

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	The Co-operative Bank Plc
	London Bridge 10 Southwark Street London Bridge SE1 1TT	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 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

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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.

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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

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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

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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

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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

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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.

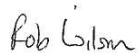
Independent examiner's statement

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.

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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.

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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)	-

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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