

Charity no. 1158926

**Mental Fight Club**  
**Report and Unaudited Financial Statements**  
**30 April 2025**

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

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**Charity number** 1158926

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

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

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

**Honorary Treasurer** Grace Smith (appointed 1st July 2025)

|                |                                                                                      |                                                                                      |
|----------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <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 |
|----------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|

**Independent examiner** Godfrey Wilson Limited  
Chartered accountants and statutory auditors  
5th Floor Mariner House  
62 Prince Street  
Bristol  
BS1 4QD

# **Mental Fight Club**

## **Report of the trustees**

### **For the year ended 30 April 2025**

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

## **GOVERNANCE AND STRUCTURE**

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

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

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

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

## **PUBLIC BENEFIT STATEMENT**

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

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

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

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

# Mental Fight Club

## Report of the trustees

### For the year ended 30 April 2025

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## ACHIEVEMENTS AND PERFORMANCE

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

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

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



### Improving lives

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

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

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



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

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**Enhancing our creative programme**

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

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

# Mental Fight Club

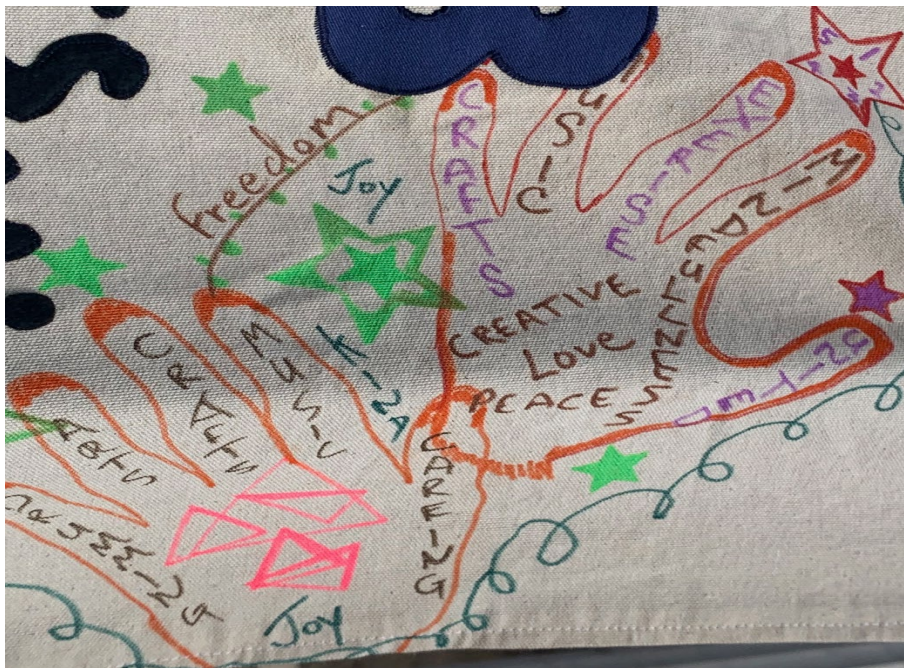
## Report of the trustees

### For the year ended 30 April 2025

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

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



#### Dragon Cafe highlights

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



# Mental Fight Club

## Report of the trustees

### For the year ended 30 April 2025

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

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

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

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

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

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

# **Mental Fight Club**

## **Report of the trustees**

### **For the year ended 30 April 2025**

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

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

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

#### **Dragon Café in the City**

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

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

#### **MFC Presents**

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

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



# **Mental Fight Club**

## **Report of the trustees**

### **For the year ended 30 April 2025**

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

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

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

## **Charity Governance and Development**

### **Training**

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

### **Business Planning**

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

### **Independent Review of our feedback**

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

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

# **Mental Fight Club**

## **Report of the trustees**

### **For the year ended 30 April 2025**

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

## **FINANCIAL REVIEW**

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

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

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

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

# **Mental Fight Club**

## **Report of the trustees**

### **For the year ended 30 April 2025**

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#### **Going Concern Statement**

