

SPORT IN MIND

England & Wales · Charity number 1161323

Details

Status Registered

Legal form CIO

Registered 2015-04-20

Register [View on the Charity Commission register](#)

Contact

Address Sport In Mind
59 Church Street
Caversham
Reading
RG4 8AX

Phone 0300 102 1400

Email INFO@SPORTINMIND.ORG

Website www.sportinmind.org

Activities

Objects: 1. THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE EXPERIENCING MENTAL ILLNESS OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS THROUGH THE PROVISION OF OR ASSISTANCE IN PROVIDING FACILITIES TO ENABLE INDIVIDUALS TO PARTICIPATE IN SPORT AND OTHER PHYSICAL RECREATION. 2. TO ADVANCE THE EDUCATION OF THE PUBLIC ON THE SUBJECT OF MENTAL HEALTH.

Activities: Sport in Mind is the mental health charity that uses sport and exercise to improve the lives of people experiencing mental health problems. Our works promotes mental and physical wellbeing, aids recovery, combats social isolation, educates and empowers people to move their lives forward in a positive direction

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Amateur Sport, Economic/community Development/employment, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Blaenau Gwent
- Monmouthshire
- Rhondda Cynon Taff
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£1,047,137	£1,268,050	£1,214,721	25
2024-02-29	£1,177,551	£931,146	£1,435,634	22
2023-02-28	£1,145,537	£791,628	£1,189,229	16
2022-02-28	£679,024	£631,778	£835,319	12
2021-02-28	£964,286	£509,949	£788,073	8

Trustees

Name	Role	Appointed
PAUL MCADAM	Chair	2017-12-06
Andrew Holland		2024-07-01
Derek Peaple		2023-12-09
Gavin Newby		2025-03-27
Graham Bednash		2024-04-08
Helen Wannell		2025-03-27
Rachel Davies		2025-03-27
Rosalind Crowder		2019-10-03
keran sangha		2025-03-27

SPORT IN MIND

England & Wales - Charity number 1161323

Accounts

**REPORT OF THE TRUSTEES AND
AUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025
FOR
SPORT IN MIND**

Richardson Jones
Chartered Accountants &
Registered Auditors
Mercury House
19-21 Chapel Street
Marlow
Buckinghamshire
SL7 3HN

SPORT IN MIND

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SPORT IN MIND

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 28 FEBRUARY 2025

TRUSTEES

P McAdam
J Watson (resigned 28.3.24)
R Crowder
A Preece
J R N Herrera (resigned 27.3.25)
J Scott (resigned 1.12.24)
D Peaple
G Bednash (appointed 8.4.24)
A Holland (appointed 1.7.24)
Mrs K Sangha (appointed 27.3.25)
H Wannell (appointed 27.3.25)
R Davies (appointed 27.3.25)
G Newby (appointed 27.3.25)

PRINCIPAL ADDRESS

Sport in Mind
Rivermead Leisure Centre
Richfield Avenue
Reading

REGISTERED CHARITY NUMBER 1161323

AUDITORS

Richardson Jones
Chartered Accountants &
Registered Auditors
Mercury House
19-21 Chapel Street
Marlow
Buckinghamshire
SL7 3HN

BANKERS

HSBC Bank
Reading Branch
26 Broad Street
Reading
Berkshire
RG1 2BU

Virgin Money
160 Friar St
Reading
Berkshire
RG1 1HE

BANKERS

Nationwide Building Society
PO BOX 3
5-11 St Georges Street
Douglas
Isle of Man
IM99 1AS

CAF Bank Limited
25 Kings Hill Avenue Kings Hill,
West Malling, Kent ME19 4JQ

CHIEF EXECUTIVE OFFICER

N Harris

SPORT IN MIND
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 28 FEBRUARY 2025

OBJECTIVES AND ACTIVITIES

Our Aims and Objectives

Purposes and Aims

Sport in Mind's purpose, as set out in the objects contained in the charity's constitution, are:

- The relief of sickness and the preservation of health among people experiencing mental illness or in need of rehabilitation as a result of such illness through the provision of or assistance in providing facilities to enable individuals to participate in sport and other physical recreation.
- To advance the education of the public on the subject of mental health.

Ensuring our work delivers our aims

Sport in Mind reviews our aims, objectives and activities each year. The review looks at the service that we have provided and the outcomes our work has achieved in the previous twelve months; at the success of each activity delivered and the benefits they have brought to those groups of people we are established to help. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they set.

The focus of our work

We believe people experiencing mental health problems should have the same opportunities to engage in sport and physical activity as everyone else

We recognise that in order to provide the best possible service people with lived experience of mental health problems should play a key role in the development and delivery of our work

We believe that raising awareness of mental illness amongst the wider population is vital to reduce stigma.

Strategic Report

Our Mission:

'Our mission is to improve the lives of people experiencing mental health problems through sport and physical activity'

Our Values:

- S - Supportive - offering care and encouragement within a supportive environment
- P - Partnerships - working together and building strong relationships
- O - Optimism - giving hope and optimism
- R - Respect - giving respect to all
- T - Trust - promoting integrity, reliability and fairness

Our Strategic Goals:

1. Build upon our core success in Berkshire by expanding our direct service geographically and achieve a UK wide presence
2. Influence, educate and inspire as a national thought leader on the importance of physical activity for mental wellbeing
3. To be an accessible and inclusive organisation in all that we do
4. Increase capacity and resources to grow and sustain our impact

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on improving the lives of people experiencing mental health problems

Who used and benefited from our services

Sport in Mind delivers sport and physical activity interventions to improve the mental health of people in England and Wales, and educational programmes to enhance the public's understanding of mental health. The charity provides services in safe, supportive and accessible environments in order to help improve people's mental and physical health, aid recovery, build self-esteem, combat social isolation, learn new skills and empower individuals to move their lives forward in a positive direction.

SPORT IN MIND
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 28 FEBRUARY 2025

Achievements and Performance

During this year, Sport in Mind has continued its growth, providing the widest range of sport and physical activity sessions for people struggling with their mental health across the South of England and Wales ever seen. Across the thousands of sessions delivered this year, Sport in Mind has provided 40+ different sports and physical activities, following requests for new activities from our beneficiaries and the NHS. Demand for our inpatient and community sports services, and our educational programme has grown significantly with interest now from every county in England and Wales, and 35 countries globally.

Throughout the year we have continued to deliver sport and physical activity programmes for adults, children, young people and mums & babies struggling with their mental health, along with our educational programmes. All our programmes continue to be delivered with our long-term partner the NHS, with work taking place with Berkshire Healthcare NHS Foundation Trust, Oxford Health NHS Foundation Trust, Southern Health NHS Foundation Trust, Surrey & Borders NHS Foundation Trust, Sussex Partnership NHS Foundation Trust, Dorset Healthcare University NHS Foundation Trust, Devon Partnership NHS Trust, Cornwall Partnership NHS Trust, Avon and Wiltshire NHS Partnership, CNWL, Somerset Partnership NHS Foundation Trust, Aneurin Bevan Health Board, Cardiff and Vale University Health Board and Cwm Taf Morgannwg University Health Board.

In the past year we have:

- Helped over than 8,213 adults and children with mental health problems through sport and physical activity
- Delivered across 162 locations, covering 15 counties.
- Delivered in excess of 8,000 hours of supported sport and physical activity provision
- Distributed over 5,000 Wellbeing Journals and activity packs to help support children and adults struggling with their mental health
- Delivered 5 sports days
- Provided educational programmes to over 4,477 children and young people
- Provided volunteering opportunities for 370 people (those with and without lived experience of mental health problems)

This year's achievements have been extraordinary, powered by the unwavering dedication of our remarkable volunteers. Their commitment has enabled Sport in Mind to reach new heights, delivering life-changing support to communities across the country. Sport in Mind would like to extend our heartfelt thanks to every volunteer for their generosity, compassion, and tireless efforts-they are the golden thread running through our organisation.

Our volunteers have made a profound difference in countless ways:

- Leading and supporting sessions that foster physical and mental wellbeing
- Orchestrating innovative online campaigns to amplify our message
- Planning and executing impactful events
- Raising awareness and championing mental health in every corner of our community
- Driving fundraising initiatives that sustain our mission

Beyond our face-to-face programmes and educational outreach, our digital presence has grown by a fantastic 18% to 22,165 followers across Instagram, Meta, LinkedIn, X, and TikTok, reflecting the growing influence and reach of Sport in Mind. Social media impressions for the year were 1,525,589.

Financial Review

The Statement of Financial Activities, set out on page 8 reflects all incoming resources and expenditure in the year.

During this accounting period the Charitable Incorporated Organisation's (CIO) income was £1,047,137

Reserves Policy

The Trustees have carefully considered Sport in Mind's exposure to the risk of any significant loss of income or unforeseen cost. It is thus our policy to hold three months operating costs of the charity as reserves, totalling £317,012

Free reserves required: £317,012

Free reserves held: £411,858

The Trustees believe that this level of free reserves is sufficient for our current level of activity. These reserves are held in a low-risk interest bearing accounts with Virgin Money and Nationwide which has proven a prudent and effective course of action over the past few years.

SPORT IN MIND
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 28 FEBRUARY 2025

There was a total of £802,863 (2024: £944,869) of restricted reserves held at the year end.

Risk management

The Trustees Board have a duty to identify and review the risks to which the charity is exposed to ensure appropriate risk management processes are in place. The risk management process at Sport in Mind involves the identification and analysis of risks, their assessment in terms of potential impact and likelihood of materialization and the development of response strategies considering short, medium and long term outcomes, with a timeframe for mitigation that is compatible with the severity and speed of onset of each risk, in order to allow for an adequate reduction of exposure. These processes are reviewed periodically to ensure that they continue to meet the needs of the charity.

The cycle of risk management at Sport in Mind's has identified as key risks, the following: achievement of sustainable funding and partner retention, cybersecurity, a responsible attitude towards data protection, and the potential of circumstances affecting safeguarding, equality, and inclusion affecting our staff or consumer audiences.

Sport in Mind monitors its key risks and mitigation actions determined necessary to reduce exposure, aiming at achieving effectiveness and efficiency in their design, gathering information that may improve the overall Risk assessment process and constantly improving the process through the analysis of events, trends and changes in the external and internal contexts.

Investment Policy

Under the constitution the charity has the power to make any investments which the Trustees deem appropriate. The Trustees apply their judgement and expertise in making all decisions on investments. The majority of funds are held in instant access bank accounts with HSBC, CAF and Nationwide to give the necessary flexibility to enable the Trustees to quickly respond to changes in demand for services. The charity also holds funds in the following interest-bearing accounts - 35-day access Nationwide Account, Cambridge and Counties (6 month fixed rate bond) and United Trust Bank (1 year bond).

Future plans

The last year has proven an exciting time for the charity with demand continuing to grow rapidly for our services locally, nationally and globally. Sport in Mind continues to have a sound financial basis upon which to build for the future and over the next 12 months we seek to continue our plan to build new connections across England and Wales, and work closely with people with lived experience of mental health problems to shape our service and explore new opportunities in line with our 7-year strategy.

