

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**

---

|                             |                                                                                                                                             |                                                                                      |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>Charity number</b>       | 1158926                                                                                                                                     |                                                                                      |
| <b>Registered office</b>    | CAN Mezzanine<br>7 - 14 Great Dover Street<br>London<br>SE1 4YR                                                                             |                                                                                      |
| <b>Trustees</b>             | Martin Ball<br>Lamis Bayar<br>Grace Smith<br>Dr Elinor Wyn Hynes                                                                            |                                                                                      |
| <b>Bankers</b>              | NatWest Bank Plc<br>London Bridge<br>10 Southwark Street<br>London Bridge<br>SE1 1TT                                                        | The Co-operative Bank Plc<br>PO Box 101<br>1 Balloon Street<br>Manchester<br>M60 4EP |
| <b>Independent examiner</b> | Godfrey Wilson Limited<br>Chartered accountants and statutory auditors<br>5th Floor Mariner House<br>62 Prince Street<br>Bristol<br>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 10<sup>th</sup> 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 2<sup>nd</sup> 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                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Increase Demand for services as a result of COVID</p> <p>Impact: ongoing risk as more people experiencing mental ill health</p> | <p>Providing a blended provision to maximise take up for beneficiaries'.</p> <p>Location of Dragon Cafe reviewed regularly to maximize space for increasing number of attendees</p>         | <p>Updated Safeguarding policy including online events</p>                                                                                                  |
| <p>Economic Impact: very highly competitive fundraising landscape</p>                                                              | <p>Keeping financial position and fundraising approaches drawn under constant review.</p> <p>Managing the charity's ability to remain a going concern.</p> <p>Planning for uncertainty.</p> | <p>Fundraising strategy and plan is in place. Targeting a wide range of potential funders for</p> <p>Mental Fight Club increasing diversity of funding.</p> |
| <p>Dependency on small number of staff</p>                                                                                         | <p>Increasing the number of staff and number of volunteers</p>                                                                                                                              | <p>Monitor delivery, progress and retention.</p>                                                                                                            |



# Mental Fight Club

## Report of the trustees

### For the year ended 30 April 2023

|                                                         |                                                                                                               |                                    |
|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------|
| Reputational Risk:<br>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 |
|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------|

## 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').

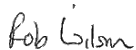
I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### **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<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total Funds<br>2023<br>£ | Total Funds<br>2022<br>£ |
|----------------------------------|----------|----------------------------|--------------------------|--------------------------|--------------------------|
|                                  | Notes    |                            |                          |                          |                          |
| <b>Income from :</b>             |          |                            |                          |                          |                          |
| 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                      |
| <b>Total Income</b>              |          | <b>45,275</b>              | <b>142,985</b>           | <b>188,260</b>           | <b>179,179</b>           |
| <b>Expenditure on:</b>           |          |                            |                          |                          |                          |
| Raising funds                    |          | 11,851                     | -                        | 11,851                   | 1,591                    |
| Charitable activities            |          | 34,024                     | 138,635                  | 172,659                  | 239,277                  |
| <b>Total Expenditure</b>         | <b>7</b> | <b>45,875</b>              | <b>138,635</b>           | <b>184,510</b>           | <b>240,868</b>           |
| <b>Net Income/ (expenditure)</b> |          | <b>(600)</b>               | <b>4,350</b>             | <b>3,750</b>             | <b>(61,689)</b>          |
| <b>Transfer between funds</b>    |          | -                          | -                        | -                        | -                        |
| <b>Net Movement in funds</b>     |          | <b>(600)</b>               | <b>4,350</b>             | <b>3,750</b>             | <b>(61,689)</b>          |
| <b>Reconciliation of funds:</b>  |          |                            |                          |                          |                          |
| Funds brought forward            |          | 89,956                     | 45,713                   | 135,669                  | 197,358                  |
| <b>Funds carried forward</b>     |          | <b>89,356</b>              | <b>50,063</b>            | <b>139,419</b>           | <b>135,669</b>           |