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

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

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

#### **Reserves policy**

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

#### **Risks**

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

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

# Mental Fight Club

## Report of the trustees

### For the year ended 30 April 2025

|                                                                              |                                                                                                                                                                                                                                          |                                                                                                                                                             |
|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Economic Impact:<br>continuing very highly competitive fundraising landscape | <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>Making efficiency savings as required</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> |
| Dependency on small number of staff                                          | Increasing the number of staff and number of volunteers                                                                                                                                                                                  | Monitor delivery, progress and retention.                                                                                                                   |
| 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.                                                                                                                            | Using regular use of a variety of social media platforms.                                                                                                   |

## PLANS FOR FUTURE PERIODS

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

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

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



# **Mental Fight Club**

## **Report of the trustees**

### **For the year ended 30 April 2025**

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## **STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES**

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

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

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

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

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

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

### **Independent examiners**

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

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



Martin Ball – Trustee



Grace Smith - Honorary Treasurer

# **Independent examiner's report**

## **To the trustees of Mental Fight Club**

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

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

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

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

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

*William Guy Blake*

**William Guy Blake ACA**

**Member of the ICAEW**

For and on behalf of:

**Godfrey Wilson Limited**

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Date: 30 October 2025

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

|                                  | Notes    | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total Funds<br>2025<br>£ | Total Funds<br>2024<br>£ |
|----------------------------------|----------|----------------------------|--------------------------|--------------------------|--------------------------|
| <b>Income from :</b>             |          |                            |                          |                          |                          |
| Donations and legacies           | 3        | 19,465                     | -                        | 19,465                   | 24,984                   |
| Charitable activities            | 4        | 21,290                     | 146,623                  | 167,913                  | 156,740                  |
| Other trading activities         | 5        | 1,255                      | -                        | 1,255                    | 18,953                   |
| Investments income               |          | 3,255                      | -                        | 3,255                    | 2,613                    |
| <b>Total Income</b>              |          | <b>45,265</b>              | <b>146,623</b>           | <b>191,888</b>           | <b>203,290</b>           |
| <b>Expenditure on:</b>           |          |                            |                          |                          |                          |
| Raising funds                    |          | 5,903                      | -                        | 5,903                    | 18,395                   |
| Charitable activities            |          | 45,844                     | 135,759                  | 181,603                  | 186,682                  |
| <b>Total Expenditure</b>         | <b>7</b> | <b>51,747</b>              | <b>135,759</b>           | <b>187,506</b>           | <b>205,077</b>           |
| <b>Net Income/ (expenditure)</b> |          | <b>(6,482)</b>             | <b>10,864</b>            | <b>4,382</b>             | <b>(1,787)</b>           |
| <b>Transfer between funds</b>    |          | -                          | -                        | -                        | -                        |
| <b>Net Movement in funds</b>     | <b>8</b> | <b>(6,482)</b>             | <b>10,864</b>            | <b>4,382</b>             | <b>(1,787)</b>           |
| <b>Reconciliation of funds:</b>  |          |                            |                          |                          |                          |
| Funds brought forward            |          | 85,216                     | 52,416                   | 137,632                  | 139,419                  |
| <b>Funds carried forward</b>     |          | <b>78,734</b>              | <b>63,280</b>            | <b>142,014</b>           | <b>137,632</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 14 to the accounts.

**Mental Fight Club**  
**Balance sheet**  
**As at 30 April 2025**

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

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

*Martin Ball*

Martin Ball – Trustee

*GESitt*

Grace Smith – Honorary Treasurer

# **Mental Fight Club**

## **Notes to the financial statements**

### **For the year ended 30 April 2025**

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#### **1. Accounting policies**

##### **a) Basis of preparation**

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

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

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

##### **b) Going concern basis of accounting**

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

##### **c) Income**

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

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

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

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

##### **d) Donated services and facilities**

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

# **Mental Fight Club**

## **Notes to the financial statements**

### **For the year ended 30 April 2025**

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

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

#### **e) Interest receivable**

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

#### **f) Funds accounting**

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

#### **g) Expenditure and irrecoverable VAT**

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

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

#### **h) Allocation of support costs**

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

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

#### **i) Tangible fixed assets**

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



# **Mental Fight Club**

## **Notes to the financial statements**

### **For the year ended 30 April 2025**

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Furniture and equipment      4 years straight line