Structure, Governance and Management

Governing Document

Sport in Mind is governed by its constitution. The Board of Trustees is responsible for the overall governance of the charity and meet a minimum of four times a year. The quorum is three charity Trustees.

The present membership of the Board of Trustees is set out on page 1. A regular skills audit is carried out to ensure that the Trustee body has the appropriate mix of skills and experience. New Trustees receive an induction pack containing information about Sport in Mind and its work. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.

Election and re-election of Trustees is carried out by approval by the Board of Trustees. The Chief Executive is consulted regarding all appointments. Sport in Mind has always actively encouraged people with lived experience of mental illness to be involved in the charity's work and our board will ensure that at least one Trustee has personal experience of such conditions.

The trustees are responsible for the governance of the organisation. The management function rests with the Chief Executive, Neil Harris, who is responsible for ensuring the charity undertakes its services effectively and that the Trustees are kept well informed. The Chief Executive is assisted by a team of staff and volunteers. A staff pay structure is in place and reviewed regularly against market rates.

Reference and Administrative Details

Sport in Mind is a Charitable Incorporated Organisation (charity number 1161323) formed on 20th April 2015, having previously operated as an unincorporated charity of the same name for 4 years.

Details of Trustees and external advisers are given on page 1.

SPORT IN MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2025

FINANCIAL REVIEW

Going concern

At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,214,721 (2024: £1,435,634). As noted in the Trustees' Annual Report, the Trustees have considered the charity's status as a going concern and as a result of their work they consider that there are no material uncertainties about the charity's ability to continue as a going concern.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation (CIO), as defined by the Charities Act 2011.

EVENTS SINCE THE END OF THE YEAR

Information relating to events since the end of the year is given in the notes to the financial statements.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

Charity law requires the trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under charity law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. 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 estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and The Charity (Accounts and Reports) Regulations 2008. They 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.

10 / 12 / 2025

Approved by order of the board of trustees on and signed on its behalf by:



.....
P McAdam - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF SPORT IN MIND

Opinion

We have audited the financial statements of Sport in Mind (the 'charity') for the year ended 28 February 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 28 February 2025 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF SPORT IN MIND

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We gained an understanding of the legal and regulatory framework applicable to Sport in Mind and the sector in which it operates, and considered the risk of acts by the charity that were contrary to applicable laws and regulations, including fraud. We designed audit procedures to respond to the risk, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

We focussed on laws and regulations which could give rise to a material misstatement in the financial statements, including, but not limited to, the Charities Act 2011 and UK tax legislation. Our procedures included:

- agreeing the financial statement disclosures to underlying supporting documentation
- enquiries with management
- understanding of management's internal controls designed to prevent and detect irregularities.
- reading the minutes of meetings of trustees

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



for and on behalf of Richardson Jones
Chartered Accountants &
Registered Auditors
Mercury House
19-21 Chapel Street
Marlow
Buckinghamshire
SL7 3HN

Date: 10-12-2025

SPORT IN MIND

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 28 FEBRUARY 2025

	Notes	Unrestricted fund £	Restricted funds £	28.2.25 Total funds £	28.2.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	356,105	36,672	392,777	270,201
Charitable activities	4				
Sport England		-	-	-	165,586
NHS		-	290,482	290,482	350,415
Local Authority		-	98,547	98,547	114,158
Public		-	27,500	27,500	30,653
Non Public		7,201	204,672	211,873	232,250
Investment income	3	<u>25,958</u>	<u>-</u>	<u>25,958</u>	<u>14,288</u>
Total		<u>389,264</u>	<u>657,873</u>	<u>1,047,137</u>	<u>1,177,551</u>
EXPENDITURE ON					
Raising funds	5	58,363	-	58,363	44,963
Charitable activities	6				
Charitable activities		253,513	769,047	1,022,560	810,181
Support costs		<u>156,295</u>	<u>30,832</u>	<u>187,127</u>	<u>76,002</u>
Total		<u>468,171</u>	<u>799,879</u>	<u>1,268,050</u>	<u>931,146</u>
NET INCOME/(EXPENDITURE)		(78,907)	(142,006)	(220,913)	246,405
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>490,765</u>	<u>944,869</u>	<u>1,435,634</u>	<u>1,189,229</u>
TOTAL FUNDS CARRIED FORWARD		<u>411,858</u>	<u>802,863</u>	<u>1,214,721</u>	<u>1,435,634</u>

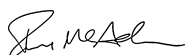
The notes form part of these financial statements

SPORT IN MIND

**BALANCE SHEET
28 FEBRUARY 2025**

	Notes	Unrestricted fund £	Restricted funds £	28.2.25 Total funds £	28.2.24 Total funds £
FIXED ASSETS					
Investments	11	45	-	45	45
CURRENT ASSETS					
Debtors	12	41,830	-	41,830	26,384
Cash at bank		<u>436,890</u>	<u>802,863</u>	<u>1,239,753</u>	<u>1,434,226</u>
		478,720	802,863	1,281,583	1,460,610
CREDITORS					
Amounts falling due within one year	13	(66,907)	-	(66,907)	(25,021)
NET CURRENT ASSETS		<u>411,813</u>	<u>802,863</u>	<u>1,214,676</u>	<u>1,435,589</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>411,858</u>	<u>802,863</u>	<u>1,214,721</u>	<u>1,435,634</u>
NET ASSETS		<u>411,858</u>	<u>802,863</u>	<u>1,214,721</u>	<u>1,435,634</u>
FUNDS	15				
Unrestricted funds				411,858	490,765
Restricted funds				<u>802,863</u>	<u>944,869</u>
TOTAL FUNDS				<u>1,214,721</u>	<u>1,435,634</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 10 / 12 / 2025 and were signed on its behalf by:



.....
P McAdam - Trustee



.....
G Newby - Trustee

The notes form part of these financial statements

SPORT IN MIND

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 28 FEBRUARY 2025**

	Notes	28.2.25 £	28.2.24 £
Cash flows from operating activities			
Cash generated from operations	1	<u>(220,431)</u>	<u>211,019</u>
Net cash (used in)/provided by operating activities		<u>(220,431)</u>	<u>211,019</u>
Cash flows from investing activities			
Purchase of fixed asset investments		-	(45)
Interest received		<u>25,958</u>	<u>14,288</u>
Net cash provided by investing activities		<u>25,958</u>	<u>14,243</u>
Change in cash and cash equivalents in the reporting period		(194,473)	225,262
Cash and cash equivalents at the beginning of the reporting period		<u>1,434,226</u>	<u>1,208,964</u>
Cash and cash equivalents at the end of the reporting period		<u><u>1,239,753</u></u>	<u><u>1,434,226</u></u>

The notes form part of these financial statements

SPORT IN MIND

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 28 FEBRUARY 2025

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	28.2.25 £	28.2.24 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(220,913)	246,405
Adjustments for:		
Interest received	(25,958)	(14,288)
Increase in debtors	(15,446)	(13,574)
Increase/(decrease) in creditors	<u>41,886</u>	<u>(7,524)</u>
Net cash (used in)/provided by operations	<u>(220,431)</u>	<u>211,019</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 29.2.24 £	Cash flow £	At 28.2.25 £
Net cash			
Cash at bank	<u>1,434,226</u>	<u>(194,473)</u>	<u>1,239,753</u>
	<u>1,434,226</u>	<u>(194,473)</u>	<u>1,239,753</u>
Total	<u>1,434,226</u>	<u>(194,473)</u>	<u>1,239,753</u>

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2025**

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value.

Going Concern

At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,214,721 (2024: £1,435,634). As noted in the Trustees' Annual Report, the Trustees have considered the charity's status as a going concern and as a result of their work they consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has received the funds.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

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.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Donated goods

Donated Fixed Assets are valued at £Nil due to not having any redeemable value after use and are therefore not considered for disclosure in the accounts under Fixed Assets.

SPORT IN MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2025**

2. DONATIONS AND LEGACIES

	28.2.25	28.2.24
	£	£
Donations	<u>392,777</u>	<u>270,201</u>

3. INVESTMENT INCOME

	28.2.25	28.2.24
	£	£
Deposit account interest	<u>25,958</u>	<u>14,288</u>

4. INCOME FROM CHARITABLE ACTIVITIES

		28.2.25	28.2.24
		£	£
Grants	Activity		
	Sport England	-	165,56
Grants	NHS	290,482	350,415
Grants	Local Authority	98,547	114,158
Grants	Public	27,500	30,653
Grants	Non Public	<u>211,873</u>	<u>232,250</u>
		<u>628,402</u>	<u>893,062</u>

5. RAISING FUNDS

Raising donations and legacies

	28.2.25	28.2.24
	£	£
Fundraising	<u>58,363</u>	<u>44,963</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Charitable activities	1,022,560	-	1,022,560
Support costs	<u>12,197</u>	<u>174,930</u>	<u>187,127</u>
	<u>1,034,757</u>	<u>174,930</u>	<u>1,209,687</u>

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 28 FEBRUARY 2025

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Support costs	<u>168,772</u>	<u>6,158</u>	<u>174,930</u>

Support costs, included in the above, are as follows:

Management

	28.2.25 Support costs £	28.2.24 Total activities £
Travel and subsistence	35,166	20,235
Insurance	3,722	2,108
Training	4,434	2,894
IT and communications	19,646	24,332
Postage and stationery	4,473	6,840
Subscriptions and marketing	43,229	3,304
Health and safety	5,156	4,196
Consultancy	50,250	1,800
Storage	165	2,100
Sundry	2,279	511
Bank charges	<u>252</u>	<u>182</u>
	<u>168,772</u>	<u>68,502</u>

Governance costs

	28.2.25 Support costs £	28.2.24 Total activities £
Auditors' remuneration	5,040	4,500
Accountancy and legal fees	<u>1,118</u>	<u>3,000</u>
	<u>6,158</u>	<u>7,500</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 28 February 2025 nor for the year ended 28 February 2024.

Trustees' expenses

During the year, no expenses were paid to trustees or any person connected to them.

9. STAFF COSTS

The average monthly number of employees during the period was 25 (2024: 22).

No employees received emoluments in excess of £60,000.

SPORT IN MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2025**

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	256,209	13,992	270,201
Charitable activities			
Sport England	-	165,586	165,586
NHS	-	350,415	350,415
Local Authority	-	114,158	114,158
Public	-	30,653	30,653
Non Public	16,133	216,117	232,250
Investment income	<u>14,288</u>	<u>-</u>	<u>14,288</u>
Total	<u>286,630</u>	<u>890,921</u>	<u>1,177,551</u>
EXPENDITURE ON			
Raising funds	44,963	-	44,963
Charitable activities			
Charitable activities	101,543	708,638	810,181
Support costs	<u>53,048</u>	<u>22,954</u>	<u>76,002</u>
Total	<u>199,554</u>	<u>731,592</u>	<u>931,146</u>
NET INCOME	87,076	159,329	246,405
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>
TOTAL FUNDS CARRIED FORWARD	<u>490,765</u>	<u>944,869</u>	<u>1,435,634</u>

11. FIXED ASSET INVESTMENTS

	Shares in group undertakings £
MARKET VALUE	
At 29 February 2024 and 28 February 2025	<u>45</u>
NET BOOK VALUE	
At 28 February 2025	<u>45</u>
At 28 February 2024	<u>45</u>

There were no investment assets outside the UK.

