canopi, 82 Tanner Street, Southwark, London, SE1 3GN.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Mental Fight Club meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of contractual services is deferred until criteria for income recognition are met.

Income from the sale of goods and services is recognised when the risks and rewards of ownership have transferred.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2025

receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis:

	2025	2024
Raising funds	3.1%	9.0%
Charitable activities	96.9%	91.0%

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2025

Furniture and equipment 4 years straight line

Items of equipment are capitalised where the purchase price exceeds £500.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the financial statements.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2025

2 Prior year SOFA Comparison

		Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
	Notes				
Income from :					
Donations and legacies	3	24,984	-	24,984	6,771
Charitable activities	4	27,122	129,618	156,740	173,734
Other trading activities	5	18,953	-	18,953	6,527
Investments income		2,613	-	2,613	1,228
Total Income		73,672	129,618	203,290	188,260
Expenditure on:					
Raising funds		18,395	-	18,395	11,851
Charitable activities		59,417	127,265	186,682	172,659
Total Expenditure	7	77,812	127,265	205,077	184,510
Net Income/ (expenditure)		(4,140)	2,353	(1,787)	3,750
Transfer between funds		-	-	-	-
Net Movement in funds	8	(4,140)	2,353	(1,787)	3,750
Reconciliation of funds:					
Funds brought forward		89,356	50,063	139,419	135,669
Funds carried forward		85,216	52,416	137,632	139,419

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2025

3 Income from donation and legacies

	Unrestricted funds £	Restricted funds £	2025 Total £	2024 Total £
Donations and gifts	9,069	-	9,069	24,984
Gifts in Kind	10,396	-	10,396	-
Total from donations and legacies	19,465	-	19,465	24,984

All income from donations and legacies in 2024 was unrestricted.

4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	2025 Total £
<i>Grants and service level agreements</i>			
West Central Multi-Ward Neighbourhoods Fund	-	500	500
Elephant And Castle Community Fund - London Community Foundation	-	7,828	7,828
City Bridge Foundation	-	25,000	25,000
City of London Corporation	-	12,798	12,798
Culture Mile Bid - Action Funder	-	2,950	2,950
The D'Oyly Carte Foundation	-	4,000	4,000
Mrs Smith and Mount Trust	-	20,000	20,000
Sport England	-	13,065	13,065
Skinners' Charity Foundation	-	1,982	1,982
London Borough of Southwark	-	15,253	15,253
Southwark NHS Integrated Care Services	21,290	-	21,290
St Andrew Holborn and Stafford's Charity	-	10,500	10,500
Southwark Charities	-	5,000	5,000
Walking & Cycling Grants London (WCGL)	-	-	-
Groundwork London	-	4,880	4,880
The National Lottery - Community Fund	-	19,367	19,367
United St Saviour's Charity	-	3,500	3,500
Total from charitable activities	21,290	146,623	167,913

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2025

Prior year comparative

	Unrestricted funds £	Restricted funds £	2024 Total £
<i>Grants and service level agreements</i>			
Borough, Bankside and Walworth Community Neighbourhood Funds	-	5,000	5,000
Backstage Trust	-	25,000	25,000
Barchester's Charitable Foundation	-	1,460	1,460
City Bridge Foundation	-	12,250	12,250
City of London Corporation	-	19,500	19,500
Fleet Street Quarter	-	2,000	2,000
The D'Oyly Carte Charitable Trust	-	4,000	4,000
Mrs Smith and Mount Trust	-	20,000	20,000
The Merchant Taylors Foundation	-	2,000	2,000
PWC- London Community Foundation	6,000	-	6,000
London Borough of Southwark	-	13,855	13,855
Southwark NHS Integrated Care Services	21,122	-	21,122
St Andrew Holborn and Stafford's Charity	-	8,500	8,500
Southwark Charities	-	5,000	5,000
Co Operative Local Community Fund	-	1,069	1,069
The National Lottery - Community Fund	-	9,984	9,984
Total from charitable activities	27,122	129,618	156,740

5 Income from other trading activities

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
New creative business streams	1,255	-	1,255	18,953
Total from other trading activities	1,255	-	1,255	18,953

All income from other trading activities in 2024 was unrestricted.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2025

6 Government grants

The charitable company receives government grants, defined as funding from local authorities (London Borough of Southwark, Sport England, The National Lottery Community Foundation, 2024: London Borough of Southwark, The National Lottery Community Foundation), to fund charitable activities. The total value of such grants in the period ending 30 April 2025 was £48,185 (2024: £29,139). There are no unfulfilled conditions or contingencies attaching to these grants.

7 Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2025 Total £
Programming and project	-	35,860	7,200	43,060
Creative team - including Freelance	-	38,613	-	38,613
Business developments	-	9,900	-	9,900
Activity costs	-	28,106	-	28,106
Dragon Café Refreshments	-	6,066	-	6,066
Rent	-	18,068	-	18,068
Accountancy	-	-	9,683	9,683
Volunteer expenses and training	-	497	1,171	1,668
Evaluation	-	384	7,396	7,780
Transport	-	2,322	-	2,322
Administration	4,940	1,624	3,000	9,564
Finance	-	-	2,160	2,160
Equipment and materials	-	1,001	-	1,001
Marketing	-	9,515	-	9,515
	4,940	151,956	30,610	187,506
Allocation of support costs	963	29,647	(30,610)	-
Total expenditure	5,903	181,603	-	187,506

Total governance costs were £3,331 (2024: 1,661).

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2025

Prior year comparative	Raising funds £	Charitable activities £	Support and governance costs £	2024 Total £
Programming and project - freelance	-	29,765	8,556	38,321
Creative team - freelance	-	29,324	-	29,324
Business developments	-	43,099	-	43,099
Activity costs	-	19,951	-	19,951
Dragon Café Refreshments	-	13,144	-	13,144
Rent	-	19,532	-	19,532
Accountancy	-	-	9,174	9,174
Volunteer expenses and training	-	2,269	461	2,730
Evaluation	-	384	-	384
Transport	-	2,314	-	2,314
Administration	16,656	1,728	-	18,383
Finance	-	-	1,200	1,200
Equipment and materials	-	-	-	-
Marketing	-	7,522	-	7,522
	16,656	169,031	19,391	205,077
Allocation of support costs	1,739	17,651	(19,391)	-
Total expenditure	18,395	186,682	-	205,077

8 Net movement in funds

This is stated after charging:

	2025 £	2024 £
Trustees' reimbursed expenses	1,171	461
Independent examination fee (excluding VAT)	1,800	1,050

Trustees reimbursed expenses related to travel costs.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2025

9 Staff costs and numbers

	2025 £	2024 £
Salaries and wages	58,393	49,910
Social Security Costs	246	-
Pension costs (defined contribution scheme)	1,695	1,455
Freelance staff	29,888	36,357
	90,222	87,722

Average Head Count in the Year

	2025	2024
Staff Member	3	3
Freelancer	2	1
	5	4

No employee received remuneration amounting to more than £60,000 in either year.

The Key management personnel of the charity comprise the Trustees and the Development Director. The total employee benefits of the key management personnel were £17,100 (2024: £32,707)

10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11 Debtors

	2025 £	2024 £
Other debtors	556	530
Accrued Income	-	18,900
	556	19,430

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2025

12 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	9,455	12,624
Accruals	2,561	1,200
	12,016	13,824

13 Analysis of net assets between fund	Unrestricted General £	Unrestricted Designated £	Restricted £	2025 Total £
Current Assets	84,250	6,500	63,280	154,030
Current Liabilities	(12,016)	-	-	(12,016)
Net assets at 30 April 2025	72,234	6,500	63,280	142,014

Analysis of net assets between fund	Unrestricted General £	Unrestricted Designated £	Restricted £	2024 Total £
Current Assets	86,540	12,500	52,416	151,456
Current Liabilities	(13,824)	-	-	(13,824)
Net assets at 30 April 2024	72,716	12,500	52,416	137,632

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2025

14 Movements in funds

	At 1 May 2024	Income	Expenditure	At 30 April 2025
	£	£	£	£
Unrestricted Funds				
Designated Funds	12,500	-	(6,000)	6,500
General funds	72,716	45,265	(45,747)	72,234
Total unrestricted funds	85,216	45,265	(51,747)	78,734
Restricted Funds				
West Central Multi-Ward Neighbourhoods Fund	-	500	(500)	-
City of London Corporation	17,916	12,798	(18,984)	11,730
Fleet Street Quarter	1,000	-	(1,000)	-
Culture Mile Bid	-	2,950	(2,950)	-
City Bridge Foundation	-	25,000	(25,000)	-
Skinner's Charity Foundation	-	1,982	-	1,982
London Borough of Southwark	-	15,253	(15,253)	-
Elephant and Castle Community Fund - London Community Fund	-	7,828	(5,693)	2,135
St Andrew Holborn and Stafford's Charity	8,500	10,500	(14,500)	4,500
The D'Oyly Carte Charitable Trust	-	4,000	(2,000)	2,000
Sport England	-	13,065	(9,502)	3,563
The National Lottery Community Fund	-	19,367	(12,067)	7,300
Walking & Cycling Grants London (WCGL)	-	4,880	(1,985)	2,895
Groundwork London				
Backstage Trust	25,000	-	(450)	24,550
Southwark Charities	-	5,000	(5,000)	-
Mrs Smith and Mount Trust	-	20,000	(20,000)	-
United St Saviour's Charity	-	3,500	(875)	2,625
Total restricted Fund	52,416	146,623	(135,759)	63,280
Total funds	137,632	191,888	(187,506)	142,014

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2025

Purpose of the restricted funds

Backstage Trust	Audience Development
City Bridge Foundation	Supporting the running of Dragon Café creative activities
City of London Corporation	The Dragon Café in the City at Shoe Lane Library
Culture Mile Bid	Zines at the Barbican Library
Elephant and Castle Community Fund	
- London Community Fund	Dragon Cafe Events
Fleet Street Quarter	Dragon Café in the City events
London Borough of Southwark	The Dragon Café
Mrs Smith and Mount Trust	Supporting the running of Dragon Café creative activities
Skinner's Charity Foundation	Chant in the City of London
Sports England	Exercise at MFC Projects
Southwark Charities	Supporting Older People at The Dragon Café in Southwark
St Andrew Holborn and Stafford's Charity	Running the Dragon Café in the City at Shoe Lane Library
The D'Oyly Carte Charitable Trust	Dragon Café Singing Activities
The National Lottery Community Fund	Dragon Café Story Telling and Writing Activities
United St Saviour's Charity	Supporting the running of Dragon Café creative activities
Walking & Cycling Grants London (WCGL)	
Groundwork London	Creative Walking sessions for MFC projects
West Central Multi-Ward Neighbourhoods Fund	Dragon Cafe Events

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2025

Prior year comparative

	At 1 May 2023	Income	Expenditure	At 30 April 2024
	£	£	£	£
Unrestricted Funds				
Designated Funds	16,500	-	(4,000)	12,500
General funds	72,856	73,672	(73,812)	72,716
Total unrestricted funds	89,356	73,672	(77,812)	85,216
Restricted Funds				
Borough, Bankside and Walworth Community Neighbourhood Funds	-	5,000	(5,000)	-
City of London Corporation	10,121	19,500	(11,705)	17,916
Fleet Street Quarter	1,425	2,000	(2,425)	1,000
Barchester's Charitable Foundation	-	1,460	(1,460)	-
City Bridge Foundation	-	12,250	(12,250)	-
Co Operative Local Community Fund	-	1,069	(1,069)	-
London Borough of Southwark	-	13,855	(13,855)	-
London Community Response Fund - London Community Foundation	10,000	-	(10,000)	-
Lloyds Bank Foundation	7,079	-	(7,079)	-
People's Postcode Lottery	13,638	-	(13,638)	-
St Andrew Holborn and Stafford's Charity	4,800	8,500	(4,800)	8,500
London Catalyst Partnering with St Johns	1,500	-	(1,500)	-
The D'Oyly Carte Charitable Trust	-	4,000	(4,000)	-
The Merchant Taylor Foundation	-	2,000	(2,000)	-
The National Lottery Community Fund	1,500	9,984	(11,484)	-
Backstage Trust	-	25,000	-	25,000
Southwark Charities	-	5,000	(5,000)	-
The Mrs Smith and Mount Trust	-	20,000	(20,000)	-
Total restricted funds	50,063	129,618	(127,265)	52,416
Total funds	139,419	203,290	(205,077)	137,632

15 Related party transactions

There were no related party transactions during the current or prior reporting period.

MENTAL FIGHT CLUB

England & Wales - Charity number 1158926

Accounts

Charity no. 1158926

Mental Fight Club
Report and Unaudited Financial Statements
30 April 2024

Mental Fight Club
Reference and administrative details
For the year ended 30 April 2024

Charity number 1158926

Registered office Canopi
82, Tanner Street,
Southwark
London
SE1 3GN

Operational address St Peter's Church Crypt,
Liverpool Grove
Walworth
Southwark,
SE17 2HH

Trustees Martin Ball
Lamis Bayar
Grace Smith
Dr Elinor Wyn Hynes

Bankers	NatWest Bank Plc London Bridge 10 Southwark Street London Bridge SE1 1TT	The Co-operative Bank Plc PO Box 101 1 Balloon Street Manchester M60 4EP
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Independent examiner Godfrey Wilson Limited
Chartered accountants and statutory auditors
5th Floor Mariner House
62 Prince Street
Bristol
BS1 4QD

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared according to the accounting policies set out in note 1 to the financial statements and comply with the CIO's trust deed, applicable law, and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities (effective January 2019).

GOVERNANCE AND STRUCTURE

Founded, led and delivered by people with mental health experience, Mental Fight Club (MFC) exists as an openhearted collaboration between its teams, volunteers, and practitioners. With dedication, we work together to continue the high-quality delivery of Mental Fight Club's projects. Our patrons' (attendees), partners' and stakeholders' unstinting support makes our work possible.

Mental Fight Club is a Charitable Incorporated Organisation (CIO) and its governing document is a constitution. There is a recruitment process for Trustees including an application process, interview, references and period of shadowing on the Trustees Board. During 2023/24 period, MFC's four trustees were Lamis Bayar (Chair), Grace Smith (Treasurer), Martin Ball and Elinor Wyn Hynes.

Our Annual Meeting was held online on 30th April 2024.

PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit and publication by Charity Commission "Charities and Public Benefit".

Mental Fight Club is a charity founded, led, and delivered by people with mental health experience. Its charitable objective is:

"The promotion of social inclusion amongst people who are socially excluded from society or parts thereof as a result of mental ill-health, through the provision of creative events which foster social connection and allow for the exploration of mental illness, recovery and well-being for all."

In fulfillment of its charitable objective, Mental Fight Club has continued its creative and inclusive approach to project development and delivery throughout the year.

ACHIEVEMENTS AND PERFORMANCE

Mental Fight Club (MFC) has had a successful year. During 2023/2024 it has expanded its ambitions, increased attendances and reached new audiences, engaging in new creative partnerships, and delivering an extensive and varied programme of mental health accessible arts programming.

We have curated and delivered 47 Dragon Cafés (DC) on a Monday, and 23 Dragon Café in the City (DCC) on a Wednesday. We have delivered over 70 events during the year with over 280 separate arts activities across multiple venues, as well as MFC Presents events, and a string of multi-session

Mental Fight Club

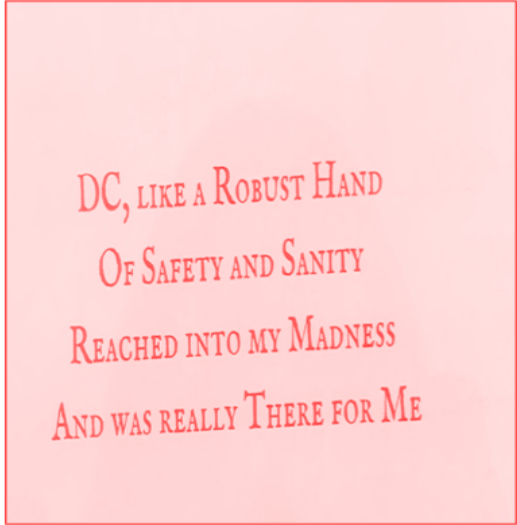
Report of the trustees

For the year ended 30 April 2024

programme strands which have diversity and inclusivity at their heart. We have had over 6,000 individual people creative interactions at our activities.

