

Charity no. 1158926

Mental Fight Club
Report and Unaudited Financial Statements
30 April 2024

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

Charity number 1158926

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

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

Trustees Martin Ball
Lamis Bayar
Grace Smith
Dr Elinor Wyn Hynes

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

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

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

GOVERNANCE AND STRUCTURE

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

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

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

PUBLIC BENEFIT STATEMENT

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

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

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

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

ACHIEVEMENTS AND PERFORMANCE

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

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

Mental Fight Club

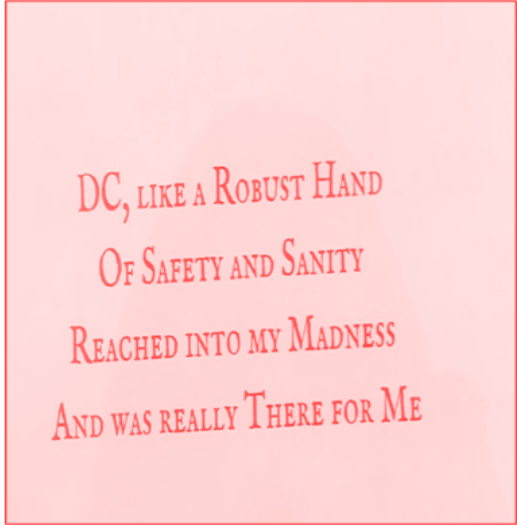
Report of the trustees

For the year ended 30 April 2024

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

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

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



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

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

MFC impacts

Our attendees have told us:

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

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

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

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Report of the trustees

For the year ended 30 April 2024

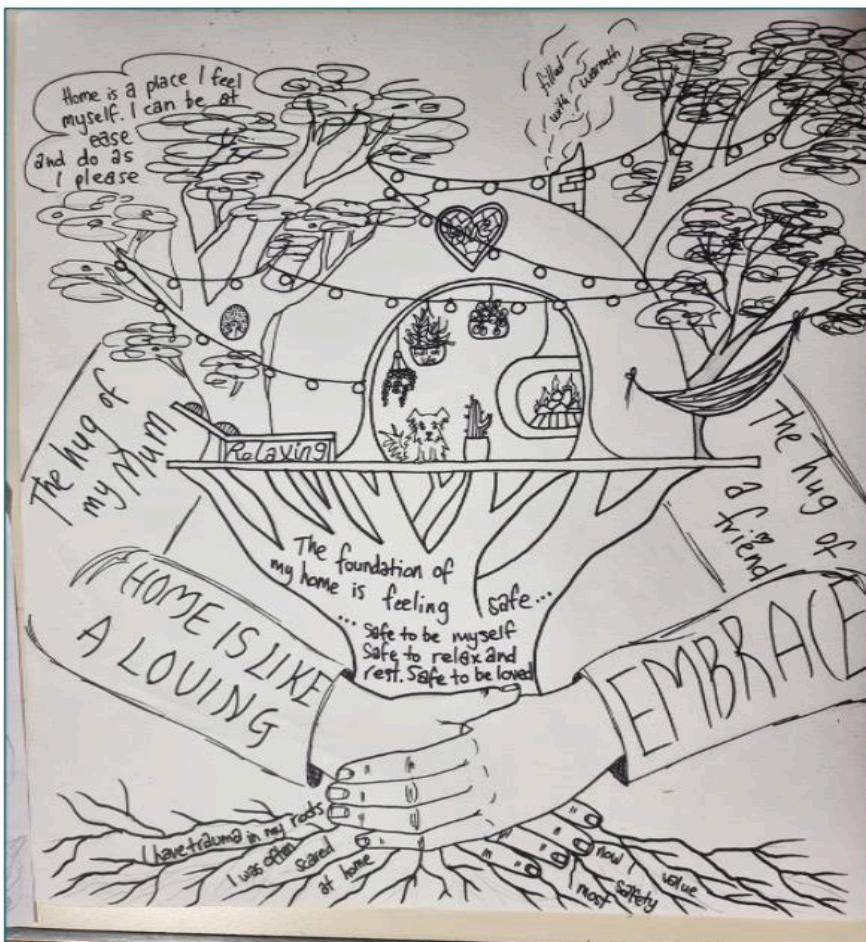
Southwark Award

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

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

Creative Writing at The Dragon Café

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



Tangible Things – An exploration of drawing and mental health.

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

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

Dragon Café Singing Activities

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

Gong Baths at The Dragon Café

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

Windrush celebration in music

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

Theatre at The Dragon Café - Construction Site.