SPORT IN MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2025**

12. DEBTORS

	28.2.25 £	28.2.24 £
Amounts falling due within one year:		
Other debtors	15,000	-
Prepayments	<u>1,830</u>	<u>1,384</u>
	<u>16,830</u>	<u>1,384</u>
Amounts falling due after more than one year:		
Other debtors	<u>25,000</u>	<u>25,000</u>
Aggregate amounts	<u>41,830</u>	<u>26,384</u>

Within other debtors is a loan balance of £25,000 (2024: £12,500) owed by Run Talk Run, a subsidiary of Sport in Mind.

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.25 £	28.2.24 £
Trade creditors	43,103	16,965
Other creditors	17,959	3,275
Accrued expenses	<u>5,845</u>	<u>4,781</u>
	<u>66,907</u>	<u>25,021</u>

14. LEASING AGREEMENTS

The charity entered into a lease agreement for a property during the year. The lease has a term of three years and includes an option to break annually. The lease is held at a peppercorn rent and therefore no lease payments are recognised in the Financial Statements.

A deposit of £15,000, included within other debtors, was paid in connection with this lease agreement and is expected to be recovered in full at the end of the lease term, subject to the terms of the agreement.

15. MOVEMENT IN FUNDS

	At 29.2.24 £	Net movement in funds £	At 28.2.25 £
Unrestricted funds			
General fund	490,765	(78,907)	411,858
Restricted funds			
Designated fund	272,293	(64,191)	208,102
Restricted fund	<u>672,576</u>	<u>(77,815)</u>	<u>594,761</u>
	<u>944,869</u>	<u>(142,006)</u>	<u>802,863</u>
TOTAL FUNDS	<u>1,435,634</u>	<u>(220,913)</u>	<u>1,214,721</u>

SPORT IN MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2025**

15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	389,264	(468,171)	(78,907)
Restricted funds			
Designated fund	36,672	(100,863)	(64,191)
Restricted fund	<u>621,201</u>	<u>(699,016)</u>	<u>(77,815)</u>
	<u>657,873</u>	<u>(799,879)</u>	<u>(142,006)</u>
TOTAL FUNDS	<u><u>1,047,137</u></u>	<u><u>(1,268,050)</u></u>	<u><u>(220,913)</u></u>

Comparatives for movement in funds

	At 1.3.23 £	Net movement in funds £	At 28.2.24 £
Unrestricted funds			
General fund	403,689	87,076	490,765
Restricted funds			
Designated fund	295,620	(23,327)	272,293
Restricted fund	<u>489,920</u>	<u>182,656</u>	<u>672,576</u>
	<u>785,540</u>	<u>159,329</u>	<u>944,869</u>
TOTAL FUNDS	<u><u>1,189,229</u></u>	<u><u>246,405</u></u>	<u><u>1,435,634</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	286,630	(199,554)	87,076
Restricted funds			
Designated fund	13,992	(37,319)	(23,327)
Restricted fund	<u>876,929</u>	<u>(694,273)</u>	<u>182,656</u>
	<u>890,921</u>	<u>(731,592)</u>	<u>159,329</u>
TOTAL FUNDS	<u><u>1,177,551</u></u>	<u><u>(931,146)</u></u>	<u><u>246,405</u></u>

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 28 FEBRUARY 2025

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.23 £	Net movement in funds £	At 28.2.25 £
Unrestricted funds			
General fund	403,689	8,169	411,858
Restricted funds			
Designated fund	295,620	(87,518)	208,102
Restricted fund	<u>489,920</u>	<u>104,841</u>	<u>594,761</u>
	<u>785,540</u>	<u>17,323</u>	<u>802,863</u>
TOTAL FUNDS	<u><u>1,189,229</u></u>	<u><u>25,492</u></u>	<u><u>1,214,721</u></u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	675,894	(667,725)	8,169
Restricted funds			
Designated fund	50,664	(138,182)	(87,518)
Restricted fund	<u>1,498,130</u>	<u>(1,393,289)</u>	<u>104,841</u>
	<u>1,548,794</u>	<u>(1,531,471)</u>	<u>17,323</u>
TOTAL FUNDS	<u><u>2,224,688</u></u>	<u><u>(2,199,196)</u></u>	<u><u>25,492</u></u>

From the donations and legacies received, the following funding has been designated for a set purpose by the trustees to part finance specific projects and commitments of the charity:

	Total funds 2025 £	Total funds 2024 £
South East Programme	180,492	169,972
Crocombe Legacy	10,353	55,464
Bushby Legacy	785	4,842
South West & Wales	23,076	27,217
South West & Wales	<u>23,076</u>	<u>27,217</u>
	<u><u>214,706</u></u>	<u><u>257,495</u></u>

South East Programme is a project to deliver Sport in Mind services for people experiencing mental health problems across the South East of England in partnership with NHS trusts.

The Crocombe and Bushby Legacies are projects aimed specifically at the delivery of Sport in Mind's children and young person programmes.

There is limited movement in these funds during the year as the charity has successfully secured additional funds to support the delivery of these projects, with the current designated funds acting as match funding. The designated funds remain ringfenced for the delivery of the charity's programmes in the South East and CYP Programmes for 2025 and beyond.

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 28 FEBRUARY 2025

15. MOVEMENT IN FUNDS - continued

South West and Wales is focused specifically on the delivery of Sport in Mind's sport and physical activity interventions for people experiencing mental health problems in the South West of England and Wales.

16. RELATED PARTY DISCLOSURES

A balance of £25,000 (2024: £25,000) was owed by Run Talk Run CIC, a subsidiary of Sport in Mind, as at 28 February 2025. The loan was non-interest bearing.

SPORT IN MIND

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 28 FEBRUARY 2025**

	28.2.25 £	28.2.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	392,777	270,201
Investment income		
Deposit account interest	25,958	14,288
Charitable activities		
Grants	<u>628,402</u>	<u>893,062</u>
Total incoming resources	1,047,137	1,177,551
EXPENDITURE		
Raising donations and legacies		
Fundraising	58,363	44,963
Charitable activities		
Wages	566,160	456,847
Social security	47,221	34,454
Pensions	18,954	16,124
Sports session costs	364,784	270,738
Equipment costs	37,638	29,190
Other costs	<u>-</u>	<u>2,828</u>
	1,034,757	810,181
Support costs		
Management		
Travel and subsistence	35,166	20,235
Insurance	3,722	2,108
Training	4,434	2,894
IT and communications	19,646	24,332
Postage and stationery	4,473	6,840
Subscriptions and marketing	43,229	3,304
Health and safety	5,156	4,196
Consultancy	50,250	1,800
Storage	165	2,100
Sundry	2,279	511
Bank charges	<u>252</u>	<u>182</u>
	168,772	68,502
Governance costs		
Auditors' remuneration	5,040	4,500
Accountancy and legal fees	<u>1,118</u>	<u>3,000</u>
	<u>6,158</u>	<u>7,500</u>
Total resources expended	<u>1,268,050</u>	<u>931,146</u>
Net (expenditure)/income	<u><u>(220,913)</u></u>	<u><u>246,405</u></u>

This page does not form part of the statutory financial statements

Accounts

REGISTERED COMPANY NUMBER: CE003932 (England and Wales)
REGISTERED CHARITY NUMBER: 1161323

**REPORT OF THE TRUSTEES AND
AUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2024
FOR
SPORT IN MIND**

Richardson Jones
Chartered Accountants &
Registered Auditors
Mercury House
19-21 Chapel Street
Marlow
Buckinghamshire
SL7 3HN

SPORT IN MIND

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SPORT IN MIND

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 28 FEBRUARY 2024

TRUSTEES	P McAdam J Watson (resigned 28.3.24) R Crowder A Preece J R N Herrera J Scott (appointed 26.6.23) D Peale (appointed 9.12.23) G Bednash (appointed 8.4.24) A Holland (appointed 1.7.24)
PRINCIPAL ADDRESS	Sport in Mind Rivermead Leisure Centre Richfield Avenue Reading
REGISTERED CHARITY NUMBER	1161323
AUDITORS	Richardson Jones Chartered Accountants & Registered Auditors Mercury House 19-21 Chapel Street Marlow Buckinghamshire SL7 3HN
BANKERS	HSBC Bank Reading Branch 26 Broad Street Reading Berkshire RG1 2BU Virgin Money 160 Friar St Reading Berkshire RG1 1HE
BANKERS	Nationwide Building Society PO BOX 3 5-11 St Georges Street Douglas Isle of Man IM99 1AS CAF Bank Limited 25 Kings Hill Avenue Kings Hill, West Malling, Kent ME19 4JQ
CHIEF EXECUTIVE OFFICE	N Harris

SPORT IN MIND
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 28 FEBRUARY 2024

OBJECTIVES AND ACTIVITIES

Our Aims and Objectives

Purposes and Aims

Sport in Mind's purpose, as set out in the objects contained in the charity's constitution, are:

- The relief of sickness and the preservation of health among people experiencing mental illness or in need of rehabilitation as a result of such illness through the provision of or assistance in providing facilities to enable individuals to participate in sport and other physical recreation.
- To advance the education of the public on the subject of mental health.

Ensuring our work delivers our aims

Sport in Mind reviews our aims, objectives and activities each year. The review looks at the service that we have provided and the outcomes our work has achieved in the previous twelve months; at the success of each activity delivered and the benefits they have brought to those groups of people we are established to help. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they set.

The focus of our work

We believe people experiencing mental health problems should have the same opportunities to engage in sport and physical activity as everyone else

We recognise that in order to provide the best possible service people with lived experience of mental health problems should play a key role in the development and delivery of our work

We believe that raising awareness of mental illness amongst the wider population is vital to reduce stigma.

Strategic Report

Our Mission:

'Our mission is to improve the lives of people experiencing mental health problems through sport and physical activity'

Our Values:

- S - Supportive - offering care and encouragement within a supportive environment
- P - Partnerships - working together and building strong relationships
- O - Optimism - giving hope and optimism
- R - Respect - giving respect to all
- T - Trust - promoting integrity, reliability and fairness

Our Strategic Goals:

1. Build upon our core success in Berkshire by expanding our direct service geographically and achieve a UK wide presence through digital channels
2. Influence, educate and inspire as a national thought leader on the importance of physical activity for mental wellbeing
3. To be an accessible and inclusive organisation in all that we do
4. Increase capacity and resources to grow and sustain our impact

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on improving the lives of people experiencing mental health problems

Who used and benefited from our services

Sport in Mind delivers sport and physical activity interventions to improve the mental health of people in England and Wales, and educational programmes to enhance the public's understanding of mental health. The charity provides services in safe, supportive and accessible environments in order to help improve people's mental and physical health, aid recovery, build self-esteem, combat social isolation, learn new skills and empower individuals to move their lives forward in a positive direction.

