

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

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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

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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

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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:

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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:

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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', is positioned above the printed name of the trustee.

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.

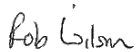
Independent examiner's statement

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.

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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

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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
	£	£	£
<i>Grants and service level agreements</i>			
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

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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.

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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

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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					
Community Foundation	2,727	0	(2,727)	0	0
Guy's and St Thomas' Charity	13,548	22,524	(36,072)	0	0
GVC Ladbroke's - London Community					
Foundation	9,450	0	(8,529)	0	921
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 -					
London Community Foundation	0	30,468	(20,468)	0	10,000
Maudsley Charity	1,216	2,559	(2,559)	0	1,216
Peabody Trust - London Community					
Foundation	1,178	0	(1,178)	0	0
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