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

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

Dance at The Dragon Café

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

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

MFC Presents with The Bridge At Waterloo



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

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



Mental Fight Club

Report of the trustees

For the year ended 30 April 2024



Community Activities

The First Big London Song Share for Inclusive Choirs

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

Southwark's Hidden History Ballad Walk

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

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

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

Dragon Café in the City

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

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

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

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

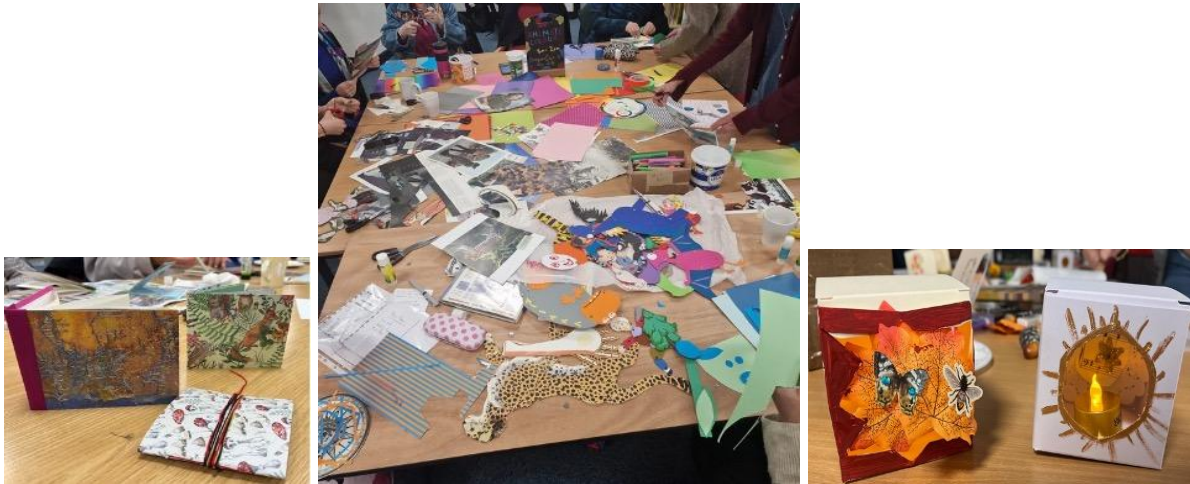
Feedback from participants rated the activities at 4.8 out of 5, and they commented on the activities as being “Positive, inclusive, warm and very creative. Very well taught and managed”.



Mental Fight Club

Report of the trustees

For the year ended 30 April 2024



FINANCIAL REVIEW

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

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

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

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

Going Concern Statement

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

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

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

Reserves policy

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

Risks

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

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

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

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

PLANS FOR FUTURE PERIODS

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

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

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

Mental Fight Club

Report of the trustees

For the year ended 30 April 2024

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

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

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

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

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

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

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

Independent examiners

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

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



Grace Smith - Trustee

Independent examiner's report

To the trustees of Mental Fight Club

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

William Guy Blake

William Guy Blake ACA
Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Date: 4 February 2025

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

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

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

Mental Fight Club
Balance sheet
As at 30 April 2024

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

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

GES:tl

Grace Smith - Trustee

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2024

1. Accounting policies

a) Basis of preparation

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

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

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

b) Going concern basis of accounting

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

c) Income

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

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

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

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

d) Donated services and facilities

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

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2024

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

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

e) Interest receivable

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

f) Funds accounting

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

g) Expenditure and irrecoverable VAT

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

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

h) Allocation of support costs

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

Raising funds	9.0%
Charitable activities	91.0%

i) Tangible fixed assets

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

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

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2024

j) Debtors

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

k) Cash at bank and in hand

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

l) Creditors

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

m) Financial instruments

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

n) Accounting estimates and key judgements

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

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

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

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

2 Prior year SOFA Comparison

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

3 Income from donation and legacies

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

All income from donations and legacies in 2023 was unrestricted.

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

4 Income from charitable activities

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

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

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

5 Income from other trading activities

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

All income from other trading activities in 2023 was unrestricted.

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2024

6 Government grants

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

7 Total expenditure

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

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

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

8 Net movement in funds

This is stated after charging:

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

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

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

9 Staff costs and numbers

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

Average Head Count in the Year

	2024	2023
Staff members	3	2
Freelancer	1	1
	4	3

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

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

10 Taxation

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

11 Debtors

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

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

12 Creditors: amounts falling due within 1 year

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

13 Analysis of net assets between funds

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

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

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

14 Movements in funds

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

Mental Fight Club

Notes to the financial statements

For the year ended 30 April 2024

Purpose of the restricted funds

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

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

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

Prior year comparative

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

15 Related party transactions

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