SPORT IN MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2024

Achievements and Performance

During this year, Sport in Mind services have continued to grow steadily across the South, with huge UK demand for the charity's inpatient and community services, and educational programmes. The charity now has interest in its services from every county in England and Wales.

Throughout the year we have continued to deliver sport and physical activity programmes for adults, children and young people and mums and babies struggling with their mental health along with our educational programmes. All our programmes continue to be delivered with our long-term partner the NHS, with work taking place during the year with Berkshire Healthcare NHS Foundation Trust, Oxford Health NHS Foundation Trust, Southern Health NHS Foundation Trust, Surrey & Borders NHS Foundation Trust, Sussex Partnership NHS Foundation Trust, Devon Partnership NHS Trust, Cornwall Partnership NHS Trust, Avon and Wiltshire NHS Partnership, Central and North West London NHS Trust and Aneurin Bevan Health Board.

In the past year we have:

- Helped over 6,000 adults and children with mental health problems through sport and physical activity
- Delivered across 140 locations, covering 14 counties.
- Delivered in excess of 6,000 hours of supported sport and physical activity provision
- Distributed over 3,000 Wellbeing Journals and activity packs to help support children and adults struggling with their mental health
- Delivered 5 sports days (football, badminton, multi-sport tournaments / events)
- Provided educational programmes to over 2,000 children and young people
- Provided volunteering opportunities for 147 people (those with and without lived experience of mental health problems)

It has again been an action-packed year and without the support of our amazing volunteers we wouldn't have been able to do all that we have during the year. As a result, we want to do a special mention to all those volunteers who have supported us this year - thank you everyone for your support, kindness and generosity! Our volunteers have again supported Sport in Mind in a multitude of ways. These include:

- Running sessions
- Supporting the delivery of sessions
- Organisation of online campaigns
- Planning programmes, events and groups
- Raising awareness
- Attending events
- Fundraising In addition to our work delivering face-to-face sport and physical activity sessions, and educational programmes, our digital presence is becoming increasingly important to us.

During the previous 12 months our website impressions have increased by 6% to 259,740, an increase of 63% since 2021. With social followers across Insta, Meta, LinkedIn, X and TikTok totalling 18,780.

Financial Review

The Statement of Financial Activities, set out on page 8 reflects all incoming resources and expenditure in the year.

During this accounting period the Charitable Incorporated Organisation's (CIO) income was £1,177,551.

Reserves Policy

The Trustees have carefully considered Sport in Mind's exposure to the risk of any significant loss of income or unforeseen cost. It is thus our policy to hold six months operating costs of the charity as reserves, totalling £465,573

Free reserves required: £465,573

Free reserves held: £490,765

The Trustees believe that this level of free reserves is sufficient for our current level of activity. These reserves are held in low-risk interest bearing accounts with Virgin Money and Nationwide which has proven a prudent and effective course of action over the past few years.

There was a total of £944,869 (2023: £785,540) of restricted reserves held at the year end.

SPORT IN MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2024

Risk management

The Trustees Board have a duty to identify and review the risks to which the charity is exposed to ensure appropriate risk management processes are in place. The risk management process at Sport in Mind involves the identification and analysis of risks, their assessment in terms of potential impact and likelihood of materialization and the development of response strategies considering short, medium and long term outcomes, with a timeframe for mitigation that is compatible with the severity and speed of onset of each risk, in order to allow for an adequate reduction of exposure. These processes are reviewed periodically to ensure that they continue to meet the needs of the charity.

The cycle of risk management at Sport in Mind's has identified as key risks, the following: achievement of sustainable funding and partner retention, cybersecurity, a responsible attitude towards data protection, and the potential of circumstances affecting safeguarding, equality, and inclusion affecting our staff or consumer audiences.

Sport in Mind monitors its key risks and mitigation actions determined necessary to reduce exposure, aiming at achieving effectiveness and efficiency in their design, gathering information that may improve the overall Risk assessment process and constantly improving the process through the analysis of events, trends and changes in the external and internal contexts.

Investment Policy

Under the constitution the charity has the power to make any investments which the Trustees deem appropriate. The Trustees apply their judgement and expertise in making all decisions on investments. All funds are held in instant access bank accounts with HSBC, Virgin Money and Nationwide, and a 35-day access Nationwide Account. This avoids risk of capital loss and gives the necessary flexibility to enable the Trustees to quickly respond to changes in demand for services.

Future plans

The last year has proven an exciting time for the charity with demand again reaching record levels. In the last 12 months, we have received interest in us delivering services from every county in England and Wales. Sport in Mind continues to have a sound financial basis upon which to build for the future and over the next 12 months we seek to continue our plan to build new connections across England and Wales, and work closely with people with lived experience of mental health problems to shape our service and explore new opportunities. During the year we have launched a 7-year strategy to enable the charity to expand services across every NHS region in England and Wales. In the short-term (12 months), we will be looking to build our presence in South West, London, Wales and in the Midlands.

Structure, Governance and Management

Governing Document

Sport in Mind is governed by its constitution. The Board of Trustees is responsible for the overall governance of the charity and meet a minimum of four times a year. The quorum is three charity Trustees.

The present membership of the Board of Trustees is set out on page 1. A regular skills audit is carried out to ensure that the Trustee body has the appropriate mix of skills and experience. New Trustees receive an induction pack containing information about Sport in Mind and its work. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 8 to the accounts.

Election and re-election of Trustees is carried out by approval by the Board of Trustees. The Chief Executive is consulted regarding all appointments. Sport in Mind has always actively encouraged people with lived experience of mental illness to be involved in the charity's work and our board will ensure that at least one Trustee has personal experience of such conditions.

The trustees are responsible for the governance of the organisation. The management function rests with the Chief Executive, Neil Harris, who is responsible for ensuring the charity undertakes its services effectively and that the Trustees are kept well informed. The Chief Executive is assisted by a team of staff and volunteers, with the charity divided into two teams - Operations and Growth & Innovation Team. A staff pay structure is in place for staff and reviewed regularly against market rates.

Run Talk Run is a CIC, owned by Sport in Mind. Sport in Mind's senior leadership team oversee the day to day running of the CIC, with the charity's Volunteer Manager, Shaun Matthews, leading on all volunteer led initiatives.

SPORT IN MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2024

Reference and Administrative Details

Sport in Mind is a Charitable Incorporated Organisation (charity number 1161323) formed on 20th April 2015, having previously operated as an unincorporated charity of the same name for 4 years.

Details of Trustees and external advisers are given on page 1.

FINANCIAL REVIEW

Going concern

At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,431,134 (2023: £1,189,229). As noted in the Trustees' Annual Report, the Trustees have considered the charity's status as a going concern and as a result of their work they consider that there are no material uncertainties about the charity's ability to continue as a going concern.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation (CIO), as defined by the Charities Act 2011.

EVENTS SINCE THE END OF THE YEAR

Information relating to events since the end of the year is given in the notes to the financial statements.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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 of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. 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 Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to 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 trust deed. They 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.

Approved by order of the board of trustees on 18th December 2024 and signed on its behalf by:



.....
P McAdam - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF SPORT IN MIND

Opinion

We have audited the financial statements of Sport in Mind (the 'charity') for the year ended 28 February 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 28 February 2024 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF SPORT IN MIND

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We gained an understanding of the legal and regulatory framework applicable to Sport in Mind and the sector in which it operates, and considered the risk of acts by the charity that were contrary to applicable laws and regulations, including fraud. We designed audit procedures to respond to the risk, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

We focussed on laws and regulations which could give rise to a material misstatement in the financial statements, including, but not limited to, the Charities Act 2011 and UK tax legislation. Our procedures included:

- agreeing the financial statement disclosures to underlying supporting documentation
- enquiries with management
- understanding of management's internal controls designed to prevent and detect irregularities.
- reading the minutes of meetings of trustees

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



for and on behalf of Richardson Jones
Chartered Accountants & Registered Auditors
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006
Mercury House
19-21 Chapel Street
Marlow
Buckinghamshire
SL7 3HN

Date: 18-12-2024

SPORT IN MIND

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 28 FEBRUARY 2024**

	Notes	Unrestricted fund £	Restricted funds £	28.2.24 Total funds £	28.2.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	256,209	13,992	270,201	353,218
Charitable activities	4				
Sport England		-	165,586	165,586	222,353
NHS		-	350,415	350,415	226,864
Local Authority		-	114,158	114,158	164,546
Public		-	30,653	30,653	38,975
Non Public		16,133	216,117	232,250	134,311
Investment income	3	<u>14,288</u>	<u>-</u>	<u>14,288</u>	<u>5,272</u>
Total		<u>286,630</u>	<u>890,921</u>	<u>1,177,551</u>	<u>1,145,539</u>
EXPENDITURE ON					
Raising funds	5	44,963	-	44,963	26,312
Charitable activities	6				
Charitable activities		101,543	708,638	810,181	684,591
Support costs		<u>53,048</u>	<u>22,954</u>	<u>76,002</u>	<u>80,725</u>
Total		<u>199,554</u>	<u>731,592</u>	<u>931,146</u>	<u>791,628</u>
NET INCOME		87,076	159,329	246,405	353,911
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>	<u>835,318</u>
TOTAL FUNDS CARRIED FORWARD		<u>490,765</u>	<u>944,869</u>	<u>1,435,634</u>	<u>1,189,229</u>

The notes form part of these financial statements

SPORT IN MIND

BALANCE SHEET
28 FEBRUARY 2024

	Notes	Unrestricted fund £	Restricted funds £	28.2.24 Total funds £	28.2.23 Total funds £
FIXED ASSETS					
Investments	11	45	-	45	-
CURRENT ASSETS					
Debtors	12	26,384	-	26,384	12,810
Cash at bank		<u>489,357</u>	<u>944,869</u>	<u>1,434,226</u>	<u>1,208,964</u>
		515,741	944,869	1,460,610	1,221,774
CREDITORS					
Amounts falling due within one year	13	(25,021)	-	(25,021)	(32,545)
NET CURRENT ASSETS		<u>490,720</u>	<u>944,869</u>	<u>1,435,589</u>	<u>1,189,229</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>490,765</u>	<u>944,869</u>	<u>1,435,634</u>	<u>1,189,229</u>
NET ASSETS		<u>490,765</u>	<u>944,869</u>	<u>1,435,634</u>	<u>1,189,229</u>
FUNDS	14				
Unrestricted funds				490,765	403,689
Restricted funds				<u>944,869</u>	<u>785,540</u>
TOTAL FUNDS				<u>1,435,634</u>	<u>1,189,229</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 18th December 2024 and were signed on its behalf by:



 P McAdam - Trustee



 J R N Herrera - Trustee

The notes form part of these financial statements

SPORT IN MIND

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 28 FEBRUARY 2024**

	Notes	28.2.24 £	28.2.23 £
Cash flows from operating activities			
Cash generated from operations	1	<u>211,019</u>	<u>195,962</u>
Net cash provided by operating activities		<u>211,019</u>	<u>195,962</u>
Cash flows from investing activities			
Purchase of fixed asset investments		(45)	-
Interest received		<u>14,288</u>	<u>5,272</u>
Net cash provided by investing activities		<u>14,243</u>	<u>5,272</u>
Change in cash and cash equivalents in the reporting period		225,262	201,234
Cash and cash equivalents at the beginning of the reporting period		<u>1,208,964</u>	<u>1,007,730</u>
Cash and cash equivalents at the end of the reporting period		<u><u>1,434,226</u></u>	<u><u>1,208,964</u></u>

The notes form part of these financial statements

SPORT IN MIND

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 28 FEBRUARY 2024

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	28.2.24	28.2.23
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	246,405	353,911
Adjustments for:		
Interest received	(14,288)	(5,272)
Increase in debtors	(13,574)	(12,597)
Decrease in creditors	<u>(7,524)</u>	<u>(140,080)</u>
Net cash provided by operations	<u>211,019</u>	<u>195,962</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.3.23	Cash flow	At 28.2.24
	£	£	£
Net cash			
Cash at bank	<u>1,208,964</u>	<u>225,262</u>	<u>1,434,226</u>
	<u>1,208,964</u>	<u>225,262</u>	<u>1,434,226</u>
Total	<u>1,208,964</u>	<u>225,262</u>	<u>1,434,226</u>

The notes form part of these financial statements

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value.