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

#### **j) Debtors**

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

#### **k) Cash at bank and in hand**

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

#### **l) Creditors**

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

#### **m) Financial instruments**

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

#### **n) Accounting estimates and key judgements**

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

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

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

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

**2 Prior year SOFA Comparison**

|                                  |              | <b>Unrestricted<br/>Funds<br/>£</b> | <b>Restricted<br/>Funds<br/>£</b> | <b>Total Funds<br/>2024<br/>£</b> | <b>Total Funds<br/>2023<br/>£</b> |
|----------------------------------|--------------|-------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
|                                  | <b>Notes</b> |                                     |                                   |                                   |                                   |
| <b>Income from :</b>             |              |                                     |                                   |                                   |                                   |
| 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                             |
| <b>Total Income</b>              |              | <b>73,672</b>                       | <b>129,618</b>                    | <b>203,290</b>                    | <b>188,260</b>                    |
| <b>Expenditure on:</b>           |              |                                     |                                   |                                   |                                   |
| Raising funds                    |              | 18,395                              | -                                 | 18,395                            | 11,851                            |
| Charitable activities            |              | 59,417                              | 127,265                           | 186,682                           | 172,659                           |
| <b>Total Expenditure</b>         | <b>7</b>     | <b>77,812</b>                       | <b>127,265</b>                    | <b>205,077</b>                    | <b>184,510</b>                    |
| <b>Net Income/ (expenditure)</b> |              | <b>(4,140)</b>                      | <b>2,353</b>                      | <b>(1,787)</b>                    | <b>3,750</b>                      |
| <b>Transfer between funds</b>    |              | -                                   | -                                 | -                                 | -                                 |
| <b>Net Movement in funds</b>     | <b>8</b>     | <b>(4,140)</b>                      | <b>2,353</b>                      | <b>(1,787)</b>                    | <b>3,750</b>                      |
| <b>Reconciliation of funds:</b>  |              |                                     |                                   |                                   |                                   |
| Funds brought forward            |              | 89,356                              | 50,063                            | 139,419                           | 135,669                           |
| <b>Funds carried forward</b>     |              | <b>85,216</b>                       | <b>52,416</b>                     | <b>137,632</b>                    | <b>139,419</b>                    |

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

**3 Income from donation and legacies**

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

All income from donations and legacies in 2024 was unrestricted.

**4 Income from charitable activities**

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

# Mental Fight Club

## Notes to the financial statements

### For the year ended 30 April 2025

#### Prior year comparative

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

#### 5 Income from other trading activities

|                                            | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>2025<br>£ | Total 2024<br>£ |
|--------------------------------------------|----------------------------|--------------------------|--------------------|-----------------|
| New creative business streams              | 1,255                      | -                        | 1,255              | 18,953          |
| <b>Total from other trading activities</b> | <b>1,255</b>               | <b>-</b>                 | <b>1,255</b>       | <b>18,953</b>   |

All income from other trading activities in 2024 was unrestricted.

# Mental Fight Club

## Notes to the financial statements

### For the year ended 30 April 2025

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#### 6 Government grants

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

#### 7 Total expenditure

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

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

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

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

**8 Net movement in funds**

This is stated after charging:

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

Trustees reimbursed expenses related to travel costs.

# Mental Fight Club

## Notes to the financial statements

### For the year ended 30 April 2025

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#### 9 Staff costs and numbers

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

#### Average Head Count in the Year

|              | 2025     | 2024     |
|--------------|----------|----------|
| Staff Member | 3        | 3        |
| Freelancer   | 2        | 1        |
|              | <b>5</b> | <b>4</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 £17,100 (2024: £32,707)

#### 10 Taxation

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

#### 11 Debtors

|                | 2025<br>£  | 2024<br>£     |
|----------------|------------|---------------|
| Other debtors  | 556        | 530           |
| Accrued Income | -          | 18,900        |
|                | <b>556</b> | <b>19,430</b> |

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

**12 Creditors: amounts falling due within one year**

|                 | <b>2025</b>   | <b>2024</b>   |
|-----------------|---------------|---------------|
|                 | <b>£</b>      | <b>£</b>      |
| Trade creditors | 9,455         | 12,624        |
| Accruals        | 2,561         | 1,200         |
|                 | <b>12,016</b> | <b>13,824</b> |

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

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



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

**14 Movements in funds**

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

# Mental Fight Club

## Notes to the financial statements

### For the year ended 30 April 2025

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#### Purpose of the restricted funds

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

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

**Prior year comparative**

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

**15 Related party transactions**

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