We have curated accessible activities and events, where specifically we are a safe space for the homeless community, people who do not have English as a first language, and for anyone with lived experience of poor mental ill health.

We have creatively explored a myriad of themes in our programming during the year from explorations of fluidity, to the idea of connectedness in tangible and intangible things, the act of release in letting go, and non-verbal communication in a construction site. These thematic strands have been explored through the medium of music, drawing, performance, kite making, animation, and many other participatory arts workshops. These themes have sat perfectly alongside our programme of individual creative activities which have included singing, creative writing, creative crafting, gong baths, laughter yoga, qi gong, poetry, and dance.



DC, LIKE A ROBUST HAND
OF SAFETY AND SANITY
REACHED INTO MY MADNESS
AND WAS REALLY THERE FOR ME

The combination of these thematic strands and individual sessions has resulted in The Dragon Cafés having a meaningful and positive impact on the lives of participants. Attendees have been invited to explore the intersection of arts and mental health through the experience of different art forms and in doing so have found connections, inspirations, and a welcoming creative environment.

MFC impacts

Our attendees have told us:

- 87% improved their mental wellbeing during the activity
- 81% feel more able to engage with support their mental wellbeing following the activity
- 90% feel a sense of community during the activity

And we ask how people felt before and after the event showing an improvement of 55% as a result of attending the creative sessions throughout the day:

- Before sessions over 42% stated they were feeling low (1-3 scored out of 5)
- After Dragon Café interactions 97% scored their feelings had improved (scoring 4-5 out of 5)

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

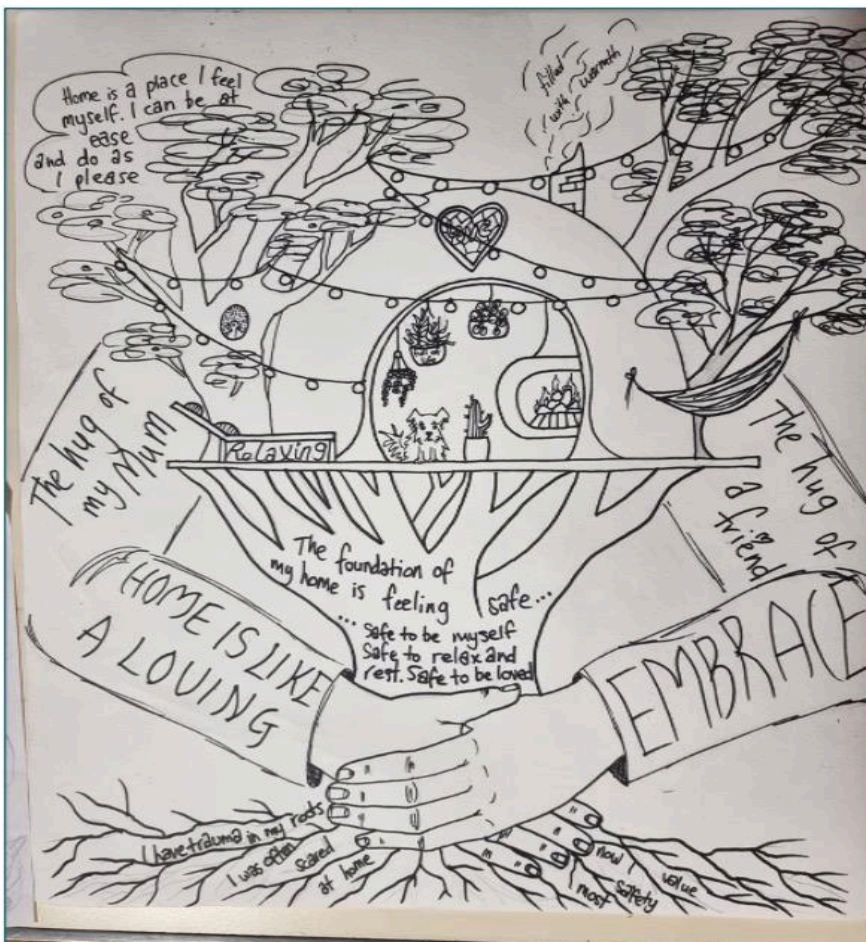
Southwark Award

Our Inclusive and diverse activities were recognised at the Southwark Civic Awards May 2024 with Mental Fight Club receiving The Southwark Together Award. This award celebrates those who work over and above the call of duty to promote equality, diversity and inclusion, enable good community relations, tolerance and understanding in the London Borough of Southwark.

Below we highlight some of the activities that take place at The Dragon Café events. This selective summary gives a taste of the work we curate, the artist practitioners we work alongside, and the enormous benefit of the programme to participants and the wider community.

Creative Writing at The Dragon Café

Over the past year we have curated a full programme of creative writing workshops, which has grown over the year to be the largest creative writing group to meet regularly in the Borough of Southwark. The programme consists of a balance of poetry and prose which invites participants to explore their writing skills in a fun and non-judgmental setting, which is facilitated by a team of practitioners.



Tangible Things – An exploration of drawing and mental health.

In this special series of workshops facilitated by a multi-talented artist and illustrator, participants explored the idea of 'home' and what that means in terms of perception of ourselves and a sense of connectedness. Working together participants created collaborative expressions of what 'home' can be. These workshops were much loved by participants, and we intend to develop this work in the upcoming year. Please look at the "Roots" section of this picture by Sionie Kirtley.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

Dragon Café Singing Activities

The Dragon Café Singers guided by professional choir lead Vivien Ellis have had another packed year of coming together for singing pleasure, practice, performance, and song writing. The group added to their already prestigious canon by writing and performing the second in a Trilogy of songs inspired by the 10th anniversary of the Dragon Café. This is an epic story, with more than 100 verses in two Acts, tells the history of The Dragon Café, from the point of view of participants, sharing their golden moments and joyous experiences.

Gong Baths at The Dragon Café

Over the past twelve months we held multiple events and activities focusing on relaxation and body health. Gong baths are an immediate and effective way to achieve deep relaxation and enhance well-being. They are particularly recommended for anyone struggling with insomnia, anxiety, depression, anger issues or chronic pain. But can be enjoyed by and helpful for everyone. The Dragon Café provides a perfect space to lie back and enjoy the healing sounds of a magnificent large gong, played alongside Himalayan singing bowls, quartz crystal singing bowls, and Javanese bronze percussion. Sessions are led by an experienced gong-player and trained sound therapist.

Windrush celebration in music

One of our aims is to encourage and support all artists with lived experience of mental health at The Dragon Café to voice and share their stories. One example of the positive results of this central tenet can be seen in our programming during the month of Windrush celebrations. A long-time attendee was invited to share her self-written musical performance entitled Windrush. The Story of Cordelia was about a Jamaican woman who came on The Empire Windrush in 1948 looking for her brother who had joined the RAF in the Second World War in 1940.

Theatre at The Dragon Café - Construction Site.

At Mental Fight Club we are acutely aware that language barriers are often an obstacle to accessing arts provision. For this reason, we curated a whole stand of programming where the spoken work is not the most important form of communication. This project was conceived to connect communities within Southwark, to build bridges, and increase inter community conversation through arts practice.

As a central part of this programme, we commissioned an award winning theatre company to devise and deliver a series of six sessions which looked at story telling using non-verbal means of communication, opening an inclusive and creative theatre space for everyone, of all languages.

Dance at The Dragon Café

We continue to explore the link between physical and mental health and understand the importance of physical activity which is accessible and enjoyable. Our Danceworks sessions expertly led by dance facilitators continues to be enormously popular with participants and has been a regular feature at The Dragon Café.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

MFC Presents with The Bridge At Waterloo



This year Mental Fight Club has partnered with The Bridge at Waterloo and St John's Church to produce a series of bi-monthly events which have focused on programming mental health accessible arts events to a new audience, as well as those who have already attended and benefited from engagement with Mental Fight Club. Over the past twelve months this increasingly popular area of our work has enabled us to bring together a broad range of practitioners across a wide spectrum of arts practice to produce an eclectic and exciting blend of programming.

Mental Fight Club were invited to be part of the Waterloo Festival in July 2023 The Circus.



Mental Fight Club

Report of the trustees

For the year ended 30 April 2024



Community Activities

The First Big London Song Share for Inclusive Choirs

The Dragon Café Singing group performed alongside Culpeper Choir and many others, contributing to a wonderful evening session with 100 singers sharing and celebrating.

Southwark's Hidden History Ballad Walk

Mental Fight Club presented Southwark's Hidden History, a Ballad Walk with songs and stories, exploring the hidden histories of the area around St. George the Martyr Church and Chaucer Ward in Southwark. This walk was the culmination of many visits to the archives of Southwark and sessions at the Dragon Café. Patrons worked alongside a workshop leader to excavate a trove of hidden stories and forgotten histories. The day started off at St. George the Martyr Church with a series of ballad songs led by Vivien. The first stop on our walking tour was the infamous Marshalsea Prison wall, the last remaining remnant of the notoriously squalid institution which inspired Charles Dickens' novel, Little Dorrit.

These are just a snapshot of the events and activities we have curated at Mental Fight Club and The Dragon Cafés over the past twelve months. Events and activities which have had profound and positive impact on the day to day lives of the many and varied people who have attended.

Our Dragon Café in the City programme has also had a successful year.

Dragon Café in the City

The funding supported the delivery of The Dragon Café in the City - Wellness Wednesdays at Shoe Lane Library, which is part of the City of London Community Libraries. On these occasions we have

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

held a wide range of wellbeing workshops involving physical and creative activities:

- Mindful Meditation
- Drawing/art/cyanotypes/block making and printing
- Book Making, Book Binding
- Wire Sculpture
- Stop Go Animation
- Laughter Therapy
- Poetry, Writing
- Unidentified Meaningful Objects - UMOs
- Green Doctors
- Green Cleaning
- Herbal Teas
- Herbal Scrubs
- Yoga/Pilates/Qi Gong/Stretching
- Recycling and “greener” solutions.

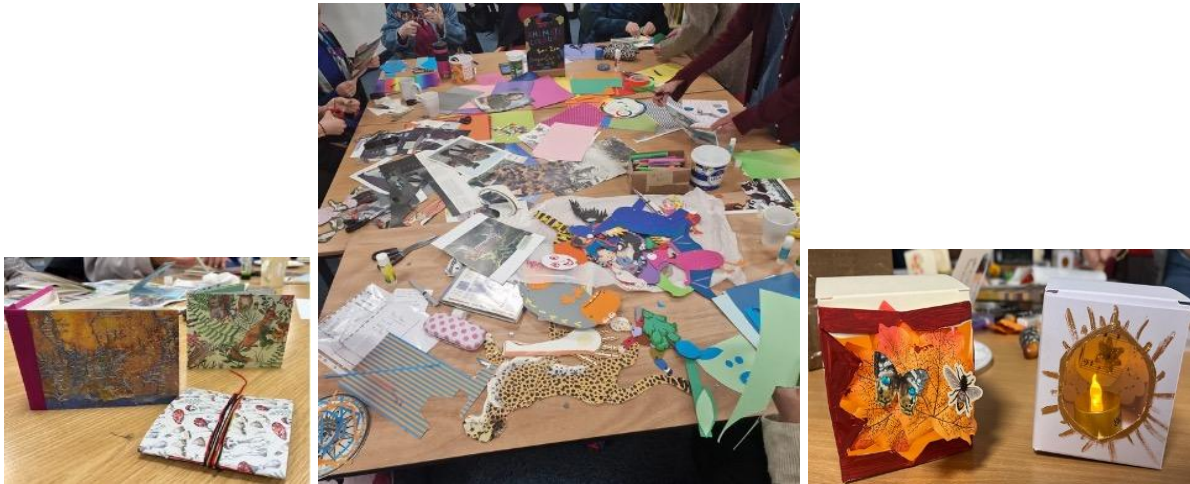
Feedback from participants rated the activities at 4.8 out of 5, and they commented on the activities as being “Positive, inclusive, warm and very creative. Very well taught and managed”.



Mental Fight Club

Report of the trustees

For the year ended 30 April 2024



FINANCIAL REVIEW

For the year ended 30 April 2024 incoming resources were £203k (2023: £188k) and resources expended were £205k (2023: £185k), resulting in a deficit for the year of £2k (2023: surplus £4k). Total funds at 30 April 2024 were £138k (2023: £139k), of which £52k is held in restricted funds with £73k in unrestricted reserves and £13k as designated reserves. We continue to be funded mainly on an annual basis, although we have some multi-year grants. Our current funders are:

- Borough, Bankside and Walworth Community Neighbourhood Funds
- Backstage Trust
- Barchester's Charitable Foundation
- City Bridge Foundation
- City of London Corporation
- Fleet Street Quarter
- The D'Oyly Carte Foundation
- The Mrs Smith & Mount Trust
- The Merchant Taylors Foundation
- PWC- London Community Foundation
- Southwark Council
- Southwark NHS Integrated Care Services
- St Andrew Holborn and Stafford's Charity
- Southwark Charities
- Co Operative Local Community Fund
- The National Lottery - Community Fund

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

We want to express our thanks and gratitude to our funders which reflect a broad base of our grants and donors over the last year who have been so very supportive of our activities and providing flexibility in their funding. This has allowed us to continue to provide our wellbeing activities returning to more in person events.

Going Concern Statement

The Trustees consider that the charity is likely to continue as a going concern for a period of at least 12 months from the date of which the financial statements are approved for the following reasons:

- MFC holds unrestricted reserves of £73k which is just over 3 months' running costs
- MFC holds designated reserves of £13k ring fenced for MFC events
- MFC has a cash balance of £172k (As at September 2024)

The Trustees therefore consider it appropriate to adopt the going concern basis for the preparation of the accounts as detailed in note 1b to the financial statements.

Reserves policy

We continue to be a going concern as we secure and apply for funding required to sustain and grow Mental Fight Club's activities in 2023/24. Our reserves policy is to have a minimum of 3 months running costs in unrestricted funds, which is £60k. Our unrestricted reserves currently are £73k – which is 3.5 months running costs.

Risks

Mental Fight Club has a risk policy and assessments which are reviewed by the Trustees. The principal risks and uncertainties identified by the charity are:

Risk	Mitigating action	Controls in place
Increase Demand for services due to cost of living crisis Impact: ongoing risk as more people experiencing mental ill health	Providing a blended provision to maximise take up for beneficiaries'. Location of Dragon Cafe reviewed regularly to maximize space for increasing number of attendees	Updated Safeguarding policy including online events

Mental Fight Club
Report of the trustees
For the year ended 30 April 2024

Economic Impact: continuing very highly competitive fundraising landscape	Keeping financial position and fundraising approaches drawn under constant review. Managing the charity's ability to remain a going concern. Planning for uncertainty. Making efficiency savings as required	Fundraising strategy and plan is in place. Targeting a wide range of potential funders for Mental Fight Club increasing diversity of funding.
Dependency on small number of staff	Increasing the number of staff and number of volunteers	Monitor delivery, progress and retention.
Reputational Risk: Conveying MFC's vision and values	Devising new ways to communicate MFC's achievements in the face of continued global unprecedented challenges.	Website platform consolidation took place and regular use of social media platforms.

PLANS FOR FUTURE PERIODS

We will improve our events to include more celebratory days once every three months and to further evolve our work. We have increased our in person events and they are now in the majority with only one online event per month. We are also providing hybrid in person and online access.

As ever, and despite the concerns of the future cost of living increases we will continue to strategically develop our core areas of work:

- Building on our project success to refine and progress them yet further;
- Enhancing our development and training;
- Building on current partnerships and growing MFC's collaborative framework; and
- Continuing to build relationships with local health and social care stakeholders to strategically shape mental health and wellbeing provision.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year. In preparing those financial statements the trustees are required to:

- ☐ select suitable accounting policies and then apply them consistently;
- ☐ observe the methods and principles in the Charities SORP;
- ☐ make judgements and accounting estimates that are reasonable and prudent;
- ☐ state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- ☐ prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity have no liability to contribute to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charity during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 4 February 2025 and signed on their behalf by



Grace Smith - Trustee

Independent examiner's report

To the trustees of Mental Fight Club

I report to the trustees on my examination of the accounts of Mental Fight Club (the CIO) for the year ended 30 April 2024, which are set out on pages 14 to 28.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act').