Going Concern

At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,435,634 (2023: £1,189,229). As noted in the Trustees' Annual Report, the Trustees have considered the charity's status as a going concern and as a result of their work they consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has received the funds.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

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.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Donated goods

Donated Fixed Assets are valued at £Nil due to not having any redeemable value after use and are therefore not considered for disclosure in the accounts under Fixed Assets.

SPORT IN MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2024**

2. DONATIONS AND LEGACIES

	28.2.24	28.2.23
	£	£
Donations	<u>270,201</u>	<u>353,218</u>

3. INVESTMENT INCOME

	28.2.24	28.2.23
	£	£
Deposit account interest	<u>14,288</u>	<u>5,272</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	28.2.24	28.2.23
Activity	£	£
Grants Sport England	165,586	222,353
Grants NHS	350,415	226,864
Grants Local Authority	114,158	164,546
Grants Public	30,653	38,975
Grants Non Public	<u>232,250</u>	<u>134,311</u>
	<u>893,062</u>	<u>787,049</u>

5. RAISING FUNDS

Raising donations and legacies

	28.2.24	28.2.23
	£	£
Fundraising	<u>44,963</u>	<u>26,312</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Charitable activities	810,181	-	810,181
Support costs	<u>-</u>	<u>76,002</u>	<u>76,002</u>
	<u>810,181</u>	<u>76,002</u>	<u>886,183</u>

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 28 FEBRUARY 2024

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Support costs	<u>68,502</u>	<u>7,500</u>	<u>76,002</u>

Support costs, included in the above, are as follows:

Management

	28.2.24 Support costs £	28.2.23 Total activities £
Travel and subsistence	20,235	13,415
Insurance	2,108	1,583
Training	2,894	5,403
IT and communications	24,332	32,866
Postage and stationery	6,840	2,354
Subscriptions and marketing	3,304	4,659
Health and safety	4,196	4,215
Consultancy	1,800	923
Storage	2,100	1,500
Sundry	511	2,547
Bank charges	<u>182</u>	<u>189</u>
	<u>68,502</u>	<u>69,654</u>

Governance costs

	28.2.24 Support costs £	28.2.23 Total activities £
Auditors' remuneration	4,500	4,500
Accountancy and legal fees	<u>3,000</u>	<u>6,571</u>
	<u>7,500</u>	<u>11,071</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 28 February 2024 nor for the year ended 28 February 2023.

Trustees' expenses

During the year, no expenses were paid to trustees or any person connected to them.

9. STAFF COSTS

The average monthly number of employees during the period was 22 (2023: 16).

No employees received emoluments in excess of £60,000.

SPORT IN MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2024**

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	312,322	40,896	353,218
Charitable activities			
Sport England	-	222,353	222,353
NHS	-	226,864	226,864
Local Authority	551	163,995	164,546
Public	3,475	35,500	38,975
Non Public	2,355	131,956	134,311
Investment income	<u>5,272</u>	<u>-</u>	<u>5,272</u>
Total	<u>323,975</u>	<u>821,564</u>	<u>1,145,539</u>
EXPENDITURE ON			
Raising funds	26,312	-	26,312
Charitable activities			
Charitable activities	109,957	574,634	684,591
Support costs	<u>59,365</u>	<u>21,360</u>	<u>80,725</u>
Total	<u>195,634</u>	<u>595,994</u>	<u>791,628</u>
NET INCOME	128,341	225,570	353,911
RECONCILIATION OF FUNDS			
Total funds brought forward	275,348	559,970	835,318
TOTAL FUNDS CARRIED FORWARD	<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>

11. FIXED ASSET INVESTMENTS

	Shares in group undertakings £
MARKET VALUE	
Additions	<u>45</u>
NET BOOK VALUE	
At 28 February 2024	<u>45</u>
At 28 February 2023	<u>-</u>

There were no investment assets outside the UK.

During the year 90% of the share capital of Run Talk Run was acquired by the charity. Group accounts were not prepared on the basis that the Run Talk Run accounts were considered to be insignificant in size and thus not deemed appropriate.

SPORT IN MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2024**

12. DEBTORS

	28.2.24 £	28.2.23 £
Amounts falling due within one year:		
Other debtors	-	12,500
Prepayments	<u>1,384</u>	<u>310</u>
	<u>1,384</u>	<u>12,810</u>
Amounts falling due after more than one year:		
Other debtors	<u>25,000</u>	<u>-</u>
Aggregate amounts	<u>26,384</u>	<u>12,810</u>

Within other debtors is a loan balance of £25,000 (2023: £12,500) owed by Run Talk Run, a subsidiary of Sport in Mind.

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.24 £	28.2.23 £
Trade creditors	16,965	21,860
Other creditors	3,275	5,977
Accrued expenses	<u>4,781</u>	<u>4,708</u>
	<u>25,021</u>	<u>32,545</u>

14. MOVEMENT IN FUNDS

	At 1.3.23 £	Net movement in funds £	At 28.2.24 £
Unrestricted funds			
General fund	403,689	87,076	490,765
Restricted funds			
Designated fund	295,620	(23,327)	272,293
Restricted fund	<u>489,920</u>	<u>182,656</u>	<u>672,576</u>
	<u>785,540</u>	<u>159,329</u>	<u>944,869</u>
TOTAL FUNDS	<u>1,189,229</u>	<u>246,405</u>	<u>1,435,634</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	286,630	(199,554)	87,076
Restricted funds			
Designated fund	13,992	(37,319)	(23,327)
Restricted fund	<u>876,929</u>	<u>(694,273)</u>	<u>182,656</u>
	<u>890,921</u>	<u>(731,592)</u>	<u>159,329</u>
TOTAL FUNDS	<u>1,177,551</u>	<u>(931,146)</u>	<u>246,405</u>

SPORT IN MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2024**

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.3.22 £	Net movement in funds £	At 28.2.23 £
Unrestricted funds			
General fund	275,348	128,341	403,689
Restricted funds			
Designated fund	276,724	18,896	295,620
Restricted fund	<u>283,246</u>	<u>206,674</u>	<u>489,920</u>
	<u>559,970</u>	<u>225,570</u>	<u>785,540</u>
TOTAL FUNDS	<u>835,318</u>	<u>353,911</u>	<u>1,189,229</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	323,975	(195,634)	128,341
Restricted funds			
Designated fund	40,896	(22,000)	18,896
Restricted fund	<u>780,668</u>	<u>(573,994)</u>	<u>206,674</u>
	<u>821,564</u>	<u>(595,994)</u>	<u>225,570</u>
TOTAL FUNDS	<u>1,145,539</u>	<u>(791,628)</u>	<u>353,911</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.22 £	Net movement in funds £	At 28.2.24 £
Unrestricted funds			
General fund	275,348	215,417	490,765
Restricted funds			
Designated fund	276,724	(4,431)	272,293
Restricted fund	<u>283,246</u>	<u>389,330</u>	<u>672,576</u>
	<u>559,970</u>	<u>384,899</u>	<u>944,869</u>
TOTAL FUNDS	<u>835,318</u>	<u>600,316</u>	<u>1,435,634</u>

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 28 FEBRUARY 2024

14. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	610,605	(395,188)	215,417
Restricted funds			
Designated fund	54,888	(59,319)	(4,431)
Restricted fund	<u>1,657,597</u>	<u>(1,268,267)</u>	<u>389,330</u>
	<u>1,712,485</u>	<u>(1,327,586)</u>	<u>384,899</u>
TOTAL FUNDS	<u><u>2,323,090</u></u>	<u><u>(1,722,774)</u></u>	<u><u>600,316</u></u>

From the donations and legacies received, the following funding has been designated for a set purpose by the trustees to part finance specific projects and commitments of the charity:

	Total funds 2024 £	Total funds 2023 £
South East Programme	169,972	184,410
Crocombe Legacy	55,464	74,114
Bushby Legacy	4,842	5,974
South West & Wales	27,217	26,760
	<u>257,495</u>	<u>291,258</u>

South East Programme is a project to deliver Sport in Mind services for people experiencing mental health problems across the South East of England in partnership with NHS trusts.

The Crocombe and Bushby Legacies are projects aimed specifically at the delivery of Sport in Mind's children and young person programmes.

There is limited movement in these funds during the year as the charity has successfully secured additional funds to support the delivery of these projects, with the current designated funds acting as match funding. The designated funds remain ringfenced for the delivery of the charity's programmes in the South East and CYP Programmes for 2024 and beyond.

South West and Wales is focused specifically on the delivery of Sport in Mind's sport and physical activity interventions for people experiencing mental health problems in the South West of England and Wales.

15. RELATED PARTY DISCLOSURES

A balance of £25,000 (2023: £12,500) was owed by Run Talk Run CIC, a subsidiary of Sport in Mind, as at 28 February 2024. The loan was non-interest bearing.