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<br>£             | £ | 2022<br>£             |
|------------------------------------------------|-------|----------|-----------------------|---|-----------------------|
| <b>CURRENT ASSETS</b>                          |       |          |                       |   |                       |
| 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>       |   |                       |
| <b>NET CURRENT ASSETS</b>                      |       |          | <u>139,419</u>        |   | <u>135,669</u>        |
| <b>NET ASSETS TOTALS</b>                       | 12    |          | <u><b>139,419</b></u> |   | <u><b>135,669</b></u> |
| <b>THE FUNDS OF THE CHARITY</b>                |       |          |                       |   |                       |
| Restricted funds                               |       |          | 50,063                |   | 45,713                |
| Unrestricted funds:                            |       |          |                       |   |                       |
| Designated funds                               |       |          | 16,500                |   | 19,000                |
| General funds                                  |       |          | 72,856                |   | 70,956                |
| <b>TOTAL CHARITY FUNDS</b>                     |       |          | <u><b>139,419</b></u> |   | <u><b>135,669</b></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**

|                              | <b>Unrestricted<br/>Funds<br/>£</b> | <b>Restricted<br/>Funds<br/>£</b> | <b>Total Funds<br/>2022<br/>£</b> |
|------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|
| 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                 | <b>27,017</b>                       | <b>152,162</b>                    | <b>179,179</b>                    |
| Expenditure on:              |                                     |                                   |                                   |
| Raising funds                | 1,591                               | -                                 | 1,591                             |
| Charitable activities        | 15,858                              | 223,419                           | 239,277                           |
| Total Expenditure            | <b>17,449</b>                       | <b>223,419</b>                    | <b>240,868</b>                    |
| Net Income / (expenditure)   | <b>9,568</b>                        | <b>(71,257)</b>                   | <b>(61,689)</b>                   |
| Transfer between funds       | -                                   | -                                 | -                                 |
| Net Movement in funds        | <b>9,568</b>                        | <b>(71,257)</b>                   | <b>(61,689)</b>                   |
| Reconciliation of funds:     |                                     |                                   |                                   |
| Funds brought forward        | 80,388                              | 116,970                           | 197,358                           |
| Funds carried forward        | <b>89,956</b>                       | <b>45,713</b>                     | <b>135,669</b>                    |

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

**3 Income from donation and legacies**

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

All income from donations and legacies in 2022 was unrestricted.

**4 Income from charitable activities**

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

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

|                                                              | Unrestricted funds | Restricted funds | 2022 Total     |
|--------------------------------------------------------------|--------------------|------------------|----------------|
|                                                              | £                  | £                | £              |
| <b>Prior year comparative</b>                                |                    |                  |                |
| <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         |
| <b>Total from charitable activities</b>                      | <b>25,402</b>      | <b>152,162</b>   | <b>177,564</b> |

**5 Income from other trading activities**

|                                            | Unrestricted funds | Restricted funds | Total 2023   | Total 2022 |
|--------------------------------------------|--------------------|------------------|--------------|------------|
|                                            | £                  | £                | £            | £          |
| New creative business streams              | 6,527              | -                | 6,527        | -          |
| <b>Total from other trading activities</b> | <b>6,527</b>       | <b>-</b>         | <b>6,527</b> | <b>-</b>   |

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<br>funds<br>£ | Charitable<br>activities<br>£ | Support and<br>governance<br>costs<br>£ | 2023<br>Total<br>£ |
|-------------------------------------|-----------------------|-------------------------------|-----------------------------------------|--------------------|
| 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)                                | -                  |
| <b>Total expenditure</b>            | <b>11,851</b>         | <b>172,659</b>                | <b>-</b>                                | <b>184,510</b>     |

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

| Prior year comparative              | Raising funds<br>£ | Charitable activities<br>£ | Support and governance costs<br>£ | 2022 Total<br>£ |
|-------------------------------------|--------------------|----------------------------|-----------------------------------|-----------------|
| 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<br>£    | 2022<br>£    |
|-------------------------------|--------------|--------------|
| Trustees' reimbursed expenses | 817          | 695          |
| Independent examination fee   | 1,230        | 1,200        |
|                               | <b>2,047</b> | <b>1,895</b> |

**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        |
|                                            | <b>98,373</b> | <b>92,155</b> |

**Average head count in the year**

|              | 2023     | 2022     |
|--------------|----------|----------|
|              | £        | £        |
| Staff member | 2        | 2        |
| Freelancer   | 1        | 1        |
|              | <b>3</b> | <b>3</b> |