I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the CIO as required by section 130 of the Act;
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

William Guy Blake

William Guy Blake ACA
Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Date: 4 February 2025

Mental Fight Club
Statement of financial activities
For the year ended 30 April 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Income from :					
Donations and legacies	3	24,984	-	24,984	6,771
Charitable activities	4	27,122	129,618	156,740	173,734
Other trading activities	5	18,953	-	18,953	6,527
Investments income		2,613	-	2,613	1,228
Total income		73,672	129,618	203,290	188,260
Expenditure on:					
Raising funds		18,395	-	18,395	11,851
Charitable activities		59,417	127,265	186,682	172,659
Total expenditure	7	77,812	127,265	205,077	184,510
Net income/ (expenditure)		(4,140)	2,353	(1,787)	3,750
Transfer between funds		-	-	-	-
Net movement in funds		(4,140)	2,353	(1,787)	3,750
Reconciliation of funds:					
Funds brought forward		89,356	50,063	139,419	135,669
Funds carried forward		85,216	52,416	137,632	139,419

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 14 to the accounts.

Mental Fight Club
Balance sheet
As at 30 April 2024

	Notes	£	2024 £	2023 £
CURRENT ASSETS				
Debtors	11	19,430	-	
Cash at bank and in hand:		<u>132,026</u>	<u>156,377</u>	
Total current assets		151,456	156,377	
CREDITORS: amounts falling due within one year	12	<u>(13,824)</u>	<u>(16,958)</u>	
NET CURRENT ASSETS			<u>137,632</u>	<u>139,419</u>
NET ASSETS	13		<u>137,632</u>	<u>139,419</u>
THE FUNDS OF THE CHARITY				
Restricted funds	14		52,416	50,063
Unrestricted funds				
Designated funds:			12,500	16,500
General funds:			72,716	72,856
TOTAL CHARITY FUNDS			<u>137,632</u>	<u>139,419</u>

Approved by the trustees on 4 February 2025 and signed on their behalf by

GESitt

Grace Smith - Trustee

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2024

1. Accounting policies

a) Basis of preparation

Mental Fight Club is a charitable incorporated organisation registered in England and Wales. The registered office address is Canopi, 82 Tanner Street, Southwark, London, SE1 3GN.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Mental Fight Club meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of contractual services is deferred until criteria for income recognition are met.

Income from the sale of goods and services is recognised when the risks and rewards of ownership have transferred.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2024

receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis:

Raising funds	9.0%
Charitable activities	91.0%

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Furniture and equipment	4 years straight line
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Items of equipment are capitalised where the purchase price exceeds £500.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2024

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the financial statements.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2024

2 Prior year SOFA Comparison

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income from:			
Donations and legacies	6,771	-	6,771
Charitable activities	30,749	142,985	173,734
Other trading activities	6,527	-	6,527
Investments income	1,228	-	1,228
Total Income	45,275	142,985	188,260
Expenditure on:			
Raising funds	11,851	-	11,851
Charitable activities	34,024	138,635	172,659
Total Expenditure	45,875	138,635	184,510
Net Income/ (expenditure)	(600)	4,350	3,750
Transfer between funds	-	-	-
Net Movement in funds	(600)	4,350	3,750
Reconciliation of funds:			
Funds brought forward	89,956	45,713	135,669
Funds carried forward	89,356	50,063	139,419

3 Income from donation and legacies

	Unrestricted funds £	Restricted funds £	2024 Total £	2023 Total £
Donations	6,084	-	6,084	6,271
Legacies	18,900	-	18,900	-
Gifts in kind	-	-	-	500
Total from donations and legacies	24,984	-	24,984	6,771

All income from donations and legacies in 2023 was unrestricted.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2024

4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	2024 Total £
<i>Grants and service level agreements</i>			
Borough, Bankside and Walworth Community Neighbourhood Funds	-	5,000	5,000
Backstage Trust	-	25,000	25,000
Barchester's Charitable Foundation	-	1,460	1,460
City Bridge Foundation	-	12,250	12,250
City of London Corporation	-	19,500	19,500
Fleet Street Quarter	-	2,000	2,000
The D'Oyly Carte Foundation	-	4,000	4,000
Mrs Smith and Mount Trust	-	20,000	20,000
The Merchant Taylors Foundation	-	2,000	2,000
PWC- London Community Foundation	6,000	-	6,000
Southwark Council	-	13,855	13,855
Southwark NHS Integrated Care Services	21,122	-	21,122
St Andrew Holborn and Stafford's Charity	-	8,500	8,500
Southwark Charities	-	5,000	5,000
Co Operative Local Community Fund	-	1,069	1,069
The National Lottery - Community Fund	-	9,984	9,984
Total from charitable activities	27,122	129,618	156,740

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2024

Prior year comparative	Unrestricted funds £	Restricted funds £	2023 £
<i>Grants and service level agreements</i>			
Borough, Bankside and Walworth Community Neighbourhood Funds	-	5,000	5,000
City of London Corporation	-	24,791	24,791
Fleet Street Quarter	-	2,850	2,850
Lloyds Foundation	-	32,094	32,094
London Community Fund -London Funders cost of Living	-	10,000	10,000
People's Postcode Lottery	-	24,548	24,548
Salway Fund - London Community Foundation	10,000	-	10,000
Southwark Council	-	13,500	13,500
Southwark NHS Integrated Care Services	20,749	-	20,749
St Andrew Holborn and Stafford's Charity	-	4,800	4,800
The Bridge at Waterloo	-	3,000	3,000
Surrey Dispensary Fund	-	8,100	8,100
The National Lottery - Mayor of London Fund	-	1,500	1,500
United St Saviours	-	2,000	2,000
Wellcome Trust	-	10,802	10,802
Total from charitable activities	30,749	142,985	173,734

5 Income from other trading activities

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
New creative business streams	18,953	-	18,953	6,527
Total from other trading activities	18,953	-	18,953	6,527

All income from other trading activities in 2023 was unrestricted.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2024

6 Government grants

The charitable company receives government grants, defined as funding from local authorities (Southwark Council), to fund charitable activities. The total value of such grants in the period ending 30 April 2024 was £19,155 (2023: £13,500). There are no unfulfilled conditions or contingencies attaching to these grants.

7 Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2024 Total £
Programming and project - freelance	-	29,765	8,556	38,321
Creative team - freelance	-	29,324	-	29,324
Business developments	-	43,097	-	43,097
Activity costs	-	19,951	-	19,951
Dragon Café Refreshments	-	13,144	-	13,144
Rent	-	19,532	-	19,532
Accountancy	-	-	9,174	9,174
Volunteer expenses and training	-	2,269	461	2,730
Evaluation	-	384	-	384
Transport	-	2,314	-	2,314
Administration	16,656	1,728	-	18,383
Finance	-	-	1,200	1,200
Equipment and materials	-	-	-	-
Marketing	-	7,522	-	7,522
	16,656	169,030	19,391	205,077
Allocation of support costs	1,739	17,652	(19,391)	-
Total expenditure	18,395	186,682	-	205,077

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2024

Prior year comparative	Raising funds	Charitable activities	Support and governance costs	2023 Total
	£	£	£	£
Programming and project - freelance	-	29,783	7,836	37,619
Creative team - freelance	-	30,188	-	30,188
Business developments	-	52,995	-	52,995
Activity costs	-	15,080	-	15,080
Dragon Café Refreshments	-	8,634	-	8,634
Rent	-	8,086	-	8,086
Accountancy	-	-	8,928	8,928
Volunteer expenses and training	-	294	-	294
Evaluation	-	1,200	-	1,200
Transport	-	679	-	679
Administration	10,721	5,596	-	16,317
Finance	-	-	834	834
Equipment and materials	-	-	-	-
Marketing	-	3,656	-	3,656
	10,721	156,191	17,598	184,510
Allocation of support costs	1,131	16,467	(17,598)	-
Total expenditure	11,852	172,658	-	184,510

8 Net movement in funds

This is stated after charging:

	2024	2023
	£	£
Trustees' reimbursed expenses	461	817
Independent examination fee (excluding VAT)	1,075	1,025

Trustees' reimbursed expenses in both periods comprised travel, and other administrative costs such as stamps and printing.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2024

9 Staff costs and numbers

	2024 £	2023 £
Salaries and wages	49,911	53,128
Social security costs	-	38
Pension costs (defined contribution scheme)	1,455	2,059
Freelance staff	36,357	43,148
	87,722	98,373

Average Head Count in the Year

	2024	2023
Staff members	3	2
Freelancer	1	1
	4	3

No employee received remuneration amounting to more than £60,000 in either year

The Key management personnel of the charity comprise the Trustees and the Development Director. The total employee benefits of the key management personnel were £32,707 (2023: £31,850)

10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11 Debtors

	2024 £	2023 £
Other debtors	530	-
Accrued Income	18,900	-
	19,430	-

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2024

12 Creditors: amounts falling due within 1 year

	2024	2023
	£	£
Trade creditors	12,624	15,734
Accruals	1,200	1,224
	13,824	16,958

13 Analysis of net assets between funds

	Unrestricted General £	Unrestricted Designated £	Restricted £	2024 £
Current assets	86,540	12,500	52,416	151,456
Current liabilities	(13,824)	-	-	(13,824)
Net assets at 30 April 2024	72,716	12,500	52,416	137,632

	Unrestricted General £	Unrestricted Designated £	Restricted £	2023 Total £
Current assets	89,814	16,500	50,063	156,377
Current liabilities	(16,958)	-	-	(16,958)
Net assets at 30 April 2023	72,856	16,500	50,063	139,419

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2024

14 Movements in funds

	At 1 May 2023	Income	Expenditure	At 30 April 2024
	£	£	£	£
Unrestricted Funds				
Designated Funds	16,500	-	(4,000)	12,500
General funds	72,856	73,672	(73,812)	72,716
Total unrestricted funds	89,356	73,672	(77,812)	85,216
Restricted Funds				
Borough, Bankside and Walworth Community Neighbourhood Funds	-	5,000	(5,000)	-
City of London Corporation	10,121	19,500	(11,705)	17,917
Fleet Street Quarter	1,425	2,000	(2,425)	1,000
Barchester's Charitable Foundation	-	1,460	(1,460)	-
City Bridge Foundation	-	12,250	(12,250)	-
Co Operative Local Community Fund	-	1,069	(1,069)	-
London Borough of Southwark	-	13,855	(13,855)	-
London Community Response Fund - London Community Foundation	10,000	-	(10,000)	-
Lloyds Bank Foundation	7,079	-	(7,079)	-
People's Postcode Lottery	13,638	-	(13,638)	-
St Andrew Holborn and Stafford's Charity	4,800	8,500	(4,800)	8,500
London Catalyst Partnering with St Johns	1,500	-	(1,500)	-
The D'Oyly Carte Foundation	-	4,000	(4,000)	-
The Merchant Taylor Foundation	-	2,000	(2,000)	-
The National Lottery Community Fund	1,500	9,984	(11,484)	-
Backstage Trust	-	25,000	-	25,000
Southwark Charities	-	5,000	(5,000)	-
The Mrs Smith & Mount Trust	-	20,000	(20,000)	-
Total restricted funds	50,063	129,618	(127,265)	52,416
Total funds	139,419	203,290	(205,077)	137,632

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2024

Purpose of the restricted funds

Borough, Bankside and Walworth Community Neighbourhood Funds	Southwark Ballad Walk
City of London Corporation	Running the Dragon Café in the City at Shoe Lane Library
City Bridge Foundation	Dragon Cafe Activities
Co Operative Local Community Fund	Dragon Cafe in the City
Fleet Street Quarter	Dragon Café in the City events
London Catalyst Partnering with St Johns	Dragon Café in Lambeth Pilot
London Borough of Southwark	The Dragon Café
London Community Response Fund - London Community Foundation	Supporting cost of Living increases - rent and food
Lloyds Bank Foundation	Supporting the sustainability of Mental Fight Club and projects
People's Postcode Lottery	Dragon Café Activities
St Andrew Holborn and Stafford's Charity	Running the Dragon Café in the City at Shoe Lane Library
The D'Oyly Carte Foundation	Dragon Café Singing Activities
The Merchant Taylor Foundation	Dragon Café Singing Activities
The National Lottery Community Fund	Dragon Café Singing Activities
Backstage Trust	Audience Development 2024/25
Southwark Charities	Supporting Older People at The Dragon Café
The Mrs Smith & Mount Trust	Supporting the running of Dragon Café creative activities

Purposes of designated funds: Designated funds of £13k ring fenced for MFC events.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2024

Prior year comparative

	At 1 May 2022	Income	Expenditure	At 30 April 2023
	£	£	£	£
Unrestricted Funds				
Designated Funds	19,000	-	(2,500)	16,500
General funds	70,956	45,275	(43,375)	72,856
Total unrestricted funds	89,956	45,275	(45,875)	89,356
Restricted Funds				
Borough, Bankside and Walworth Community Neighbourhood Funds	-	5,000	(5,000)	-
City of London Corporation	16,023	24,791	(30,693)	10,121
Fleet Street Quarter	-	2,850	(1,425)	1,425
London Borough of Hackney	4,690	-	(4,690)	-
London Borough of Southwark	-	13,500	(13,500)	-
London Community Response Fund - London Community Foundation	-	10,000	-	10,000
Lloyds Bank Foundation	15,000	32,094	(40,015)	7,079
People's Postcode Lottery	-	24,548	(10,910)	13,638
St Andrew Holborn and Stafford's Charity	-	4,800	-	4,800
London Catalyst Partnering with St Johns	-	3,000	(1,500)	1,500
Surrey Dispensary	-	8,100	(8,100)	-
The National Lottery Community Fund	10,000	1,500	(10,000)	1,500
The Wellcome Trust	-	10,802	(10,802)	-
United St Saviours	-	2,000	(2,000)	-
Total restricted funds	45,713	142,985	(138,635)	50,063
Total funds	135,669	188,260	(184,510)	139,419

15 Related party transactions

There were no related party transactions during the current or prior reporting period.

MENTAL FIGHT CLUB

England & Wales - Charity number 1158926

Accounts

Charity no. 1158926

Mental Fight Club
Report and Unaudited Financial Statements
30 April 2023

Mental Fight Club
Reference and administrative details
For the year ended 30 April 2023

Charity number	1158926	
Registered office	CAN Mezzanine 7 - 14 Great Dover Street London SE1 4YR	
Trustees	Martin Ball Lamis Bayar Grace Smith Dr Elinor Wyn Hynes	
Bankers	NatWest Bank Plc London Bridge 10 Southwark Street London Bridge SE1 1TT	The Co-operative Bank Plc PO Box 101 1 Balloon Street Manchester M60 4EP
Independent examiner	Godfrey Wilson Limited Chartered accountants and statutory auditors 5th Floor Mariner House 62 Prince Street Bristol BS1 4QD	

Mental Fight Club

Report of the trustees

For the year ended 30 April 2023

Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on the accounting policies set out in note 1 to the financial statements and comply with the CIO's trust deed, applicable law, and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities (effective January 2019).

GOVERNANCE AND STRUCTURE

Founded, led and delivered by people with mental health experience, Mental Fight Club (MFC) exists as an openhearted collaboration between its teams, volunteers, and practitioners. With dedication, we work together to continue the high-quality delivery of Mental Fight Club's projects. Our patrons', partners' and stakeholders' unstinting support makes our work possible.

Mental Fight Club is a Charitable Incorporated Organisation (CIO) and its governing document is a constitution. There is a recruitment process for Trustees including an application process, interview, references and period of shadowing on the Trustees Board. During 2022/23 period, MFC's four trustees were Lamis Bayar (Chair), Grace Smith (Treasurer), Martin Ball and Elinor Wyn Hynes.

Our Annual General Meeting was held online on 14th March 2023.

PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit and publication by Charity Commission "Charities and Public Benefit".

Mental Fight Club is a charity founded, led, and delivered by people with mental health experience. Its charitable objective is:

"The promotion of social inclusion amongst people who are socially excluded from society or parts thereof as a result of mental ill-health, through the provision of creative events which foster social connection and allow for the exploration of mental illness, recovery and well-being for all."

In fulfilment of its charitable objective, Mental Fight Club has continued its creative and inclusive approach to project development and delivery throughout the year.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2023

ACHIEVEMENTS AND PERFORMANCE

We have continued to provide high quality services every week on Mondays at the Dragon Café and every other Wednesday at Dragon Café in the City throughout the year during the uncertain financial climate and cost of living crisis. Thank you to all the funders who have supported our beneficiaries during this period.