SPORT IN MIND

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 28 FEBRUARY 2024**

	28.2.24 £	28.2.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	270,201	353,218
Investment income		
Deposit account interest	14,288	5,272
Charitable activities		
Grants	<u>893,062</u>	<u>787,049</u>
Total incoming resources	1,177,551	1,145,539
EXPENDITURE		
Raising donations and legacies		
Fundraising	44,963	26,312
Charitable activities		
Wages	456,847	342,989
Social security	34,454	26,252
Pensions	16,124	13,938
Sports session costs	270,738	240,924
Equipment costs	29,190	21,988
Campaign costs	-	38,500
Other costs	<u>2,828</u>	<u>-</u>
	810,181	684,591
Support costs		
Management		
Travel and subsistence	20,235	13,415
Insurance	2,108	1,583
Training	2,894	5,403
IT and communications	24,332	32,866
Postage and stationery	6,840	2,354
Subscriptions and marketing	3,304	4,659
Health and safety	4,196	4,215
Consultancy	1,800	923
Storage	2,100	1,500
Sundry	511	2,547
Bank charges	<u>182</u>	<u>189</u>
	68,502	69,654
Governance costs		
Auditors' remuneration	4,500	4,500
Accountancy and legal fees	<u>3,000</u>	<u>6,571</u>
	<u>7,500</u>	<u>11,071</u>
Total resources expended	<u>931,146</u>	<u>791,628</u>
Net income	<u><u>246,405</u></u>	<u><u>353,911</u></u>

This page does not form part of the statutory financial statements

Title	Sport in Mind -draft annual report and financial statements
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SPORT IN MIND

England & Wales - Charity number 1161323

Accounts

**REPORT OF THE TRUSTEES AND
AUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2023
FOR
SPORT IN MIND**

Richardson Jones
Chartered Accountants &
Registered Auditors
Mercury House
19-21 Chapel Street
Marlow
Buckinghamshire
SL7 3HN

SPORT IN MIND

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SPORT IN MIND

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 28 FEBRUARY 2023

TRUSTEES	P McAdam J Watson R Crowder A Preece J R N Herrera (appointed 24.11.22) J Scott (appointed 26.6.23) D Peaple (appointed 9.12.23)
PRINCIPAL ADDRESS	Sport in Mind Rivermead Leisure Centre Richfield Avenue Reading
REGISTERED CHARITY NUMBER	1161323
AUDITORS	Richardson Jones Chartered Accountants & Registered Auditors Mercury House 19-21 Chapel Street Marlow Buckinghamshire SL7 3HN
BANKERS	HSBC Bank Reading Branch 26 Broad Street Reading Berkshire RG1 2BU Virgin Money 160 Friar St Reading Berkshire RG1 1HE Nationwide Building Society PO BOX 3 5-11 St Georges Street Douglas Isle of Man IM99 1AS
CHIEF EXECUTIVE OFFICER	N Harris

SPORT IN MIND
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 28 FEBRUARY 2023

OBJECTIVES AND ACTIVITIES

Our Aims and Objectives

Purposes and Aims

Sport in Mind's purpose, as set out in the objects contained in the charity's constitution, are:

- The relief of sickness and the preservation of health among people experiencing mental illness or in need of rehabilitation as a result of such illness through the provision of or assistance in providing facilities to enable individuals to participate in sport and other physical recreation.
- To advance the education of the public on the subject of mental health.

Ensuring our work delivers our aims

Sport in Mind reviews our aims, objectives and activities each year. The review looks at the service that we have provided and the outcomes our work has achieved in the previous twelve months; at the success of each activity delivered and the benefits they have brought to those groups of people we are established to help. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they set.

The focus of our work

We believe people experiencing mental health problems should have the same opportunities to engage in sport and physical activity as everyone else

We recognise that in order to provide the best possible service people with lived experience of mental health problems should play a key role in the development and delivery of our work

We believe that raising awareness of mental illness amongst the wider population is vital to reduce stigma.

Strategic Report

Our Mission:

'Our mission is to improve the lives of people experiencing mental health problems through sport and physical activity'

Our Values:

- S - Supportive - offering care and encouragement within a supportive environment
- P - Partnerships - working together and building strong relationships
- O - Optimism - giving hope and optimism
- R - Respect - giving respect to all
- T - Trust - promoting integrity, reliability and fairness

Our Strategic Goals:

1. Build upon our core success in Berkshire by expanding our direct service geographically and achieve a UK wide presence through digital channels
2. Influence, educate and inspire as a national thought leader on the importance of physical activity for mental wellbeing
3. To be an accessible and inclusive organisation in all that we do
4. Increase capacity and resources to grow and sustain our impact

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on improving the lives of people experiencing mental health problems

Who used and benefited from our services

Sport in Mind delivers sport and physical activity interventions to improve the mental health of people in England and Wales, and educational programmes to enhance the public's understanding of mental health. The charity provides services in safe, supportive and accessible environments in order to help improve people's mental and physical health, aid recovery, build self-esteem, combat social isolation, learn new skills and empower individuals to move their lives forward in a positive direction.

SPORT IN MIND
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 28 FEBRUARY 2023

Achievements and Performance

During this year, Sport in Mind has continued to grow steadily across the South, with huge demand for both the charity's inpatient and community services coming from across the UK. The pandemic and subsequent lockdowns have played a key role in NHS mental health services receiving record levels of referrals and due to the charity's long-term relationship with the NHS we have seen a nature spike in demand nationally also. Throughout the year we have continued to deliver sport and physical activity programmes for adults, children and young people and mums and babies struggling with their mental health along with our educational programmes. All our programmes have continued to be delivered with our long-term partner the NHS, with work taking place during the year with Berkshire Healthcare NHS Foundation Trust, Oxford Health NHS Foundation Trust, Southern Health NHS Foundation Trust, Surrey & Borders NHS Foundation Trust, Sussex Partnership NHS Foundation Trust, Devon Partnership NHS Trust, CNWL and Aneurin Bevan Health Board.

We have continue working on the RED January campaign, run by RED Together, with the aim of getting the nation moving every day in January for their mental health, raising awareness of Sport in Mind's services and fundraising to support the delivery of our programmes. During the year the campaign managed to get over 10,000 people moving for their mental health and raising awareness of the benefits of physical activity on mental health.

In addition to the 10,000 people who we got moving for their mental health through RED January, in the past year we have:

- Helped more than 2,000 people with mental health problems through sport and physical activity
- Delivered in excess of 5,000 hours of supported sport and physical activity provision
- Distributed over 2,000 Wellbeing Journals and activity packs to help support those struggling with their mental health
- Delivered 3 sports days
- Provided educational programmes to over 2,000 children and young people
- Offered volunteering opportunities over 300 local people (those with and without lived experience of mental health problems)

Our volunteers have again supported Sport in Mind amazingly this year, helping our charity in a multitude of different ways. These include:

- Running sessions
- Supporting the delivery of sessions
- Organisation online campaigns
- Planning
- Raising awareness
- Attending events
- Fundraising activities.

As a charity, online connectivity has become increasingly important for us in recent years and during the previous 12 months our website traffic has increased dramatically, with unique visits increasing by 32% to 243,657.

Financial Review

The Statement of Financial Activities, set out on page 8 reflects all incoming resources and expenditure in the year.

During this accounting period the Charitable Incorporated Organisation's (CIO) income was £1,145,539

Reserves Policy

The Trustees have carefully considered Sport in Mind's exposure to the risk of any significant loss of income or unforeseen cost. It is thus our policy to hold six months operating costs of the charity as reserves, totalling £356,456.

Free reserves required:	£356,456
Free reserves held:	£398,574

The Trustees believe that this level of free reserves is sufficient for our current level of activity. These reserves are held in a low-risk interest bearing accounts with Virgin Money and Nationwide which has proven a prudent and effective course of action over the past few years.

There was a total of £785,540 (2022: £225,570) of restricted reserves held at the year end.

SPORT IN MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

Risk management

The Trustees Board have a duty to identify and review the risks to which the charity is exposed to ensure appropriate risk management processes are in place. The risk management process at Sport in Mind involves the identification and analysis of risks, their assessment in terms of potential impact and likelihood of materialization and the development of response strategies considering short, medium and long term outcomes, with a timeframe for mitigation that is compatible with the severity and speed of onset of each risk, in order to allow for an adequate reduction of exposure. These processes are reviewed periodically to ensure that they continue to meet the needs of the charity.

The cycle of risk management at Sport in Mind's has identified as key risks, the following: achievement of sustainable funding and partner retention, cybersecurity, a responsible attitude towards data protection, and the potential of circumstances affecting safeguarding, equality, and inclusion affecting our staff or consumer audiences.

Sport in Mind monitors its key risks and mitigation actions determined necessary to reduce exposure, aiming at achieving effectiveness and efficiency in their design, gathering information that may improve the overall Risk assessment process and constantly improving the process through the analysis of events, trends and changes in the external and internal contexts.

Investment Policy

Under the constitution the charity has the power to make any investments which the Trustees deem appropriate. The Trustees apply their judgement and expertise in making all decisions on investments. All funds are held in instant access bank accounts with HSBC, Virgin Money and Nationwide, and a 35-day access Nationwide Account. This avoids risk of capital loss and gives the necessary flexibility to enable the Trustees to quickly respond to changes in demand for services.

Future plans

The last year has proven an exciting time for the charity with demand reaching record levels. In the last 12 months, we have received interest in Sport in Mind delivering in all NHS regions across England and Wales. Sport in Mind has a sound financial basis upon which to build for the future and over the next 12 months we seek to continue our plan to build new connections across England and Wales, and work closely with people with lived experience of mental health problems to shape our service and explore new opportunities. Our short-term aim (12-24 months) is to expand services across the South of England, Wales and the Midlands.

Structure, Governance and Management

Governing Document

Sport in Mind is governed by its constitution. The Board of Trustees is responsible for the overall governance of the charity and meet a minimum of four times a year. The quorum is three charity Trustees.

The present membership of the Board of Trustees is set out on page 1. A regular skills audit is carried out to ensure that the Trustee body has the appropriate mix of skills and experience. New Trustees receive an induction pack containing information about Sport in Mind and its work. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 8 to the accounts.

Election and re-election of Trustees is carried out by approval by the Board of Trustees. The Chief Executive is consulted regarding all appointments. Sport in Mind has always actively encouraged people with lived experience of mental illness to be involved in the charity's work and our board will ensure that at least one Trustee has personal experience of such conditions.

The trustees are responsible for the governance of the organisation. The management function rests with the Chief Executive, Neil Harris, who is responsible for ensuring the charity undertakes its services effectively and that the Trustees are kept well informed. The Chief Executive is assisted by a team of staff and volunteers. A staff pay structure is in place and reviewed regularly against market rates.

Reference and Administrative Details

Sport in Mind is a Charitable Incorporated Organisation (charity number 1161323) formed on 20th April 2015, having previously operated as an unincorporated charity of the same name for 4 years.

Details of Trustees and external advisers are given on page 2.

SPORT IN MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

FINANCIAL REVIEW

Going concern

At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,189,229 (2022: £835,318). As noted in the Trustees' Annual Report, the Trustees have considered the charity's status as a going concern and as a result of their work they consider that there are no material uncertainties about the charity's ability to continue as a going concern.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation (CIO), as defined by the Charities Act 2011.

EVENTS SINCE THE END OF THE YEAR

Information relating to events since the end of the year is given in the notes to the financial statements.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

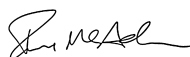
The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard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

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed 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 of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. 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 Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to 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 trust deed. They 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.