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         |
|                 | <b>16,958</b> | <b>20,230</b> |

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

---

**12 Analysis of net assets between funds**

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

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

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

**13 Movements in funds**

|                                                                                         | At 1 May<br>2022<br>£ | Income<br>£    | Expenditure<br>£ | At 30 April<br>2023<br>£ |
|-----------------------------------------------------------------------------------------|-----------------------|----------------|------------------|--------------------------|
| <b>Unrestricted Funds</b>                                                               |                       |                |                  |                          |
| <b>Designated Funds</b>                                                                 | 19,000                | -              | (2,500)          | 16,500                   |
| General Funds                                                                           | 70,956                | 45,275         | (43,375)         | 72,856                   |
| <b>Total Unrestricted Funds</b>                                                         | <b>89,956</b>         | <b>45,275</b>  | <b>(45,875)</b>  | <b>89,356</b>            |
| <b>Restricted Funds</b>                                                                 |                       |                |                  |                          |
| Borough, Bankside and Walworth<br>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 -<br>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<br>(including Bromfield Educational<br>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)          | -                        |
| <b>Total Restricted Funds</b>                                                           | <b>45,713</b>         | <b>142,985</b> | <b>(138,635)</b> | <b>50,063</b>            |
| <b>Total Funds</b>                                                                      | <b>135,669</b>        | <b>188,260</b> | <b>(184,510)</b> | <b>139,419</b>           |



# **Mental Fight Club**

## **Notes to the financial statements**

### **For the year ended 30 April 2023**

---

#### **Purposes of the restricted funds**

|                                                                     |                                                                              |
|---------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Borough, Bankside and Walworth Community Neighbourhood Funds</b> | 10th Birthday Celebrations for Dragon Cafe                                   |
| <b>City of London Corporation</b>                                   | Running the Dragon Café in the City at Shoe Lane Library                     |
| <b>Fleet Street Quarter</b>                                         | Dragon Café in the City events                                               |
| <b>London Catalyst Partnering with St Johns</b>                     | Dragon Café in Lambeth Pilot                                                 |
| <b>London Borough of Southwark</b>                                  | The Dragon Café                                                              |
| <b>London Community Response Fund - London Community Foundation</b> | Supporting cost of Living increases                                          |
| <b>London Borough of Hackney</b>                                    | Supporting Wellbeing in Small businesses in the City of London               |
| <b>Lloyds Bank Foundation</b>                                       | Supporting the sustainability of Mental Fight Club and projects              |
| <b>People's Postcode Lottery</b>                                    | Dragon Café Activities                                                       |
| <b>St Andrew Holborn and Stafford's Charity</b>                     | Running the Dragon Café in the City at Shoe Lane Library                     |
| <b>Southwark NHS ICS</b>                                            | Dragon Café Costs in Southwark                                               |
| <b>Surrey Dispensary</b>                                            | Dragon Café activities                                                       |
| <b>The National Lottery Community Fund</b>                          | Dragon Café activities                                                       |
| <b>The Wellcome Trust</b>                                           | Create, Relate, Integrate -Lived Experience and researchers working together |
| <b>United St Saviours</b>                                           | 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<br>2021<br>£ | Income<br>£    | Expenditure<br>£ | At 30 April<br>2022<br>£ |
|--------------------------------------------------------------|-----------------------|----------------|------------------|--------------------------|
| <b>Unrestricted Funds</b>                                    |                       |                |                  |                          |
| Designated Funds                                             | 19,000                | -              | -                | 19,000                   |
| General Funds                                                | 61,388                | 27,017         | (17,449)         | 70,956                   |
| <b>Total Unrestricted Funds</b>                              | <b>80,388</b>         | <b>27,017</b>  | <b>(17,449)</b>  | <b>89,956</b>            |
| <b>Restricted Funds</b>                                      |                       |                |                  |                          |
| 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                                           |                       |                |                  |                          |
| <b>Total Restricted Funds</b>                                | <b>116,970</b>        | <b>152,162</b> | <b>(223,419)</b> | <b>45,713</b>            |
| <b>Total Funds</b>                                           | <b>197,358</b>        | <b>179,179</b> | <b>(240,868)</b> | <b>135,669</b>           |

**14 Related party transactions**

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