Thanks to the work of many people and the support of our partners we have continued to provide excellent support to our Patrons. That continuity of connection is significant in itself. Yet, we have offered new activities and developed new ways to support people, as well as established new relationships that strengthen and enhance our work. We delivered across the year over 90 pop up, creative and inclusive Mental Fight Club events, including over 325 workshops, involving 6,000 plus creative interactions.

Regular activities and events such as the Dragon Café Singers, Dance and Share-works, self-massage and yoga were joined by practitioners new to us and while old favourites such as mindfulness, theatre groups and workshops, cartoons, animations, Pilates, walking and drawing, art classes, paper art and work- life balance classes to name just a few, continued.

We ended the last financial year with an extensive evaluation from The Social Innovation Partnership (TSIP) who we engaged with in order to give us feedback on our practice and as an organisation. This included workshops as part of the process with Professor Angie Smith as well as the first public performance of our animation and song project “Our Journey” with singer Vivien Ellis, film-maker Mark Elliott and composer Glenn Keiles.

Spring and summer saw us developing new relationships and events such as Laughter Therapy at DCC together with a series of craft, model and animation events. We formed a relationship with the City Of London Sinfonia and were able to offer our patrons free tickets to their events. We teamed up with the amazing Strangeface Theatre Company and creative director and practitioner Russell Dean.

We formed a partnership with Southwark Wellbeing Hub in order to give patrons valuable advice and signposting for help and assistance with a wide range of issues such as transport, benefits, welfare rights and accessing mental health services. We also invited City of London and Hackney Public Health Team to give a talk on suicide prevention.

Once again in July, we were delighted to host our now regular summer picnic in Brockwell Park. It was so good to see everyone together in a physical space again and everyone who attended really enjoyed the event with the Dragon Café singers and dancing.

Following our regular August break we embarked again on a series of special “Mental Fight Club Presents” activities and events. In September we were to be found at the National Musicians Church – The Holy Sepulchre in Holborn. We enjoyed a ballad walk, a session of wonderful medieval chanting and a concert of medieval music with the whole day also supported by an

Mental Fight Club

Report of the trustees

For the year ended 30 April 2023

artist and an ongoing drawing and sound workshop.

October was also very busy with us celebrating Black History Month with a concert led by one of our talented patrons Helen together with journalist and poet who led a writing session. October also saw the 10th anniversary celebration of the Dragon Cafe. Vivien led the DC singers in a work of their own making, celebrating 10 wonderful years of the Dragon Café. We celebrated at Draper Hall and it was lovely to see so many faces, old and new, celebrating, singing and dancing with a celebratory lunch and birthday cake.

We successfully secured extra funding from the Inspiring Elephant Community Fund and started the first of a regular series of “warm hubs” as a response to the cost of living crisis. We were able to provide a regular space where people could be warm and enjoy a hot drink and food together with our regular activities. We managed to extend the warm hub offer throughout the winter months and into Spring 2023.

December saw another MFC Presents event – the 2nd Singing In Churches held across 2 churches, St James Garlickhythe and the church attended by the famous Dick Whittington, 3 times Mayor of London – St Michael Paternoster. We not only enjoyed another ballad walk centred on Dick Whittington, but also Renaissance dancing led by Ariella and Renzo together with chanting and a concert. We welcomed BBC Radio 3 to the space to record an episode of “Between The Ears” The Sounds Of Mental Health. This was a great success and the episode was aired in the spring – May 2023.

We were welcomed by our good friends at the Marylebone Community Theatre (formerly Rudolph Steiner House) in February where we held a filmed screenplay of the amazing Jason Brownlee’s live show “Tonight I Killed My First Bird”. This hard hitting and uncompromising piece of work that has toured in various venues including the Edinburgh Fringe, was followed by a workshop and discussion piece facilitated by Lee Hart and Mental Fight Club - Neil Coles.

In March Russell Dean returned to give a day long puppetry and mask performance, workshop and Q & A session at St Johns Church Waterloo. Later that month we again teamed up with the Marylebone Project, run by Church Army which is the largest female only Homeless Project in the country. This is the second time we have worked together with photographer Melissa Dowling and it was wonderful to see the women exhibit their work at the Hyatt Hotel. We later joined with our friends at the Museum of the Home to again exhibit the work and also hold creative workshops and discussions centered around Homelessness, Mental Health and Domestic Violence.

The final MFC Presents event for 2022/23 was held at Shoe Lane Library in April with award winning artist Eloise Hawser. The event was called “Information Is Close At Hand” and centered on Fleet Street and the newspaper industry with a history of the area and the buildings centered around a ballad walk and a discussion with one of the old time newspaper vendors who were such an iconic presence in the area. Eloise also led a printing workshop “Hot Metal” which was followed by a Q&A and discussion.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2023

We continue our work thanks to the hard work and dedication of the Staff Team and Trustees as well as those organisations whose funding makes this all possible. We have expanded our offer to include regular and popular poetry and model making sessions, informative discussion and historical pieces. Our creative writing classes are one of the best attended in Southwark with a regular number of participants in excess of 25 people.

During the year, the film “Bound, Unbound, Boundless” and animation “Our Journey” made in lockdown were shown at a number of film festivals and were nominated for awards. This increased our beneficiaries confidence and pride in what their artistic co - created productions completed during a very challenging period of all our lives in lockdown.

All of our events continue to be free and open to all with no referral criteria necessary.

Feedback from our attendees who are overwhelmingly positive:-

“I don’t know what I would have done without Mental Fight Club, it’s been a literal lifeline for me”

“Mental Fight Club has been a great conduit for me to access other services and find out what is available without having to bother the doctor”

“Creative outlets for me have been brilliant for my mental health”

“I find that some of the activities actually alleviate some of the symptoms I experience as part of my mental health. I come out feeling a huge relief that I get a bit of relief from my symptoms and can make it through the week”

“It’s given me a sense of purpose, yes, I use it as a purposeful activity, to negotiate travel plans, trains, being out when it’s dark which is scary for me but MFC events helps me to negotiate these things”.

“I have trouble planning for food for myself and knowing that there is free food available at the Dragon Café is a huge thing, it’s something I don’t have to worry about”

FINANCIAL REVIEW

For the year ended 30 April 2023 incoming resources were £188k (2022: £179k) and resources expended were £184k (2022: £241k), resulting in a surplus for the year of £4k (2022: deficit £61k). Total funds at 30 April 2023 were £139k (2022: £136k), of which £50k is held in restricted funds with £73k in unrestricted reserves and £16k as designated reserves. There was a planned deficit in the prior year as it was the result of using restricted funding received in previous years to complete projects with the majority relating to the Wellcome Trust funded project “Create, Relate and Integrate”.

We continue to be funded mainly on an annual basis, although we also have some multi-year grants. Our current funders are:

Mental Fight Club

Report of the trustees

For the year ended 30 April 2023

- Borough, Bankside and Walworth Community Neighbourhood Funds
- City of London Corporation
- Fleet Street Quarter
- London Borough of Southwark
- London Community Response Fund - London Community Foundation
- Lloyds Bank Foundation
- People's Postcode Lottery
- St Andrew Holborn & Stafford's Charity
- Southwark NHS Integrated Care Services
- Surrey Dispensary
- The National Lottery Community Fund
- The Mayor of London's Fund
- The Wellcome Trust
- United St Saviours

We want to express our thanks and gratitude to our funders which reflect a broad base of our grants and donors over the last year who have been so very supportive of our activities and providing flexibility in their funding. This has allowed us to continue to provide our wellbeing activities returning to more in person events.

Going Concern Statement

The Trustees consider that the charity is likely to continue as a going concern for a period of at least 12 months from the date of which the financial statements are approved for the following reasons:

- MFC holds unrestricted reserves of £73k which is just over 3 months' running costs
- MFC holds designated reserves of £16k ring fenced for MFC events
- MFC has a cash balance of £176k (As at September 2023)

The Trustees therefore consider it appropriate to adopt the going concern basis for the preparation of the accounts as detailed in note 1b to the financial statements.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2023

Reserves policy

We continue to be a going concern as we secure and apply for funding required to sustain and grow Mental Fight Club's activities in 2023/24. Our reserves policy is to have a minimum of 3 months running costs in unrestricted funds, which is £60k. Our unrestricted reserves currently are £73k – which is 3.5 months running costs.

Risks

Mental Fight Club has a risk policy and assessments which are reviewed by the Trustees. The principal risks and uncertainties identified by the charity are:

Risk	Mitigating action	Controls in place
Increase Demand for services as a result of COVID Impact: ongoing risk as more people experiencing mental ill health	Providing a blended provision to maximise take up for beneficiaries'. Location of Dragon Cafe reviewed regularly to maximize space for increasing number of attendees	Updated Safeguarding policy including online events
Economic Impact: very highly competitive fundraising landscape	Keeping financial position and fundraising approaches drawn under constant review. Managing the charity's ability to remain a going concern. Planning for uncertainty.	Fundraising strategy and plan is in place. Targeting a wide range of potential funders for Mental Fight Club increasing diversity of funding.
Dependency on small number of staff	Increasing the number of staff and number of volunteers	Monitor delivery, progress and retention.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2023

Reputational Risk: Conveying MFC's vision and values	Devising new ways to communicate MFC's achievements in the face of continued global unprecedented challenges.	Platform consolidation taken place
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PLANS FOR FUTURE PERIODS

We have managed to improve our events to have more celebratory days once every three months and to further evolve our work. We have increased our physical events - they are now in the majority with only one online event per month. We are also providing hybrid in person and online access.

As ever, and despite the concerns of the future cost of living increases we will continue to strategically develop our core areas of work:

- Building on our project success to refine and progress them yet further;
- Enhancing our development and training;
- Building on current partnerships and growing MFC's collaborative framework; and
- Continuing to build relationships with local health and social care stakeholders to strategically shape mental health and wellbeing provision.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year. In preparing those financial statements the trustees are required to:

- ☐ select suitable accounting policies and then apply them consistently;
- ☐ observe the methods and principles in the Charities SORP;
- ☐ make judgements and accounting estimates that are reasonable and prudent;
- ☐ state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and

Mental Fight Club

Report of the trustees

For the year ended 30 April 2023

- ☐ prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charity during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 27 November 2023 and signed on their behalf by



Grace Smith - Trustee

Independent examiner's report

To the trustees of Mental Fight Club

I report to the trustees on my examination of the accounts of Mental Fight Club (the CIO) for the year ended 30 April 2023, which are set out on pages 11 to 25.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act').

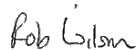
I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Rob Wilson FCA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Date: 27 November 2023

Mental Fight Club
Statement of financial activities
For the year ended 30 April 2023

		Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
	Notes				
Income from :					
Donations and legacies	3	6,771	-	6,771	1,306
Charitable activities	4	30,749	142,985	173,734	177,564
Other trading activities	5	6,527	-	6,527	-
Investments income		1,228	-	1,228	309
Total Income		45,275	142,985	188,260	179,179
Expenditure on:					
Raising funds		11,851	-	11,851	1,591
Charitable activities		34,024	138,635	172,659	239,277
Total Expenditure	7	45,875	138,635	184,510	240,868
Net Income/ (expenditure)		(600)	4,350	3,750	(61,689)
Transfer between funds		-	-	-	-
Net Movement in funds		(600)	4,350	3,750	(61,689)
Reconciliation of funds:					
Funds brought forward		89,956	45,713	135,669	197,358
Funds carried forward		89,356	50,063	139,419	135,669

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 13 to the accounts.

Mental Fight Club
Balance sheet
As at 30 April 2023

	Notes	£	2023 £	£	2022 £
CURRENT ASSETS					
Cash at bank and in hand:			<u>156,377</u>		<u>155,899</u>
Total current assets			156,377		155,899
CREDITORS: amounts falling due within one year	11	(16,958)	<u>(20,230)</u>		
NET CURRENT ASSETS			<u>139,419</u>		<u>135,669</u>
NET ASSETS TOTALS	12		<u>139,419</u>		<u>135,669</u>
THE FUNDS OF THE CHARITY					
Restricted funds			50,063		45,713
Unrestricted funds:					
Designated funds			16,500		19,000
General funds			72,856		70,956
TOTAL CHARITY FUNDS			<u>139,419</u>		<u>135,669</u>

Approved by the trustees on 27 November 2023 and signed on their behalf by

GESitt

Grace Smith - Trustee

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2023

1. Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Mental Fight Club meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of contractual services is deferred until criteria for income recognition are met.

Income from the sale of goods and services is recognised when the risks and rewards of ownership have transferred.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2023

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis:

Raising funds	6.4%
Charitable activities	93.6%

i) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2023

j) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

k) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

l) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2023

2 Prior year SOFA Comparison

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Income from :			
Donations and legacies	1,306	-	1,306
Charitable activities income	25,402	152,162	177,564
Other trading activities	-	-	-
Investments	309	-	309
Total Income	27,017	152,162	179,179
Expenditure on:			
Raising funds	1,591	-	1,591
Charitable activities	15,858	223,419	239,277
Total Expenditure	17,449	223,419	240,868
Net Income / (expenditure)	9,568	(71,257)	(61,689)
Transfer between funds	-	-	-
Net Movement in funds	9,568	(71,257)	(61,689)
Reconciliation of funds:			
Funds brought forward	80,388	116,970	197,358
Funds carried forward	89,956	45,713	135,669

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2023

3 Income from donation and legacies

	Unrestricted funds	Restricted funds	2023 Total	2022 Total
	£	£	£	£
Donations and gifts	6,271	-	6,271	1,306
Gifts in Kind	500	-	500	-
Total from donations and legacies	6,771	-	6,771	1,306

All income from donations and legacies in 2022 was unrestricted.

4 Income from charitable activities

	Unrestricted funds	Restricted funds	2023 Total
	£	£	£
<i>Grants and service level agreements</i>			
Borough, Bankside and Walworth Community Neighbourhood Funds	-	5,000	5,000
City of London Corporation	-	24,791	24,791
Fleet Street Quarter	-	2,850	2,850
Lloyds Foundation	-	32,094	32,094
London Community Fund -London Funders Cost of Living	-	10,000	10,000
Peoples' Postcode Lottery	-	24,548	24,548
Francis Salway Endowment Fund - London Community Foundation	10,000	-	10,000
Southwark Council	-	13,500	13,500
Southwark NHS Integrated Care Services	20,749	-	20,749
St Andrew Holborn and Stafford's Charity	-	4,800	4,800
The Bridge at Waterloo with London Catalyst	-	3,000	3,000
Surrey Dispensary Fund	-	8,100	8,100
The National Lottery - Mayor of London Fund	-	1,500	1,500
United St Saviours	-	2,000	2,000
Wellcome Trust	-	10,802	10,802
Total from charitable activities	30,749	142,985	173,734

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2023

	Unrestricted funds	Restricted funds	2022 Total
	£	£	£
Prior year comparative			
<i>Grants and service level agreements</i>			
Borough, Bankside and Walworth Community Neighbourhood Funds	-	4,850	4,850
City of London Corporation	-	22,323	22,323
Lloyds Foundation	-	30,000	30,000
Salway Fund - London Community Foundation	5,000	-	5,000
Southwark Council	-	11,600	11,600
Southwark NHS CCG	20,402	66,000	86,402
Southwark Mayor's Fund Christmas Fund United St Saviours	-	1,389	1,389
Surrey Dispensary Fund	-	6,000	6,000
The National Lottery Community Fund	-	10,000	10,000
Total from charitable activities	25,402	152,162	177,564

5 Income from other trading activities

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
New creative business streams	6,527	-	6,527	-
Total from other trading activities	6,527	-	6,527	-

All income from other trading activities in 2023 was unrestricted.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2023

6 Government grants

The charity receives government grants, defined as funding from local authorities (Southwark Council), to fund charitable activities. The total value of such grants in the period ending 30 April 2023 was £13,500 (2022: £11,600). There are no unfulfilled conditions or contingencies attaching to these grants.