Approved by order of the board of trustees on 21st December 2023 and signed on its behalf by:



.....
P McAdam - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF SPORT IN MIND

Opinion

We have audited the financial statements of Sport in Mind (the 'charity') for the year ended 28 February 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 28 February 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF SPORT IN MIND

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We gained an understanding of the legal and regulatory framework applicable to Sport in Mind and the sector in which it operates, and considered the risk of acts by the charity that were contrary to applicable laws and regulations, including fraud. We designed audit procedures to respond to the risk, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

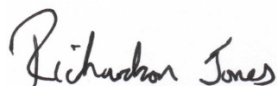
We focussed on laws and regulations which could give rise to a material misstatement in the financial statements, including, but not limited to, the Charities Act 2011 and UK tax legislation. Our procedures included:

- agreeing the financial statement disclosures to underlying supporting documentation
- enquiries with management
- understanding of management's internal controls designed to prevent and detect irregularities.
- reading the minutes of meetings of trustees

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



for and on behalf of Richardson Jones
Chartered Accountants &
Registered Auditors
Mercury House
19-21 Chapel Street
Marlow
Buckinghamshire
SL7 3HN

Date: 21st December 2023

SPORT IN MIND

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 28 FEBRUARY 2023**

	Notes	Unrestricted fund £	Restricted funds £	28.2.23 Total funds £	28.2.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	312,322	40,896	353,218	318,896
Charitable activities	4				
Sport England		-	222,353	222,353	171,571
NHS		-	226,864	226,864	5,750
Local Authority		551	163,995	164,546	34,756
Public		3,475	35,500	38,975	23,418
Non Public		2,355	131,956	134,311	123,957
Investment income	3	<u>5,272</u>	<u>-</u>	<u>5,272</u>	<u>676</u>
Total		<u>323,975</u>	<u>821,564</u>	<u>1,145,539</u>	<u>679,024</u>
EXPENDITURE ON					
Raising funds	5	26,312	-	26,312	43,442
Charitable activities	6				
Charitable activities		109,957	574,634	684,591	511,861
Support costs		<u>59,365</u>	<u>21,360</u>	<u>80,725</u>	<u>76,476</u>
Total		<u>195,634</u>	<u>595,994</u>	<u>791,628</u>	<u>631,779</u>
NET INCOME		128,341	225,570	353,911	47,245
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>275,348</u>	<u>559,970</u>	<u>835,318</u>	<u>788,073</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>403,689</u></u>	<u><u>785,540</u></u>	<u><u>1,189,229</u></u>	<u><u>835,318</u></u>

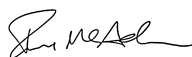
The notes form part of these financial statements

SPORT IN MIND

BALANCE SHEET 28 FEBRUARY 2023

	Notes	Unrestricted fund £	Restricted funds £	28.2.23 Total funds £	28.2.22 Total funds £
CURRENT ASSETS					
Debtors	11	12,810	-	12,810	213
Cash at bank		<u>423,424</u>	<u>785,540</u>	<u>1,208,964</u>	<u>1,007,730</u>
		436,234	785,540	1,221,774	1,007,943
CREDITORS					
Amounts falling due within one year	12	<u>(32,545)</u>	<u>-</u>	<u>(32,545)</u>	<u>(172,625)</u>
NET CURRENT ASSETS		<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>	<u>835,318</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>	<u>835,318</u>
NET ASSETS		<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>	<u>835,318</u>
FUNDS	13				
Unrestricted funds				403,689	275,348
Restricted funds				<u>785,540</u>	<u>559,970</u>
TOTAL FUNDS				<u>1,189,229</u>	<u>835,318</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 21st December 2023 and were signed on its behalf by:



.....
P McAdam - Trustee



.....
A Preece - Trustee

The notes form part of these financial statements

SPORT IN MIND

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 28 FEBRUARY 2023**

	Notes	28.2.23 £	28.2.22 £
Cash flows from operating activities			
Cash generated from operations	1	<u>195,962</u>	<u>(10,413)</u>
Net cash provided by/(used in) operating activities		<u>195,962</u>	<u>(10,413)</u>
Cash flows from investing activities			
Interest received		<u>5,272</u>	<u>676</u>
Net cash provided by investing activities		<u>5,272</u>	<u>676</u>
		<u> </u>	<u> </u>
Change in cash and cash equivalents in the reporting period		201,234	(9,737)
Cash and cash equivalents at the beginning of the reporting period		<u>1,007,730</u>	<u>1,017,467</u>
Cash and cash equivalents at the end of the reporting period		<u><u>1,208,964</u></u>	<u><u>1,007,730</u></u>

The notes form part of these financial statements

SPORT IN MIND

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 28 FEBRUARY 2023

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	28.2.23	28.2.22
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	353,911	47,245
Adjustments for:		
Interest received	(5,272)	(676)
Increase in debtors	(12,597)	(30)
Decrease in creditors	(140,080)	(56,952)
Net cash provided by/(used in) operations	<u>195,962</u>	<u>(10,413)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.3.22	Cash flow	At 28.2.23
	£	£	£
Net cash			
Cash at bank	<u>1,007,730</u>	<u>201,234</u>	<u>1,208,964</u>
	<u>1,007,730</u>	<u>201,234</u>	<u>1,208,964</u>
Total	<u>1,007,730</u>	<u>201,234</u>	<u>1,208,964</u>

The notes form part of these financial statements

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Going Concern

At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,189,229 (2022: £835,318). As noted in the Trustees' Annual Report, the Trustees have considered the charity's status as a going concern and as a result of their work they consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has received the funds.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

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.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	28.2.23	28.2.22
	£	£
Donations	<u>353,218</u>	<u>318,896</u>

SPORT IN MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2023**

3. INVESTMENT INCOME

	28.2.23	28.2.22
	£	£
Deposit account interest	<u>5,272</u>	<u>676</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	28.2.23	28.2.22
Activity	£	£
Grants Sport England	222,353	171,571
Grants NHS	226,864	5,750
Grants Local Authority	164,546	34,756
Grants Public	38,975	23,418
Grants Non Public	134,311	123,957
	<u>787,049</u>	<u>359,452</u>

5. RAISING FUNDS

Raising donations and legacies

	28.2.23	28.2.22
	£	£
Fundraising	<u>26,312</u>	<u>43,442</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Charitable activities	684,591	-	684,591
Support costs	<u>-</u>	<u>80,725</u>	<u>80,725</u>
	<u>684,591</u>	<u>80,725</u>	<u>765,316</u>

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Support costs	<u>69,654</u>	<u>11,071</u>	<u>80,725</u>

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 28 FEBRUARY 2023

7. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

Management

	28.2.23 Support costs £	28.2.22 Total activities £
Travel and subsistence	13,415	6,056
Insurance	1,583	1,425
Travelling	5,403	3,521
IT and communications	32,866	37,404
Postage and stationery	2,354	8,913
Subscriptions and marketing	4,659	2,511
Health and safety	4,215	1,877
Consultancy	923	11,315
Storage	1,500	1,050
Sundry	2,547	893
Bank charges	189	36
	<u>69,654</u>	<u>75,001</u>

Governance costs

	28.2.23 Support costs £	28.2.22 Total activities £
Auditors' remuneration	4,500	-
Accountancy and legal fees	6,571	1,475
	<u>11,071</u>	<u>1,475</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 28 February 2023 nor for the year ended 28 February 2022.

Trustees' expenses

During the year, no expenses were paid to trustees or any person connected to them.

9. STAFF COSTS

The average monthly number of employees during the period was 16 (2022: 10).

No employees received emoluments in excess of £60,000.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	279,816	39,080	318,896
Charitable activities			
Sport England	-	171,571	171,571
NHS	-	5,750	5,750
Local Authority	-	34,756	34,756
Public	12,342	11,076	23,418

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2023**10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted fund £	Restricted funds £	Total funds £
Non Public	3,900	120,057	123,957
Investment income	<u>676</u>	<u>-</u>	<u>676</u>
Total	<u>296,734</u>	<u>382,290</u>	<u>679,024</u>
EXPENDITURE ON			
Raising funds	43,442	-	43,442
Charitable activities			
Charitable activities	172,704	339,157	511,861
Support costs	<u>38,787</u>	<u>37,689</u>	<u>76,476</u>
Total	<u>254,933</u>	<u>376,846</u>	<u>631,779</u>
NET INCOME	41,801	5,444	47,245
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>233,547</u>	<u>554,526</u>	<u>788,073</u>
TOTAL FUNDS CARRIED FORWARD	<u>275,348</u>	<u>559,970</u>	<u>835,318</u>

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.23 £	28.2.22 £
Other debtors	12,500	-
Prepayments	<u>310</u>	<u>213</u>
	<u>12,810</u>	<u>213</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.23 £	28.2.22 £
Trade creditors	28,045	172,625
Other creditors	<u>4,500</u>	<u>-</u>
	<u>32,545</u>	<u>172,625</u>

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2023

13. MOVEMENT IN FUNDS

	At 1.3.22 £	Net movement in funds £	At 28.2.23 £
Unrestricted funds			
General fund	275,348	128,341	403,689
Restricted funds			
Designated fund	276,724	18,896	295,620
Restricted fund	<u>283,246</u>	<u>206,674</u>	<u>489,920</u>
	<u>559,970</u>	<u>225,570</u>	<u>785,540</u>
TOTAL FUNDS	<u>835,318</u>	<u>353,911</u>	<u>1,189,229</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	323,975	(195,634)	128,341
Restricted funds			
Designated fund	40,896	(22,000)	18,896
Restricted fund	<u>780,668</u>	<u>(573,994)</u>	<u>206,674</u>
	<u>821,564</u>	<u>(595,994)</u>	<u>225,570</u>
TOTAL FUNDS	<u>1,145,539</u>	<u>(791,628)</u>	<u>353,911</u>

Comparatives for movement in funds

	At 1.3.21 £	Net movement in funds £	At 28.2.22 £
Unrestricted funds			
General fund	233,547	41,801	275,348
Restricted funds			
Designated fund	246,310	30,414	276,724
Restricted fund	<u>308,216</u>	<u>(24,970)</u>	<u>283,246</u>
	<u>554,526</u>	<u>5,444</u>	<u>559,970</u>
TOTAL FUNDS	<u>788,073</u>	<u>47,245</u>	<u>835,318</u>

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 28 FEBRUARY 2023

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	296,734	(254,933)	41,801
Restricted funds			
Designated fund	39,080	(8,666)	30,414
Restricted fund	<u>343,210</u>	<u>(368,180)</u>	<u>(24,970)</u>
	<u>382,290</u>	<u>(376,846)</u>	<u>5,444</u>
TOTAL FUNDS	<u>679,024</u>	<u>(631,779)</u>	<u>47,245</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.21 £	Net movement in funds £	At 28.2.23 £
Unrestricted funds			
General fund	233,547	170,142	403,689
Restricted funds			
Designated fund	246,310	49,310	295,620
Restricted fund	<u>308,216</u>	<u>181,704</u>	<u>489,920</u>
	<u>554,526</u>	<u>231,014</u>	<u>785,540</u>
TOTAL FUNDS	<u>788,073</u>	<u>401,156</u>	<u>1,189,229</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	620,709	(450,567)	170,142
Restricted funds			
Designated fund	79,976	(30,666)	49,310
Restricted fund	<u>1,123,878</u>	<u>(942,174)</u>	<u>181,704</u>
	<u>1,203,854</u>	<u>(972,840)</u>	<u>231,014</u>
TOTAL FUNDS	<u>1,824,563</u>	<u>(1,423,407)</u>	<u>401,156</u>

SPORT IN MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 28 FEBRUARY 2023

13. MOVEMENT IN FUNDS - continued

From the donations and legacies received, the following funding has been designated for a set purpose by the trustees to part finance specific projects and commitments of the charity:

	Total funds 2023 £
South East Programme	184,410
Crocombe Legacy	74,114
Bushby Legacy	5,974
South West & Wales	<u>26,760</u>
	<u>291,258</u>

South East Programme is a project to deliver Sport in Mind services for people experiencing mental health problems across the South East of England in partnership with NHS trusts.