7 Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2023 Total £
Programming and project - freelance	-	29,783	7,836	37,619
Creative team - freelance	-	30,188	-	30,188
Business developments	-	52,995	-	52,995
Activity costs	-	15,080	-	15,080
Dragon Café Refreshments	-	8,634	-	8,634
Rent	-	8,086	-	8,086
Accountancy	-	-	8,928	8,928
Volunteer expenses and training	-	294	-	294
Evaluation	-	1,200	-	1,200
Transport	-	679	-	679
Administration	10,721	5,596	-	16,317
Finance	-	-	834	834
Equipment and materials	-	-	-	-
Marketing	-	3,656	-	3,656
	10,721	156,191	17,598	184,510
Allocation of support costs	1,130	16,468	(17,598)	-
Total expenditure	11,851	172,659	-	184,510

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2023

Prior year comparative	Raising funds	Charitable activities	Support and governance costs	2022 Total
	£	£	£	£
Programming and project - freelance	-	33,057	11,186	44,243
Creative team - freelance	-	32,634	-	32,634
Business developments	-	75,931	-	75,931
Activity costs	-	44,965	-	44,965
Dragon Café Refreshments	-	595	-	595
Rent	-	7,767	-	7,767
Accountancy	-	-	8,339	8,339
Volunteer expenses and training	-	17	-	17
Evaluation	-	10,741	-	10,741
Transport	-	357	-	357
Administration	1,451	7,069	542	9,061
Finance	-	-	1,200	1,200
Equipment and materials	-	3,005	-	3,005
Marketing	-	2,013	-	2,013
	1,451	218,150	21,267	240,868
Allocation of support costs	140	21,127	(21,267)	-
Total expenditure	1,591	239,277	-	240,868

8 Net movement in funds

This is stated after charging:

	2023	2022
	£	£
Trustees' reimbursed expenses	817	695
Independent examination fee	1,230	1,200
	2,047	1,895

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2023

9 Staff costs and numbers

	2023	2022
	£	£
Salaries and wages	53,128	43,704
Social security costs	38	-
Pension cost (defined contribution scheme)	2,059	1,311
Freelance staff	43,148	47,140
	98,373	92,155

Average head count in the year

	2023	2022
	£	£
Staff member	2	2
Freelancer	1	1
	3	3

No employee received remuneration amounting to more than £60,000 in either year.

The key management personnel of the charity comprise the Trustees and the Development Director. The total employee benefits of the key management personnel were £31,850 (2022: £47,160).

10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	15,734	19,030
Accruals	1,224	1,200
	16,958	20,230

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2023

12 Analysis of net assets between funds

	Unrestricted general	Unrestricted designated	Restricted	2023 Total
	£	£	£	£
Current assets	89,814	16,500	50,063	156,377
Current liabilities	(16,958)	-	-	(16,958)
Net assets at 30 April 2023	72,856	16,500	50,063	139,419

	Unrestricted general	Unrestricted designated	Restricted	2022 Total
	£	£	£	£
Current assets	91,186	19,000	45,713	155,899
Current liabilities	(20,230)	-	-	(20,230)
Net assets at 30 April 2022	70,956	19,000	45,713	135,669

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2023

13 Movements in funds

	At 1 May 2022 £	Income £	Expenditure £	At 30 April 2023 £
Unrestricted Funds				
Designated Funds	19,000	-	(2,500)	16,500
General Funds	70,956	45,275	(43,375)	72,856
Total Unrestricted Funds	89,956	45,275	(45,875)	89,356
Restricted Funds				
Borough, Bankside and Walworth Community Neighbourhood Funds	-	5,000	(5,000)	-
City of London Corporation	16,023	24,791	(30,693)	10,121
Fleet Street Quarter	-	2,850	(1,425)	1,425
London Borough of Hackney	4,690	-	(4,690)	-
London Borough of Southwark	-	13,500	(13,500)	-
London Community Response Fund - London Community Foundation	-	10,000	-	10,000
Lloyds Bank Foundation	15,000	32,094	(40,015)	7,079
People's Postcode Lottery	-	24,548	(10,910)	13,638
St Andrew Holborn Group of Charities (including Bromfield Educational Foundation)	-	4,800	-	4,800
London Catalyst Partnering with St Johns	-	3,000	(1,500)	1,500
Surrey Dispensary	-	8,100	(8,100)	-
The National Lottery Community Fund	10,000	1,500	(10,000)	1,500
The Wellcome Trust	-	10,802	(10,802)	-
United St Saviours	-	2,000	(2,000)	-
Total Restricted Funds	45,713	142,985	(138,635)	50,063
Total Funds	135,669	188,260	(184,510)	139,419

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2023

Purposes of the restricted funds

Borough, Bankside and Walworth Community Neighbourhood Funds	10th Birthday Celebrations for Dragon Cafe
City of London Corporation	Running the Dragon Café in the City at Shoe Lane Library
Fleet Street Quarter	Dragon Café in the City events
London Catalyst Partnering with St Johns	Dragon Café in Lambeth Pilot
London Borough of Southwark	The Dragon Café
London Community Response Fund - London Community Foundation	Supporting cost of Living increases
London Borough of Hackney	Supporting Wellbeing in Small businesses in the City of London
Lloyds Bank Foundation	Supporting the sustainability of Mental Fight Club and projects
People's Postcode Lottery	Dragon Café Activities
St Andrew Holborn and Stafford's Charity	Running the Dragon Café in the City at Shoe Lane Library
Southwark NHS ICS	Dragon Café Costs in Southwark
Surrey Dispensary	Dragon Café activities
The National Lottery Community Fund	Dragon Café activities
The Wellcome Trust	Create, Relate, Integrate -Lived Experience and researchers working together
United St Saviours	Food Poverty

Purposes of designated funds: Designated funds of £16.5k ring fenced for MFC events.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2023

Prior year movements in funds

	At 1 May 2021 £	Income £	Expenditure £	At 30 April 2022 £
Unrestricted Funds				
Designated Funds	19,000	-	-	19,000
General Funds	61,388	27,017	(17,449)	70,956
Total Unrestricted Funds	80,388	27,017	(17,449)	89,956
Restricted Funds				
Better Bankside	372	-	(372)	-
Borough, Bankside and Walworth	-	4,850	(4,850)	-
Community Neighbourhood Funds	10,673	22,323	(16,973)	16,023
City of London Corporation	921	-	(921)	-
GVC Ladbrokes -London Community Foundation	4,690	-	-	4,690
London Borough of Hackney	-	11,600	(11,600)	-
London Borough of Southwark	10,000	-	(10,000)	-
London Community Response Fund - London Community Foundation	-	30,000	(15,000)	15,000
Lloyds Bank Foundation	1,216	-	(1,216)	-
Maudsley Charity	15,600	-	(15,600)	-
People's Postcode Lottery	-	1,389	(1,389)	-
Southwark Community Christmas 2021	-	66,000	(66,000)	-
Southwark NHS CCG	-	6,000	(6,000)	-
Surrey Dispensary	3,000	-	(3,000)	-
The Cicely Northcote Trust	-	10,000	-	10,000
The National Lottery Community Fund	70,498	-	(70,498)	-
The Wellcome Trust				
Total Restricted Funds	116,970	152,162	(223,419)	45,713
Total Funds	197,358	179,179	(240,868)	135,669

14 Related party transactions

There were no related party transactions during the current or prior reporting period.

Accounts

Charity no. 1158926

Mental Fight Club
Report and Unaudited Financial Statements
30 April 2022

Mental Fight Club
Reference and administrative details
For the year ended 30 April 2022

Charity number 1158926

Registered office CAN Mezzanine
7 - 14 Great Dover Street
London
SE1 4YR

Operational address St George the Martyr
Borough High Street
London
SE1 1JA

Trustees Martin Ball
Lamis Bayar
Robin Hatton-Gore resigned March 2022
Grace Smith
Dr Elinor Wyn Hynes

Bankers	NatWest Bank Plc London Bridge 10 Southwark Street London Bridge SE1 1TT	The Co-operative Bank Plc PO Box 101 1 Balloon Street Manchester M60 4EP
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Independent examiner Godfrey Wilson Limited
Chartered accountants and statutory auditors
5th Floor Mariner House
62 Prince Street
Bristol
BS1 4QD

Mental Fight Club

Report of the trustees

For the year ended 30 April 2022

Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on the accounting policies set out in note 1 to the financial statements and comply with the CIO's trust deed, applicable law, and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities (effective January 2015).

GOVERNANCE AND STRUCTURE

Founded, led and delivered by people with mental health experience, Mental Fight Club (MFC) exists as an openhearted collaboration between its teams, volunteers, and practitioners. With dedication, we work together to continue the high-quality delivery of Mental Fight Club's projects. Our patrons', partners' and stakeholders' unstinting support makes our work possible.

Mental Fight Club is a Charitable Incorporated Organisation (CIO) and its governing document is a constitution. There is a recruitment process for Trustees including an application process, interview, references and period of shadowing on the Trustees Board. At the start of the 2021/22 period, MFC's five trustees were Lamis Bayar (Chair), Grace Smith (Treasurer), Robin Hatton-Gore, Martin Ball and Elinor Wyn Hynes. At the AGM Robin Hatton-Gore resigned as Trustee.

Our Annual General Meeting was held online on 8th March 2022 due to COVID restrictions.

PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit and publication by Charity Commission "Charities and Public Benefit".

Mental Fight Club is a charity founded, led, and delivered by people with mental health experience. Its charitable objective is:

"The promotion of social inclusion amongst people who are socially excluded from society or parts thereof as a result of mental ill-health, through the provision of creative events which foster social connection and allow for the exploration of mental illness, recovery and well-being for all."

In fulfillment of its charitable objective, Mental Fight Club has continued its creative and inclusive approach to project development and delivery throughout the year.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2022

ACHIEVEMENTS AND PERFORMANCE

The last year has been a challenging period for all and the charity has continued to provide services and also to guide its way through an uncertain funding climate. There is no doubt that this last year has been a difficult one, for society as a whole, for the charitable sector and for everyone's mental health and wellbeing. We started the year in lockdown, with a roadmap back to something like normality, that lasted until June 2021. Throughout those months, Mental Fight Club continued to provide an online service of artistic events and support, via the Dragon Café every Monday and the Dragon Café in the City every other Wednesday. The artists and activity leaders, who continue to give their wonderful support to us all, reimagined their practice in order to continue to provide quality activities throughout this time.

Thanks to the work of many people and the support of our partners we have continued to provide excellent support to our Patrons. That continuity of connection is significant in itself. Yet, we have offered new activities and developed new ways to support people, as well as established new relationships that strengthen and enhance our work.

Regular activities and events such as the Dragon Café Singers, Dance and Share-works, self-massage, chess and yoga were joined by practitioners new to us and while old favourites such as mindfulness, theatre groups and workshops, cartoons, animations, Pilates, walking and drawing, art classes, paper art and work- life balance classes to name just a few, continued.

Throughout Spring we were gardening for wellbeing with Damien Newman and nutrition sessions with Andrea from Balance Garden at Dragon Café in the City. We also worked with Dr Tamara Russell on mindfulness and the "Feed Your Dragon" sessions.

In July, we were delighted to host our first physical get together in Brockwell Park. Mindful of safety we chose an outdoor venue and were blessed with lovely weather. It was so good to see everyone together in a physical space again and everyone who attended really enjoyed the event with the Dragon Café singers and dancing. Also in July, we commissioned "Seeing Small Worlds" – a special article by photographer Olivia Hemingway where she focused on the connections between creativity and mental well-being.

Following our regular break in August, we had our first inside event at the historical home of the Dragon Café – the Church of St George The Martyr in Southwark. The crypt that held so many Dragon Café's over the years is now re-purposed as a food co-operative so we started to look for other venues.

In September, through Dragon Café in the City, we presented a musical and historic Ballard Walk through the streets of Old London setting out from Shoe Lane Library and taking in Farringdon and The City. Themes explored included the birth of printing, Great Plague, poverty, prison and execution and the first performance of The Tempest.

On the 4th October, after months of planning, we presented the Globe On Tour's production of Shakespeare's "The Tempest" at Rudolf Steiner House. The talented cast unraveled these tales of lovers, exiles, dreamers, and wanderers, sharing what the Globe is all about – storytelling, laughter, tears, nature and of course, brilliant theater. With beautiful choreography, fantastic

Mental Fight Club

Report of the trustees

For the year ended 30 April 2022

music and stories with real heart, this latest production left us bursting with joy. We look forward to collaborating with the Globe on Tour and the lovely people at Rudolf Steiner House again as they complete their refurbishment plans and re-opening as a theatre space.

We followed the production of “The Tempest” with The Globe Workshop at Shoe Lane Library where we learnt about the plot, characters and language of the play. Through active participation in exercises and games, this workshop encouraged us to explore Shakespeare’s play in a lively way.

Also in October, in honour of Black History Month we worked with Andy D’Cruz with his “Playful Drawing Workshops”. Andy produced two online workshops that explored key aspects of drawing from observation. The exercises taught us to look, and more importantly, to see. They gave us a glimpse of what it feels like to see with razor sharp concentration and sensitivity, when you see in this way you allow the drawing to take on a life of its own.

Early November saw us at a new venue as we held an inaugural event at Draper Hall for a Dragon Café Live Celebratory Event. In recognition of Black History Month our activities were focused on Music, Artists, and Dance forms which recognised and celebrated the importance of black history. Sessions included the Singing Group with Vivien Ellis, Ariella & Renzo’s Dance works and ended with a Special Performance by Helen McDonald of her self-devised piece “Time Travelling with the Jazz Queens”, listening to the iconic music of Billy Holiday, Ella Fitzgerald and Nina Simone, together with band leaders Duke Ellington, Dizzy Gillespie and Louis Armstrong.

Dragon Café In The City hosted two animation workshops as part of Movember. With Men In Mind at Shoe Lane Library working with artist and animator Reza Ben Gajra for two sessions, using different techniques and experiences to make short films.

We held very special in -person events in December 2021 and April 2022, to celebrate the completion of our creative journeys that Mental Fight Club began whilst still in the midst of lockdown. This work culminated in two showcase events showing a mesmerizing piece of filmed physical theatre in December and superb animation drawn accompanied by a song in April - devised, written, and performed by Mental Fight Club Patrons. Both the film and animation were facilitated, coordinated and produced by professional artists, film makers.

Winter Pressure Funding

We ended 2021 and went into 2022 with a joint project with Self Management UK (SMUK) made possible by Southwark Clinical Commissioning Winter Pressure Funding.

We believe that this joint project is unique and is a combination of our respective services. SMUK provides co-produced peer led supported self-management courses nurturing mental wellbeing. The courses are delivered in groups and each course session covers a specific topic to help increase a person’s level of skills, knowledge and confidence in managing their condition. These courses are provided on a weekly basis for 4 weeks.

Following each supported self-management group MFC delivered a series of creative peer led sessions designed to complement the morning session including activities such as writing, poetry, breathing, mindfulness, theatre and expressive and immersive art.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2022

Create, Relate, Integrate

We commissioned and completed a number of projects funded by The Wellcome Trust. From an independent evaluation of the project...

"PATRONS & ARTISTS FELT EMPOWERED BY THE WORK"

Through our engagement with patrons and artists, we heard countless examples from both groups of the ways in which this work has empowered them to participate in, and respond to, activities related to mental health research.

Patrons spoke about the creative approaches helping to curb their anxiety, maintain some structure in their days during lockdown and learn new things.

"The process has helped with personal expression as well as helping with social anxiety. Through using creative arts, I have been able to focus my mind on solutions that I never thought were possible."

"I learnt how much I enjoyed having structure in my life: having sessions on a weekly basis made me get my materials ready and significantly increased my motivation."

"Challenging myself to learn something new and producing a quality piece has been very uplifting."

During the project we worked with a group in Oxford who aspire to recreate a space much like The Dragon Café. Their aim was:

'To create an independent, peer-led, safe and supportive place that is friendly, relaxed, creative and non-judgemental. It would be a space mainly for people who have experienced mental distress and their supporters, family and friends but where other members of the community would be welcomed too. People would just be valued for who they are, where they could meet, mix and socialise with others whilst opportunities to be creative would be on offer to explore and discover things through music, song, drama, art, poetry and discussion.' AH 2020

With funding from The Wellcome Trust, we were able to mentor and support The Looking Glass Project through a series of "Alice's Tea Parties". These parties were a great success and now the group is aiming to set up their own charity.

We successfully completed, recorded and expanded a theatre and film project led by Lee Hart with filmmaker Alice Carfrae on the theme of masks and emerging from lockdown called "Bound – Unbound – Boundless". This includes a further film that explores the process of involving people in how play and games can lead to the breaking down of creative barriers, and act as a stepping stone to the creative theatrical process. Together we explored the physical embodiment of characters and created a shared gestural language giving some insight into the creative journey undertaken during the creation of the short films.

We commissioned Jason Brownlee to produce an event named "The Joys of a Child". For this exhibition Jason produced an eclectic mix of 9 original paintings which were viewed in

Mental Fight Club

Report of the trustees

For the year ended 30 April 2022

conjunction with an original spoken word poem played via Bluetooth headphones, which resulted in a very personal experience, and an intimate understanding of the work on display. We were overwhelmed with the support and attendance from the local community for our first event in Plymouth.

We completed a project led by Vivien Ellis and our patrons. Originally started in 2019, this project adapted and changed to cope with the pandemic restrictions forced upon us all. The final result was “Our Journey” which brings together a creative collaboration of Dragon Café Patrons with skilled and supportive artists, merging artwork created by patrons, with animation and a song written and performed by The Dragon Café Singers led by Vivien Ellis. This was premiered at our live Dragon Café event on the 4th April.

We commissioned a one day exhibition of work created by artist Liaqat Rasul and exhibited in April. This was held at White Conduit Projects, a gallery in the heart of Islington, London near to where the artist is based. For this exhibition Liaqat created 8 pieces of sculptural mobile work that hung from the walls and ceiling of the gallery. With the changing light of the day, the breeze and movement in the gallery, these sculptures came to life by moving and creating shadows, movement and different elements of each face. This movement really brought the pieces to life and added another layer of interactivity to the exhibition. The private view held in the evening gave the audience the chance to interact with the work and hear from the artist about the background and the process behind the works being displayed. We were overwhelmed by the support and interest from people in the area, followers of Liaqat’s practice and our patrons.

FINANCIAL REVIEW

For the year ended 30 April 2022 incoming resources were £179k (2021: £264k) and resources expended were £241k (2021: £223k), resulting in a deficit for the year of £61k (2021: surplus £41k). Total funds at 30 April 2022 were £136k (2020: £195k), of which £46k is held in restricted funds with £71k in unrestricted reserves and £19k as designated reserves. This was a planned deficit as it was the result of using restricted funding received in previous years to complete projects with the majority relating to The Wellcome Trust funded project “Create, Relate and Integrate”.

We continue to be funded mainly on an annual basis, although we also have some multi-year grants. Our current funders are:

- Better Bankside
- Borough, Bankside and Walworth Community Neighbourhood Funds
- City of London Corporation
- GVC Ladbroke - London Community Foundation
- Lloyds Bank Foundation (3 years)
- London Borough of Southwark
- London Borough of Hackney
- London Community Response Fund - London Community Foundation
- Maudsley Charity
- People’s Postcode Lottery
- Salway Fund - London Community Foundation

Mental Fight Club

Report of the trustees

For the year ended 30 April 2022

- Southwark Clinical Commissioning Group
- Southwark Community Christmas 2021 - United St Saviours
- Surrey Dispensary
- The Cicely Northcote Trust
- The National Lottery Community Fund
- The Wellcome Trust

We want to express our thanks and gratitude to our funders and donors over the last year who have been so very supportive of our activities and providing flexibility in their funding to allow us to continue to provide our wellbeing activities online and returning to in person events.

Going Concern Statement

The Trustees consider that the charity is likely to continue as a going concern for a period of at least 12 months from the date of which the financial statements are approved for the following reasons:

- MFC holds unrestricted reserves of £71k which is just over 3 months' running costs
- MFC holds designated reserves of £19k ring fenced for MFC events
- MFC has a cash balance of £174k (As at August 2022)

The Trustees therefore consider it appropriate to adopt the going concern basis for the preparation of the accounts as detailed in note 1b to the financial statements.

Reserves policy

We continue to be a going concern as we secure and apply for funding required to sustain and grow Mental Fight Club's activities in 2023/24. Our reserves policy is to have a minimum of 3 months running costs in unrestricted funds, which is £60k. Our unrestricted reserves currently are £71k – which is 3.5 months running costs.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2022

Risks

Mental Fight Club has a risk policy and assessments which are reviewed by the Trustees. The principal risks and uncertainties identified by the charity are:

Risk	Mitigating action	Controls in place
COVID 19 Impact: ongoing risk to the mental health of groups	Providing a blended provision to mitigate the risks to beneficiaries' and staff's physical health. Adopting an abundance of caution approach to risk. Planning for uncertainty	Updated Safeguarding policy including online events Ongoing monitoring of government and public health policy, rules and regulations as the Covid situation develops.
Economic Impact: very highly competitive fundraising landscape	Keeping financial position and fundraising approaches drawn out pre-Covid under constant review. Managing the charity's ability to remain a going concern. Planning for uncertainty.	Fundraising strategy and plan. Targeting a wide range of potential funders for Mental Fight Club, including emergency and non-emergency funding.
Dependency on small number of staff	Increasing the number of staff and number of volunteers	Monitor delivery, progress and retention.
Reputational Risk: Conveying MFC's vision and values	Devising new ways to communicate MFC's achievements in the face of continued global unprecedented challenges.	Continued review of websites and use of social media. Platform consolidation taken place

Mental Fight Club

Report of the trustees

For the year ended 30 April 2022

PLANS FOR FUTURE PERIODS

In a period of change, we have managed to improve and that is the confidence we take into further evolution of our work. We plan to continue with a blended provision with virtual and physical events.

As ever, and despite the concerns of the future cost of living increases we will continue to strategically develop our core areas of work:

- Building on our project success to refine and progress them yet further;
- Enhancing our development and training;
- Building on current partnerships and growing MFC's collaborative framework; and
- Continuing to build relationships with local health and social care stakeholders to strategically shape mental health and wellbeing provision.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year. In preparing those financial statements the trustees are required to:

- ☐ select suitable accounting policies and then apply them consistently;
- ☐ observe the methods and principles in the Charities SORP;
- ☐ make judgements and accounting estimates that are reasonable and prudent;
- ☐ state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- ☐ prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial

Mental Fight Club
Report of the trustees
For the year ended 30 April 2022

information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charity during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 30 October 2022 and signed on their behalf by

A handwritten signature in black ink, appearing to read 'G Smith'.

Grace Smith - Trustee

Independent examiner's report

To the trustees of Mental Fight Club

I report to the trustees on my examination of the accounts of Mental Fight Club (the CIO) for the year ended 30 April 2022, which are set out on pages 11 to 26.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act').

I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

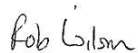
Independent examiner's statement

I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Rob Wilson FCA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Date: 30 October 2022

Mental Fight Club
Statement of financial activities
For the year ended 30 April 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Income from :					
Donations and legacies	3	1,306	-	1,306	73
Charitable activities	4	25,402	152,162	177,564	262,773
Other trading activities	5	-	-	-	400
Investments income		309	-	309	306
Total Income		27,017	152,162	179,179	263,552
Expenditure on:					
Raising funds		1,591		1,591	4,055
Charitable activities		15,858	223,419	239,277	218,893
Total Expenditure	7	17,449	223,419	240,868	222,948
Net Income/ (expenditure)		9,568	(71,257)	(61,689)	40,604
Transfer between funds		-	-	-	-
Net Movement in funds		9,568	(71,257)	(61,689)	40,604
Reconciliation of funds:					
Funds brought forward		80,388	116,970	197,358	156,754
Funds carried forward		89,957	45,713	135,669	197,358

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 14 to the accounts.

Mental Fight Club
Balance sheet
As at 30 April 2022

	Notes	£	2022 £	£	2021 £
CURRENT ASSETS					
Debtors	11	-		10,000	
Cash at bank and in hand:		155,899		203,243	
Total current assets		155,899		213,243	
CREDITORS: amounts falling due within one year	12	(20,231)		(15,885)	
NET CURRENT ASSETS			135,669		197,358
NET ASSETS TOTALS	13		135,669		197,358
THE FUNDS OF THE CHARITY					
Restricted funds	14		45,713		116,970
Unrestricted funds			89,957		80,388
TOTAL CHARITY FUNDS			135,669		197,358

Approved by the trustees on 30 October 2022 and signed on their behalf by

GES:tl

Grace Smith - Trustee

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2022

1. Accounting policies a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Mental Fight Club meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of contractual services is deferred until criteria for income recognition are met.

Income from the sale of goods and services is recognised when the risks and rewards of ownership have transferred.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2022

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis:

Raising funds	6.6%
Charitable activities	93.4%

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Furniture and equipment	4 years straight line
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Items of equipment are capitalised where the purchase price exceeds £500.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2022

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

The key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements are depreciation as described in note 1i) above.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2022

2 Prior year SOFA Comparison

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Income from :			
Donations and legacies	73	-	73
Charitable activities income	37,000	225,773	262,773
Other trading activities	400	-	400
Investments	306	-	306
Total Income	37,779	225,773	263,552
Expenditure on:			
Raising funds	4,055	-	4,055
Charitable activities	14,052	204,841	218,893
Total Expenditure	18,107	204,841	222,948
Net Income for the year	19,672	20,932	40,604
Transfer between funds	-	-	-
Net Movement in funds	19,672	20,932	40,604
Reconciliation of funds:			
Funds brought forward	60,716	96,038	156,754
Funds carried forward	80,388	116,970	197,358

3 Income from donation and legacies

	Unrestricted funds £	Restricted funds £	2022 Total £	2021 Total £
Donations and gifts	1,306	-	1,306	73
Gifts in Kind	-	-	-	-
Total from donations and legacies	1,306	-	1,306	73

All income from donations and legacies in 2021 was unrestricted.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2022

4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	2022 Total £
<i>Grants and service level agreements</i>			
Borough, Bankside and Walworth Community Neighbourhood Funds	-	4,850	4,850
City of London Corporation	-	22,323	22,323
Lloyds Foundation	-	30,000	30,000
Salway Fund - London Community Foundation	5,000	-	5,000
Southwark Council	-	11,600	11,600
Southwark NHS CCG	20,402	66,000	86,402
Southwark Mayor's Fund Christmas Fund			
United St Saviours	-	1,389	1,389
Surrey Dispensary Fund	-	6,000	6,000
The National Lottery Community Fund	-	10,000	10,000
Total from charitable activities	25,402	152,162	177,564

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2022

Prior year comparative	Unrestricted funds £	Restricted funds £	2021 £
<i>Grants and service level agreements</i>			
Baring Foundation	12,000	-	12,000
Better Bankside Business District	-	500	500
Borough, Bankside and Walworth Community Neighbourhood Funds	-	3,763	3,763
Charities Aid Foundation	-	4,606	4,606
Cicely Northcote	-	3,000	3,000
City of London Corporation	-	40,000	40,000
Guys and St Thomas' Charity	-	22,524	22,524
London Funders	-	30,468	30,468
Lloyds Foundation	-	29,767	29,767
Maudsley Charity	-	2,559	2,559
PostCode Lottery	-	15,600	15,600
Salway Fund - London Community Foundation	5,000	-	5,000
Southwark Council	-	9,250	9,250
Southwark NHS CCG	20,000	-	20,000
Southwark Healthy London Art Fund	-	5,280	5,280
Southwark Mayor's Fund	-	1,300	1,300
Surrey Dispensary Fund	-	9,450	9,450
The Fore	-	3,500	3,500
The Wellcome Trust	-	43,206	43,206
Woodward Trust	-	1,000	1,000
Total from charitable activities	37,000	225,773	264,794

5 Income from other trading activities

	Unrestricted funds £	Restricted funds £	Total 2022 £	2021 £
Dragon Café food and drink sales	-	-	-	-
New creative business streams	-	-	-	400
Total from other trading activities	-	-	-	400

All income from donations and legacies in 2021 was unrestricted.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2022

6 Government grants

The charitable company receives government grants, defined as funding from local authorities (Southwark Council), to fund charitable activities. The total value of such grants in the period ending 30 April 2022 was £11,600 (2021: £10,550). There are no unfulfilled conditions or contingencies attaching to these grants.

7 Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2022 Total £
Programming and project - freelance	-	33,057	11,187	44,243
Creative team - freelance	-	32,634	-	32,634
Business developments	-	75,931	-	75,931
Activity costs	-	44,965	-	44,965
Dragon Café Refreshments	-	595	-	595
Rent	-	7,767	-	7,767
Accountancy	-	-	8,339	8,339
Volunteer expenses and training	-	17	-	17
Evaluation	-	10,741	-	10,741
Transport	-	357	-	357
Administration	1,451	7,069	542	9,061
Finance	-	-	1,200	1,200
Equipment and materials	-	3,005	-	3,005
Marketing	-	2,013	-	2,013
	1,451	218,150	21,268	240,868
Allocation of support costs	140	21,127	(21,268)	-
Total expenditure	1,591	239,277	-	240,868

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2022

Prior year comparative	Raising funds £	Charitable activities £	Support and governance costs £	2021 Total £
Programming and project - freelance	-	43,366	10,500	53,866
Creative team - freelance	-	28,043	-	28,043
Business developments	-	73,724	-	73,724
Activity costs	-	23,452	-	23,452
Dragon Café ingredients	-	-	-	-
Rent	-	3,470	237	3,707
Accountancy	-	-	9,597	9,597
Volunteer expenses and training	-	8,426	-	8,426
Transport	-	365	-	365
Administration	3,662	13,178	25	16,865
Finance	-	-	1,200	1,200
Equipment and materials	-	1,857	-	1,857
Marketing	-	1,818	28	1,846
	3,662	197,699	21,587	222,948
Allocation of support costs	393	21,194	(21,587)	-
Total expenditure	4,055	218,893	-	222,948

8 Net movement in funds

This is stated after charging:

	2022 £	2021 £
Trustees' reimburse expenses	695	227
Independent examination fee	1,200	1,200
	1,895	1,427

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2022

9 Staff costs and numbers

	2022	2021
	£	£
Salaries and wages	43,704	-
Social security costs	-	-
Pension cost (defined contribution scheme)	1,311	-
Freelance staff	47,140	60,760
	92,155	60,760

Average head count in the year

	2022	2021
	£	£
Staff member	2	1
Freelancer	1	2
	3	3

No employee received remuneration amounting to more than £60,000 in either year.

The key management personnel of the charity comprise the Trustees and the Development Director. The total employee benefits of the key management personnel were £47,160 (2021: £60,760).

10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11 Debtors

	2022	2021
	£	£
Other debtors	-	10,000
	-	10,000

12 Creditors: amounts falling

	2022	2021
	£	£
Trade creditors	19,031	14,547
Accruals	1,200	1,338
	20,231	15,885

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2022

13 Analysis of net assets between funds

	Unrestricted General £	Unrestricted Designated £	Restricted £	2022 Total £
Fixed assets	-	-	-	-
Current assets	110,187	19,000	45,713	155,899
Current liabilities	(20,231)	-	-	(20,231)
Net assets at 30 April 2022	89,956	19,000	45,713	135,669

	Unrestricted General £	Unrestricted Designated £	Restricted £	2021 Total £
Fixed assets	-	-	-	-
Current assets	77,273	19,000	116,970	213,243
Current liabilities	(15,885)	-	-	(15,885)
Net assets at 30 April 2021	61,388	19,000	116,970	197,358

14 Movements in funds

	At 1 May 2021 £	Income £	Expenditure £	At 30 April 2022 £
Unrestricted Funds				
Designated Funds	19,000	-	-	19,000
General funds	61,388	27,017	(17,449)	70,956
Total unrestricted funds	80,388	27,017	(17,449)	89,956
Restricted Funds				
Better Bankside	372	-	(372)	-
Borough, Bankside and Walworth	-	4,850	(4,850)	-
Community Neighbourhood Funds	-	-	-	-
City of London Corporation	10,673	22,323	(16,973)	16,023
GVC Ladbrokes -London Community Foundation	921	-	(921)	-
London Borough of Hackney	4,690	-	-	4,690
London Borough of Southwark	-	11,600	(11,600)	-
London Community Response Fund -	10,000	-	(10,000)	-
London Community Foundation	-	-	-	-
Lloyds Bank Foundation	-	30,000	(15,000)	15,000
Maudsley Charity	1,216	-	(1,216)	-

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2022

People's Postcode Lottery	15,600	-	(15,600)	-
Southwark Community Christmas 2021	-	1,389	(1,389)	-
Southwark NHS CCG	-	66,000	(66,000)	-
Surrey Dispensary	-	6,000	(6,000)	-
The Cicely Northcote Trust	3,000	-	(3,000)	-
The National Lottery Community Fund		10,000	-	10,000
The Wellcome Trust	70,498	-	(70,498)	-
Total restricted Fund	116,970	152,162	(223,419)	45,713
Total funds	197,358	179,179	(240,868)	135,669

Purpose of the restricted funds

Better Bankside	Digital Poverty
Borough, Bankside and Walworth Community Neighbourhood Funds	Our Mind Matters
City of London Corporation	Running the Dragon Café in the City at Shoe Lane Library
GVC Ladbrokes -London Community Foundation	Wellbeing activities at The Dragon Cafe
London Borough of Hackney	Supporting Wellbeing in Small businesses in the City of London
London Borough of Southwark	The Dragon Café
London Community Response Fund - London Community Foundation	Virtual Dragon Café Funds
Lloyds Bank Foundation	Supporting the sustainability of Mental Fight Club and projects
Maudsley Charity	Wellbeing activities at The Dragon Cafe
People's Postcode Lottery	Wellbeing events in the City of London
Southwark Community Christmas 2021	The Dragon Café activities over the Christmas period of 2021
Southwark NHS CCG	Supporting Winter Pressures in Southwark
Surrey Dispensary	Dragon Café activities
The Cicely Northcote Trust	Dragon Café activities
The National Lottery Community Fund	Dragon Café activities
The Wellcome Trust	Create, Relate, Integrate -Lived Experience and researchers working together

Purposes of designated funds: Designated funds of £19k ring fenced for MFC events.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2022

Prior year comparative	At 1 May 2020	Income	Expenditure	Funds transfer	At 30 April 2021
	£	£	£		£
Unrestricted Funds					
Designated Funds	-	-	-	19,000	19,000
General funds	60,716	37,779	(18,107)	(19,000)	61,388
Total unrestricted funds	60,716	37,779	(18,107)	-	80,388
Restricted Funds					
Better Bankside	-	500	(128)	-	372
Borough, Bankside and Walworth	4,300	3,763	(8,063)	-	-
Community Neighbourhood Funds	-	4,606	(4,606)	-	-
Charities Aid Foundation	2,903	40,000	(32,230)	-	10,673
City of London Corporation	2,727	-	(2,727)	-	-
Good Neighbourhood Fund - London	13,548	22,524	(36,072)	-	-
Community Foundation	9,450	-	(8,529)	-	921
Guy's and St Thomas' Charity	-	5,280	(5,280)	-	-
GVC Ladbrokes -London Community	-	29,767	(29,767)	-	-
Foundation	5,451	-	(761)	-	4,690
Healthy London Partnership	-	9,250	(9,250)	-	-
Lloyds Bank Foundation	-	30,468	(20,468)	-	10,000
London Borough of Hackney	-	2,559	(2,559)	-	1,216
London Borough of Southwark	1,216	-	(1,178)	-	-
London Community Response Fund -	1,178	-	(1,178)	-	-
London Community Foundation	-	15,600	-	-	15,600
Maudsley Charity	-	1,300	(1,300)	-	-
Peabody Trust - London Community	-	9,450	(9,450)	-	-
Foundation	-	3,000	-	-	3,000
People's Postcode Lottery	-	3,500	(3,500)	-	-
Southwark Community Christmas 2020	5,392	-	(5,392)	-	-
Surrey Dispensary	3,000	-	(3,000)	-	-
The Cicely Northcote Trust	46,873	43,206	(19,581)	-	70,498
The Fore	-	1,000	(1,000)	-	-
The Mercers' Company	-	-	-	-	-
The Tudor Trust	-	-	-	-	-
The Wellcome Trust	-	-	-	-	-
The Woodland Trust	-	-	-	-	-
Total restricted Fund	96,038	225,773	(204,841)	-	116,970
Total funds	156,754	263,552	(222,948)	-	197,358

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2022

15 Related party transactions

There were no related party transactions during the current or prior reporting period.

16 Financial instruments

	2022	2021
	£	£
Financial assets measured at amortised cost	155,899	213,243
Financial liabilities measured at amortised cost	(20,231)	(15,885)
	135,669	197,358

Financial assets measured at amortised cost comprise cash and cash equivalents, trade debtors, accrued income and other debtors.

Financial liabilities measured at amortised cost comprise trade creditors, accruals, deferred income and other creditors

MENTAL FIGHT CLUB

England & Wales - Charity number 1158926

Accounts

Charity no. 1158926

Mental Fight Club
Report and Unaudited Financial Statements
30 April 2021

Mental Fight Club
Reference and administrative details
For the year ended 30 April 2021

Charity number 1158926

Registered office CAN Mezzanine
7 - 14 Great Dover Street
London
SE1 4YR

Operational address St George the Martyr
Borough High Street
London
SE1 1JA

Trustees Dr Khaldoon Ahmed Resigned March 2021
Martin Ball
Lamis Bayar
Robin Hatton-Gore
Grace Smith
Dr Elinor Wyn Hynes

Bankers	NatWest Bank Plc London Bridge 10 Southwark Street London Bridge SE1 1TT	The Co-operative Bank Plc PO Box 101 1 Balloon Street Manchester M60 4EP
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Independent examiner Godfrey Wilson Limited
Chartered accountants and statutory auditors
5th Floor Mariner House
62 Prince Street
Bristol
BS1 4QD

Mental Fight Club

Report of the trustees

For the year ended 30 April 2021

Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on the accounting policies set out in note 1 to the financial statements and comply with the CIO's trust deed, applicable law, and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities (effective January 2015).

GOVERNANCE AND STRUCTURE

Founded, led and delivered by people with mental health experience, Mental Fight Club (MFC) exists as an openhearted collaboration between its teams, volunteers, and practitioners. With dedication, we work together to continue the high-quality delivery of Mental Fight Club's projects. Our patrons', partners' and stakeholders' unstinting support makes our work possible.

Mental Fight Club is a Charitable Incorporated Organisation (CIO) and its governing document is a constitution. There is a recruitment process for Trustees including an application process, interview, references and period of shadowing on the Trustees Board. At the start of the 2020/21 period, MFC's six trustees were Lamis Bayar (Chair), Grace Smith (Treasurer), Khaldoon Ahmed, Robin Hatton-Gore, Martin Ball and Elinor Wyn Hynes. At the AGM Khaldoon Ahmed resigned as Trustee.

Our Annual General Meeting was held online on 25th March 2021 due to COVID restrictions.

PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit and publication by Charity Commission "Charities and Public Benefit".

Mental Fight Club is a charity founded, led, and delivered by people with mental health experience. Its charitable objective is:

“The promotion of social inclusion amongst people who are socially excluded from society or parts thereof as a result of mental ill-health, through the provision of creative events which foster social connection and allow for the exploration of mental illness, recovery and well-being for all.”

In fulfilment of its charitable objective, Mental Fight Club has continued its creative and inclusive approach to project development and delivery throughout the year.

Mental Fight Club

Report of the trustees

For the year ended 30 April 2021

ACHIEVEMENTS AND PERFORMANCE

Mental Fight Club runs three key projects, The Dragon Café, The Dragon Café in the City, and Re:Create Psychiatry, as well as a proliferation of activities, which undergird and amplify its work. The national lockdown restricted how we could pursue our charitable purpose, but we managed to provide weekly connection to hundreds of Patrons.

In the virtual community, The Dragon Café

Although Covid restrictions prevented The Dragon Cafe from physically meeting we have kept the community together with online activities.

Free and open to all, our pioneering project has welcomed Patrons near enough every Monday since 2012. In 2020-21, we celebrated 47 Dragon Mondays online together. After meetings stopped in mid-March 2020 we soon shifted to Dragon Cafe Connect online activities to engage with Patrons and new audiences isolated by the lockdown necessary to combat the pandemic. The move online was made possible by the digital expertise available within The Dragon Café Team.

Throughout Covid-19, the weekly programme brought new and existing Patrons together with over 8,500 online views and registered attendances over that period for a range of activities. Encouragingly, we had new patrons joining our community of minds, which is heartening as it also connects them to the wider projects provided by MFC.

We continued to work over the year to strengthen our existing equality and intersectionality work yet more in order to support those who face the challenges of navigating mental health ill-health while also facing additional stigma through racism and homophobia- celebrating Black History Month, International Day Against Homophobia, Biphobia and Transphobia and International Woman's Day.

Amongst this year's creative online programme highlights were:

- At The Table - part of Healthy London Social Prescribing pilot
- Southwark Rebel Woman - songwriting and performing on International Woman's Day 8th March 2021 on Resonance Radio and London Bridge Business District
- Great Get Together - Southwark Community Festival -radio broadcast including The Dragon Cafe Singers "Finding Our Way"
- Dragon Mindfulness
- Speaking out - improving confidence
- Theatre

Mental Fight Club

Report of the trustees

For the year ended 30 April 2021

Initially the online provision was a live youtube programme going out every Monday between 3.00-m and 4.30pm, but in September we fully restored participatory sessions where people could talk and interact with the session presenters and activity leaders. Being online has increased the geographical spread of the participants and we now have people in different continents dancing with us on Monday's.

As part of MFC's shift to online provision, the Dragon Cafe Singers have been harmoniously getting together every week to enjoy a deepening social bond. Every week, they have been selecting songs from their repertoire as well as new numbers.

In the virtual working from home community, Dragon Café in the City

Similar to the Dragon Cafe, our collaboration with Shoe Lane Library and the Corporation of London continued online with regular fortnightly Wednesday sessions engaging with existing and new audiences

Over the year, we delivered 24 events, and over 135 different activities which yielded over 1,600 creative interactions. There were a wide range of creative activities including festive healthy eating, making of affirmation calendars, laughter therapy and discussions on challenging topics such as medication, wellbeing and fatherhood, modern masculinity, bereavement, anxiety and much more. Participants value the project. 87% of participants responding to a Dragon Cafe in the City survey agreed or strongly agreed that attending helped to improve their mental wellbeing.

In the Mental Health System, Re:Create Psychiatry

Re:Create Psychiatry (ReCP) enables mental health professionals to better understand people who have lived experience of mental ill-health, and allows service-users to in turn better understand mental health professionals. To achieve this, ReCP curates conversations, which bring those who use mental health services and those who provide them together to collectively envision solutions to the challenges of the contemporary mental health system.

In April 2020, our ReCP conversations moved online. Online resources were being shared via the ReCP fortnightly newsletter and ongoingly via social media. Two monthly online meet-ups were organised and online workshops were held to develop an animated film, produced by Mindwick, about Covid-19's impact on our mental health. This film was co-developed by people with mental health experience, health professionals, researchers as part of a Wellcome Trust grant.

In Education and Research, bringing MFC's collective knowledge to bear

Mental Fight Club continues to work to create awareness of the pivotal role knowledge acquired through lived mental health expertise – personal and collective – can be made to play in contemporary society. In doing so, we engage with the spaces where new knowledges are

Mental Fight Club

Report of the trustees

For the year ended 30 April 2021

formed.

-Relate, Create, Integrate.

Support from the Wellcome Trust, continued during 2020-21. Artists with lived experience of mental ill-health are working closely with researchers to develop creative events and productions exploring thematic related to mental health.

In Training and Development

Opportunities for training for volunteers, staff and Patrons were limited to online provision and groups. These were run in July and December 2020.. MFC contractors also accessed one to one support and supervision provided by Moving Pieces

- An Ethnography of The Dragon Café

Josephine Bardi, PhD student at the School of Health Sciences, University of Nottingham, continued her study of The Dragon Café. Funded by the Economic and Social Research Council (ESRC), the research takes the form of a detailed ethnography that seeks to illuminate the ways in which The Dragon Café functions as an enmeshing of place, people and processes. Josephine completed her PhD in 2021.

FINANCIAL REVIEW

For the year ended 30 April 2021 incoming resources were £264k (2020: £274k) and resources expended were £223k (2020: £273k), resulting in a surplus for the year of £41k (2020: £1k). Total funds at 30 April 2021 were £197k (2020: £156k), of which £117k is held in restricted funds with £61k in unrestricted reserves and £19k as designated reserves.

We continue to be funded mainly on an annual basis, although we also have some multi-year grants. Our current funders are:

- Baring Foundation
- Better Bankside
- Borough, Bankside and Walworth Community Neighbourhood Funds
- Charities Aid Foundation
- City of London Corporation (2 years)
- Good Neighbourhood Fund, My Lotto 24 - London Community Foundation (2 years)
- Guys and St Thomas' Charity
- GVC Ladbrokes - London Community Foundation
- Healthy London Partnership
- Lloyds Bank Foundation(3 years)
- London Borough of Southwark

Mental Fight Club

Report of the trustees

For the year ended 30 April 2021

- London Borough of Hackney
- London Community Response Fund - London Community Foundation
- Maudsley Charity
- Peabody Trust - London Community Foundation
- People's Postcode Lottery
- Salway Fund - London Community Foundation
- Southwark Clinical Commissioning Group
- Southwark Community Christmas 2020 - United St Saviours
- Surrey Dispensary
- The Cicely Northcote Trust
- The Fore
- The Mercers' Company(2 years)
- The Tudor Trust (2 years)
- The Wellcome Trust (2 years)
- The Woodward Charitable Trust

We thank our funders over the last year who have been so very supportive of our activities and flexibility in their funding to allow us to continue to provide our wellbeing activities online.

Going Concern Statement

The Trustees consider that the charity is likely to continue as a going concern for a period of at least 12 months from the date of which the financial statements are approved for the following reasons:

- MFC holds unrestricted reserves of £60,560 which is 3 months' running costs
- MFC holds designated reserves of £19k ring fenced for MFC events
- MFC has a cash balance of £227k (As at August 2021)

The Trustees therefore consider it appropriate to adopt the going concern basis for the preparation of the accounts as detailed in note 1b to the financial statements.

Reserves policy

We continue to be a going concern as we secure and apply for funding required to sustain and grow Mental Fight Club's activities in 2022/23. Our reserves policy is to have a minimum of 3 months running costs in unrestricted funds, which is £60k. Our unrestricted reserves currently are £61k.

Risks

Mental Fight Club has a risk policy and assessments which are reviewed by the Trustees. The principal risks and uncertainties identified by the charity are:

Mental Fight Club
Report of the trustees
For the year ended 30 April 2021

Risk	Mitigating action	Controls in place
Covid-19's Health Impact: ongoing risk to the health of groups	Moving to a blended provision to mitigate the risks to beneficiaries' and staff's physical health. Adopting an abundance of caution approach to risk. Planning for uncertainty	Updated Safeguarding policy including online events Ongoing monitoring of government and public health policy, rules and regulations as the Covid situation develops.
Covid-19's Economic Impact: very highly competitive fundraising landscape	Keeping financial position and fundraising approaches drawn out pre-Covid under constant review. Managing the charity's ability to remain a going concern. Planning for uncertainty.	Fundraising strategy and plan. Targeting a wide range of potential funders for Mental Fight Club, including emergency and non-emergency funding.
Dependency on small number of staff	Increasing the number of staff and number of volunteers	Monitor delivery, progress and retention.
Reputational Risk: Conveying MF C's vision and values as we return to a blended service provision	Devising new ways to communicate MFC's achievements in the face of continued global unprecedented challenges.	Continued review of websites and use of social media. Platform consolidation taken place

PLANS FOR FUTURE PERIODS

Covid-19 has had an impact on our future planning. We plan to continue with a blended provision with virtual and physical events until at least December 2021 for our projects. Depending on the situation, which at the time of writing continues to be unpredictable, this may continue beyond January 2022. The Trustees are considering safety first and foremost.

As ever, and despite the disruption wrought by the pandemic, we will continue to strategically develop our core areas of work:

Mental Fight Club

Report of the trustees

For the year ended 30 April 2021

- ☐ Building on our three key projects' success to refine and progress them yet further;
- ☐ Enhancing our development and training
- ☐ Building on current partnerships and growing MFC's collaborative framework; and
- ☐ Continuing to build relationships with local health and social care stakeholders to strategically shape mental health and wellbeing provision.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year. In preparing those financial statements the trustees are required to:

- ☐ select suitable accounting policies and then apply them consistently;
- ☐ observe the methods and principles in the Charities SORP;
- ☐ make judgements and accounting estimates that are reasonable and prudent;
- ☐ state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- ☐ prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Mental Fight Club
Report of the trustees
For the year ended 30 April 2021

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charity during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 07 October 2021 and signed on their behalf by

A handwritten signature in dark ink, appearing to read 'G Smith'.

Grace Smith - Trustee

Independent examiner's report

To the trustees of Mental Fight Club

I report to the trustees on my examination of the accounts of Mental Fight Club (the CIO) for the year ended 30 April 2021, which are set out on pages 11 to 27.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act').

I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

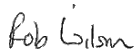
Independent examiner's statement

Since the CIO's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Rob Wilson FCA
Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory
auditors 5th Floor Mariner House
62 Prince Street
Bristol
BS1 4QD

Date: 07 October 2021

Mental Fight Club
Statement of financial activities
For the year ended 30 April 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Income from :					
Donations and legacies	3	73	0	73	5,044
Charitable activities	4	37,000	225,773	262,773	252,810
Other trading activities	5	400	0	400	15,648
Investments income		306	0	306	588
Total Income		37,779	225,773	263,552	274,090
Expenditure on:					
Raising funds		4,055		4,055	10,999
Charitable activities		14,052	204,841	218,893	262,109
Total Expenditure	7	18,107	204,841	222,948	273,108
Net Income/ (expenditure)		19,672	20,932	40,604	982
Transfer between funds		0	0	0	0
Net Movement in funds		19,672	20,932	40,604	982
Reconciliation of funds:					
Funds brought forward		60,716	96,038	156,754	155,772
Funds carried forward		80,388	116,970	197,358	156,754

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 16 to the accounts.

Mental Fight Club
Balance sheet
As at 30 April 2021

	Notes	£	2021 £	£	2020 £
FIXED ASSETS					
Tangible fixed assets	11		0		0
CURRENT ASSETS					
Debtors	12	10,000		1,373	
Cash at bank and in hand:		203,243		181,352	
Total current assets		213,243		182,725	
CREDITORS: amounts falling due within one year	13	(15,885)		(25,971)	
NET CURRENT ASSETS			197,358		156,754
NET ASSETS TOTALS	15		197,358		156,754
THE FUNDS OF THE CHARITY					
Restricted funds			116,970		96,038
Unrestricted funds					
Designated fund			19,000		0
General fund			61,388		60,716
TOTAL CHARITY FUNDS			197,358		156,754

Approved by the trustees on 07 October 2021 and signed on their behalf by



Grace Smith - Trustee

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2021

1. Accounting policies a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Mental Fight Club meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of contractual services is deferred until criteria for income recognition are met.

Income from the sale of goods and services is recognised when the risks and rewards of ownership have transferred.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2021

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis:

Raising funds	8.9%
Charitable activities	91.1%

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Furniture and equipment	4 years straight line
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Items of equipment are capitalised where the purchase price exceeds £500.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2021

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

The key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements are depreciation as described in note 1i) above.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2021

2 Prior year SOFA Comparison

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Income from :			
Donations and legacies	5,044	0	5,044
Charitable activities	26,500	226,310	252,810
Other trading activities	15,648	0	15,648
Investments	588	0	588
Total Income	47,780	226,310	274,090
Expenditure on:			
Raising funds	10,999	0	10,999
Charitable activities	47,205	214,904	262,109
Total Expenditure	58,204	214,904	273,108
Net Income for the year	(10,424)	11,406	982
Transfer between funds	0	0	0
Net Movement in funds	(10,424)	11,406	982
Reconciliation of funds:			
Funds brought forward	71,140	84,632	155,772
Funds carried forward	60,716	96,038	156,754

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2021

3 Income from donation and legacies

	Unrestricted funds	Restricted funds	2021 Total	2020 Total
	£	£	£	£
Donations and gifts	73	0	73	3,626
Gifts in Kind	0		0	1,418
Total from donations and legacies	73	0	73	5,044

All income from donations and legacies in 2020 was unrestricted.

4 Income from charitable activities

	Unrestricted funds	Restricted funds	2021 Total
	£	£	£
Grants and service level agreements			
Baring Foundation	12,000	0	12,000
Better Bankside Business District	0	500	500
Borough, Bankside and Walworth Community			
Neighbourhood Funds	0	3,763	3,763
Charities Aid Foundation	0	4,606	4,606
Cicely Northcote	0	3,000	3,000
City of London Corporation	0	40,000	40,000
Guys and St Thomas' Charity	0	22,524	22,524
London Funders	0	30,468	30,468
Lloyds Foundation	0	29,767	29,767
Maudsley Charity	0	2,559	2,559
PostCode Lottery	0	15,600	15,600
Salway Fund - London Community Foundation	5,000	0	5,000
Southwark Council	0	9,250	9,250
Southwark NHS CCG	20,000	0	20,000
Southwark Healthy London Art Fund	0	5,280	5,280
Southwark Mayor's Fund	0	1,300	1,300
Surrey Dispensary Fund	0	9,450	9,450
The Fore	0	3,500	3,500
The Wellcome Trust	0	43,206	43,206
Woodward Trust	0	1,000	1,000
Total from charitable activities	37,000	225,773	262,773

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2021

Prior year comparative	Unrestricted funds £	Restricted funds £	2020 Total £
<i>Grants and service level agreements</i>			
29th May 1961 Charitable Trust	3,000	0	3,000
BMA Giving	0	5,000	5,000
Borough, Bankside and Walworth Community Neighbourhood Funds	0	9,500	9,500
City of London Corporation	0	40,000	40,000
GVC Ladbroke's - London Community Foundation	0	10,000	10,000
London Borough Hackney	0	19,807	19,807
Lloyds Foundation	0	29,767	29,767
Good Neighbourhood Fund - London Community	0	10,000	10,000
Maudsley Charity	0	2,216	2,216
Merchant Taylors' Company	0	9,500	9,500
The Mercers' Company	0	19,770	19,770
Salway Fund - London Community Foundation	3,500	0	3,500
Southwark Council	0	12,275	12,275
Southwark NHS CCG	20,000	0	20,000
Wakefield and Tetley Trust	0	4,465	4,465
The Wellcome Trust	0	54,010	54,010
Total from charitable activities	26,500	226,310	252,810

5 Income from other trading activities

	Unrestricted funds £	Restricted funds £	2021 Total £	2020 Total £
Dragon Café food and drink sales	0	0	0	13,469
New creative business streams	400	0	400	2,179
Total from other trading activities	400	0	400	15,648

All income from donations and legacies in 2020 was unrestricted.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2021

6. Government grants

The charitable company receives government grants, defined as funding from local authorities (Southwark Council), to fund charitable activities. The total value of such grants in the period ending 30 April 2021 was £10,550 (2020: £32,082). There are no unfulfilled conditions or contingencies attaching to these grants.

7 Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2021 Total £
Programming and project - freelance	0	43,366	10,500	53,866
Creative team - freelance	0	28,043	0	28,043
Business developments	0	73,724	0	73,724
Activity costs	0	23,452	0	23,452
Dragon Café ingredients	0	0	0	0
Rent	0	3,470	237	3,707
Accountancy	0	0	9,597	9,597
Volunteer expenses and training	0	8,426	0	8,426
Transport	0	365	0	365
Administration	3,662	13,178	25	16,865
Finance	0	0	1,200	1,200
Equipment and materials	0	1,857	0	1,857
Marketing	0	1,818	28	1,846
	3,662	197,699	21,587	222,948
Allocation of support costs	393	21,194	(21,587)	0
Total expenditure	4,055	218,893	0	222,948

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2021

Prior year comparative	Raising funds £	Charitable activities £	Support and governance costs £	2020 Total £
Programming and project - freelance	0	21,280	0	21,280
Creative team - freelance	0	75,487	0	75,487
Business developments	0	95,572	0	95,572
Activity costs	0	21,777	0	21,777
Dragon Café ingredients	7,132	0	0	7,132
Rent	0	19,128	0	19,128
Accountancy	0	0	1,044	1,044
Volunteer expenses and training	0	10,040	0	10,040
Transport	0	0	0	0
Administration	3,326	0	4,280	7,606
Finance	0	0	5,095	5,095
Equipment and materials	0	4,038	0	4,038
Marketing	0	1,909	3,000	4,909
	10,458	249,231	13,419	273,108
Allocation of support costs	541	12,878	(13,419)	0
Total expenditure	10,999	262,109	0	273,108

8 Net movement in funds

This is stated after charging:

	2021 £	2020 £
Trustees' reimburse expenses	227	730
Independent examination fee	1,200	1,200
	1,427	1,930

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2021

9 Staff costs and numbers

No employee received remuneration amounting to more than £60,000 in either year.

The key management personnel of the charity comprise the Trustees. The total employee benefits of the key management personnel were £nil (2019: £nil).

10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

9 TANGIBLE FIXED ASSETS

	Office Equipment £
Cost	
At 1 May 2020 and at 30 April 2021	<u>4,063</u>
Depreciation	
At 1 May 2020 and at 30 April 2021	<u>4,063</u>
Net book value	
At 30 April 2021	<u>0</u>
At 30 April 2020	<u>0</u>

12 Debtors

	2021 £	2020 £
Trade debtors		0
Other debtors	10,000	1,373
	<u>10,000</u>	<u>1,373</u>

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2021

13 Creditors: amounts falling

	2021	2020
	£	£
Trade creditors	14,547	24,927
Accruals	1,338	1,044
Deferred income (see note 14)	0	0
	15,885	25,971

14 Deferred income

	2021	2020
	£	£
At 1 May 2020		
Deferred during the year	0	0
Released during the year		
At 30 April 2021	0	0

15 Analysis of net assets between funds

	Unrestricted General £	Unrestricted Designated £	Restricted £	2021 Total £
Fixed assets	0	0	0	0
Current assets	77,273	19,000	116,970	213,243
Current liabilities	(15,885)	0	0	(15,885)
Net assets at 30 April 2020	61,388	19,000	116,970	197,358

	Unrestricted General £	Unrestricted Designated £	Restricted £	2020 Total £
Fixed assets	0	0	0	0
Current assets	86,687	0	96,038	182,725
Current liabilities	(25,971)	0	0	(25,971)
Net assets at 30 April 2019	60,716	0	96,038	156,754

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2021

16 Movements in funds

	At 1 May 2020	Income	Expenditure	Funds transfer	At 30 April 2021
	£	£	£	£	£
Unrestricted Funds					
Designated funds	0	0	0	19,000	19,000
General funds	60,716	37,779	(18,107)	(19,000)	61,388
Total unrestricted funds	60,716	37,779	(18,107)	0	61,388
Restricted Funds					
Better Bankside	0	500	(128)	0	372
Borough, Bankside and Walworth	4,300	3,763	(8,063)	0	0
Community Neighbourhood Funds					
Charities Aid Foundation	0	4,606	(4,606)	0	0
City of London Corporation	2,903	40,000	(32,230)	0	10,673
Good Neighbourhood Fund - London	2,727	0	(2,727)	0	0
Community Foundation					
Guy's and St Thomas' Charity	13,548	22,524	(36,072)	0	0
GVC Ladbroke's - London Community	9,450	0	(8,529)	0	921
Foundation					
Healthy London Partnership	0	5,280	(5,280)	0	0
Lloyds Bank Foundation	0	29,767	(29,767)	0	0
London Borough of Hackney	5,451	0	(761)	0	4,690
London Borough of Southwark	0	9,250	(9,250)	0	0
London Community Response Fund -	0	30,468	(20,468)	0	10,000
London Community Foundation					
Maudsley Charity	1,216	2,559	(2,559)	0	1,216
Peabody Trust - London Community	1,178	0	(1,178)	0	0
Foundation					
People's Postcode Lottery	0	15,600	0	0	15,600
Southwark Community Christmas 2020	0	1,300	(1,300)	0	0
Surrey Dispensary	0	9,450	(9,450)	0	0
The Cicely Northcote Trust	0	3,000	0	0	3,000
The Fore	0	3,500	(3,500)	0	0
The Mercers' Company	5,392	0	(5,392)	0	0
The Tudor Trust	3,000	0	(3,000)	0	0
The Wellcome Trust	46,873	43,206	(19,581)	0	70,498
The Woodland Trust	0	1,000	(1,000)	0	0
Total restricted Fund	96,038	225,773	(204,841)	0	116,970

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2021

Total funds	156,754	263,552	(222,948)	0	178,358
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Purposes of restricted funds

Better Bankside	Digital Poverty
Borough, Bankside and Walworth Community Neighbourhood Funds	Song writing and singing Southwark Rebel Woman
Charities Aid Foundation	Supporting core costs of The Dragon Café
City of London Corporation	Running the Dragon Café in the City in Shoe Lane Library
Good Neighbourhood Fund - London Community Foundation	Well being activities at The Dragon Café
Guy's and St Thomas' Charity	Recreate Psychiatry Project
GVC Ladbroke's - London Community Foundation	Wellbeing Events for Men
Healthy London Partnership	Arts and mental health
Lloyds Bank Foundation	Supporting sustainability of Mental Fight Club and Recreate Psychiatry
London Borough of Hackney	Supporting Wellbeing in Small businesses in the City of London
London Borough of Southwark	The Dragon Café
London Community Response Fund - London Community Foundation	Virtual Dragon Café Activities
Maudsley Charity	Training and wellbeing activities at The Dragon Café

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2021

Peabody Trust- London Community Foundation	Pop up wellbeing Activities for Peabody Residents
People's Postcode Lottery	Wellbeing events in the City of London - 2021/22
Southwark Community Christmas 2020	The Dragon Café activities over Christmas period 2020
Surrey Dispensary	Virtual Dragon Café activities
The Cicely Northcote Trust	Virtual Dragon Café activities 2021/22
The Fore	Training and Policies Update
The Mercers' Company	Well being activities at The Dragon Café
The Tudor Trust	ReCreate Psychiatry Project
The Wellcome Trust	Create, Relate, Integrate - Lived Experience and Researchers working together
The Woodward Charitable Trust	Supporting volunteers

Purposes of designated funds: Designated funds of £19k ring fenced for MFC events.

Mental Fight Club
Notes to the financial statements
For the year ended 30 April 2021

Prior year comparative	At 1 May 2019 £	Income £	Expenditure £	Funds transfer	At 30 April 2020 £
Unrestricted Funds					
General funds	71,140	47,780	(58,204)	0	60,716
Total unrestricted funds	71,140	47,780	(58,204)	0	60,716
Restricted Funds					
Awards for All	2,727	0	(2,727)	0	0
BMA Giving	0	5,000	(5,000)	0	0
Borough, Bankside and Walworth Community Neighbourhood Funds	0	9,500	(5,200)	0	4,300
Canterbury Christchurch	3,284	0	(3,284)	0	0
City of London Corporation	0	40,000	(37,097)	0	2,903
Garfield Weston	15,000	0	(15,000)	0	0
Good Neighbourhood Fund - London Community Foundation	2,727	10,000	(10,000)	0	2,727
Guy's and St Thomas' Charity	25,077	0	(11,529)	0	13,548
GVC Ladbrokes -London Community Foundation	0	10,000	(550)	0	9,450
London Borough of Hackney	0	19,807	(14,356)	0	5,451
Lloyds Bank Foundation	0	29,767	(29,767)	0	0
Maudsley Charity	0	2,216	(1,000)	0	1,216
Merchant Taylors' Company	0	9,500	(9,500)	0	0
The Mercers' Company	5,392	19,770	(19,770)	0	5,392
Peabody Trust - London Community Foundation	10,000	0	(8,822)	0	1,178
London Borough of Southwark	0	12,275	(12,275)	0	0
Tesco Bags of Help	1,000	0	(1,000)	0	0
Wakefield and Tetley	0	4,465	(4,465)	0	0
The Tudor Trust	19,425	0	(16,425)	0	3,000
The Wellcome Trust	0	54,010	(7,137)	0	46,873
Total restricted Fund	84,632	226,310	(214,904)	0	96,038
Total funds	155,772	274,090	(273,108)	0	156,754

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2021

17. Related party transactions

There were no related party transactions during the current or prior reporting period.

12 Financial instruments

	2021	2020
	£	£
Financial assets measured at amortised cost	214,520	182,725
Financial liabilities measured at amortised cost	(19,483)	(25,971)
	195,037	156,754

Financial assets measured at amortised cost comprise cash and cash equivalents, trade debtors, accrued income and other debtors.

Financial liabilities measured at amortised cost comprise trade creditors, accruals, deferred income and other creditors