The Crocombe and Bushby Legacies are projects aimed specifically at the delivery of Sport in Mind's children and young person programmes.

There is limited movement in these funds during the year as the charity has successfully secured additional funds to support the delivery of these projects, with the current designated funds acting as match funding. The designated funds remain ringfenced for the delivery of the charity's programmes in the South East and CYP Programmes for 2023 and beyond.

South West and Wales is a new project focused specifically on the delivery of Sport in Mind's sport and physical activity interventions for people experiencing mental health problems in the South West of England and Wales.

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 28 February 2023.

15. POST BALANCE SHEET EVENTS

On 01-03-2023 the Charity purchased a company called Run Talk Run CIC, company number 11698473.

SPORT IN MIND

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 28 FEBRUARY 2023**

	28.2.23 £	28.2.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	353,218	318,896
Investment income		
Deposit account interest	5,272	676
Charitable activities		
Grants	<u>787,049</u>	<u>359,452</u>
Total incoming resources	1,145,539	679,024
EXPENDITURE		
Raising donations and legacies		
Fundraising	26,312	43,442
Charitable activities		
Wages	342,989	264,668
Social security	26,252	19,457
Pensions	13,938	11,735
Sports session costs	240,924	69,878
Equipment costs	21,988	20,498
Campaign costs	<u>38,500</u>	<u>125,625</u>
	684,591	511,861
Support costs		
Management		
Travel and subsistence	13,415	6,056
Insurance	1,583	1,425
Travelling	5,403	3,521
IT and communications	32,866	37,404
Postage and stationery	2,354	8,913
Subscriptions and marketing	4,659	2,511
Health and safety	4,215	1,877
Consultancy	923	11,315
Storage	1,500	1,050
Sundry	2,547	893
Bank charges	<u>189</u>	<u>36</u>
	69,654	75,001
Governance costs		
Auditors' remuneration	4,500	-
Accountancy and legal fees	<u>6,571</u>	<u>1,475</u>
	<u>11,071</u>	<u>1,475</u>
Total resources expended	<u>791,628</u>	<u>631,779</u>
Net income	<u><u>353,911</u></u>	<u><u>47,245</u></u>

This page does not form part of the statutory financial statements

Title	Annual report
File name	SIM 2023 Accounts...I RJCA signed.pdf
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SPORT IN MIND

England & Wales - Charity number 1161323

Accounts

SPORT IN MIND

SPORT IN MIND

**Annual Report and Financial Statements
for the Year Ended 28th February 2022**

Charity Number 1161323

SPORT IN MIND

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SPORT IN MIND

Charity number 1161323

MEMBERS OF THE BOARD AND ADVISORS

The charity's current Trustees and those that served throughout the year ending 28th February 2022 are:

Chairman:

Paul McAdam
Paul Burden
Jan Watson
Dr Justin Wilson
Ros Crowder
Derek Peaple
Elizabeth Sywyj
Andy Preece
Nicola Connell (Appointed 29/07/2021)

Registered Address:

Sport in Mind
Rivermead Leisure Centre
Richfield Avenue
Reading
RG1 8EQ

Date of incorporation:

20th April 2015

Bankers:

HSBC Bank
Reading Branch
26 Broad Street
Reading
Berkshire
RG1 2BU

Virgin Money
160 Friar St
Reading
Berkshire
RG1 1HE

Nationwide Building Society
PO BOX 3
5-11 St Georges Street
Douglas
Isle of Man
IM99 1AS

Independent Examiner:

SOPHIE KELK
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.....
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SPORT IN MIND

TRUSTEES' REPORT FOR THE YEAR ENDED 28th February 2022

The Trustees present their report and the unaudited financial statements of the charity for the year ended 28th February 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)

Our Aims and Objectives

Purposes and Aims

Sport in Mind's purpose, as set out in the objects contained in the charity's constitution, are:

- The relief of sickness and the preservation of health among people experiencing mental illness or in need of rehabilitation as a result of such illness through the provision of or assistance in providing facilities to enable individuals to participate in sport and other physical recreation.
- To advance the education of the public on the subject of mental health.

Ensuring our work delivers our aims

Sport in Mind reviews our aims, objectives and activities each year. The review looks at the service that we have provided and the outcomes our work has achieved in the previous twelve months; at the success of each activity delivered and the benefits they have brought to those groups of people we are established to help. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they set.

The focus of our work

We believe people experiencing mental health problems should have the same opportunities to engage in sport and physical activity as everyone else

We recognise that in order to provide the best possible service people with lived experience of mental health problems should play a key role in the development and delivery of our work

We believe that raising awareness of mental illness amongst the wider population is vital to reduce stigma.

SPORT IN MIND

Strategic Report

Our Mission:

'Our mission is to improve the lives of people experiencing mental health problems through sport and physical activity'

Our Values:

S – Supportive – offering care and encouragement within a supportive environment
P – Partnerships – working together and building strong relationships
O – Optimism – giving hope and optimism
R – Respect – giving respect to all
T – Trust – promoting integrity, reliability and fairness

Our Strategic Goals:

1. Build upon our core success in Berkshire by expanding our direct service geographically and achieve a UK wide presence through digital channels
2. Influence, educate and inspire as a national thought leader on the importance of physical activity for mental wellbeing
3. To be an accessible and inclusive organisation in all that we do
4. Increase capacity and resources to grow and sustain our impact

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on improving the lives of people experiencing mental health problems

Who used and benefited from our services

Sport in Mind delivers sport and physical activity interventions to improve the mental health of people in England and Wales, and educational programmes to enhance the public's understanding of mental health. The charity provides services in safe, supportive and accessible environments in order to help improve people's mental and physical health, aid recovery, build self-esteem, combat social isolation, learn new skills and empower individuals to move their lives forward in a positive direction.

Achievements and Performance

With Covid continuing to have such a significant impact on the nation's mental health, there has been unprecedented demand for both Sport in Mind's Adult and Children's services over the past twelve months, with interest in the charity's services covering the length and breadth of the country and abroad. During this period, we have continued to work closely with our NHS partners Berkshire Healthcare NHS Foundation Trust, Oxford Health NHS Foundation Trust, Southern Health NHS Foundation Trust and Surrey & Borders NHS Foundation Trust to provide supported sport and physical activity groups across both community and inpatients settings. We have also formed relationships with a number of new NHS trusts, working in Devon, Dorset, Kent and Sussex.

To meet the rapidly growing demand for the charity's services, we have diversified our offerings to support more people with the introduction of mum and baby, mum and toddler, children and young people, men / women only, gardening, dance and movement sessions and educational programmes.

SPORT IN MIND

The RED January campaign, run by RED Together, aims to get the nation moving every day in January for their mental health, raising awareness of Sport in Mind's services and fundraising to support the delivery of our programmes. During the year the campaign proved to be a great success this year with over 20,000 people getting involved and raising awareness of the benefits of physical activity on mental health.

In addition to the 20,000 people who we got moving for their mental health through RED January, in the past year we have:

- Helped more than 2,500 people with mental health problems through sport and physical activity
- Delivered in excess of 4,000 hours of supported sport and physical activity provision
- Distributed over 1,000 Wellbeing Journals and activity packs to help support those struggling with their mental health
- Delivered 6 sports days
- Provided educational programmes to over 1000 children and young people
- Offered volunteering opportunities to 76 local people (those with and without lived experience of mental health problems)

Our volunteers have again supported Sport in Mind amazingly this year, helping our charity in a multitude of different ways. These include:

- Running sessions
- Supporting the delivery of sessions
- Organisation online campaigns
- Planning
- Raising awareness
- Attending events
- Fundraising activities.

As a charity, online connectivity has become increasingly important for us in recent years and during the previous 12 months our website traffic has increased dramatically, with unique visits increasing sixfold to 127,294 and page views up to 163,775.

Financial Review

Sport in Mind satisfies the criteria for exemption from an audit of the financial statements.

The Statement of Financial Activities, set out on page 10 reflects all incoming resources and expenditure in the year.

During this accounting period the Charitable Incorporated Organisation's (CIO) income was £679,025

Reserves Policy

The Trustees have carefully considered Sport in Mind's exposure to the risk of any significant loss of income or unforeseen cost. It is thus our policy to hold six months operating costs of the charity as reserves, totalling £248,501

Free reserves required:	248,501
Free reserves held:	273,873

SPORT IN MIND

The Trustees believe that this level of free reserves is sufficient for our current level of activity. These reserves are held in a low-risk interest bearing accounts with Virgin Money and Nationwide which has proven a prudent and effective course of action over the past few years.

Risk management

The Trustees Board have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate risk management processes are in place. This has involved identifying the types of risks Sport in Mind face, prioritising them in terms of potential impact and the likelihood of occurrences, and then identifying and implementing ways of mitigating them. These processes are reviewed periodically to ensure that they continue to meet the needs of the charity. Sport in Mind's key risks are considered to be: the achievement of sustainable funding, managing the necessary number of appropriately skilled staff, partner retention and reputational standing. In response to COVID 19, Sport in Mind has added an additional section to the risk register on risks relating to the pandemic and government measures to address it.

Investment Policy

Under the constitution the charity has the power to make any investments which the Trustees deem appropriate. The Trustees apply their judgement and expertise in making all decisions on investments. All funds are held in instant access bank accounts with HSBC, Virgin Money and Nationwide, and a 90-day access Nationwide Account. This avoids risk of capital loss and gives the necessary flexibility to enable the Trustees to quickly respond to changes in demand for services.

Future plans

The last 12 months have proven challenging for us as a charity in terms of meeting the rapidly growing demand for our services, however, Sport in Mind has a sound financial basis upon which to build for the future. Our plan for the next year 12 months is to build on the new connections we have made during the year and work closely with people with lived experience of mental health problems and healthcare professionals to improve our services and explore new opportunities. Our short-term aim is to expand our services across the South of England to meet the demand for our physical activity programmes and educational work. Our longer-term aim, over the next 12 to 24 months, is to expand services across London, Wales and the Midlands.

SPORT IN MIND

Structure, Governance and Management

Governing Document

Sport in Mind is governed by its constitution. The Board of Trustees is responsible for the overall governance of the charity and meet a minimum of four times a year. The quorum is three charity Trustees.

The present membership of the Board of Trustees is set out on page 3. A regular skills audit is carried out to ensure that the Trustee body has the appropriate mix of skills and experience. New Trustees receive an induction pack containing information about Sport in Mind and its work. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.

Election and re-election of Trustees is carried out by approval by the Board of Trustees. The Chief Executive is consulted regarding all appointments. Sport in Mind has always actively encouraged people with lived experience of mental illness to be involved in the charity's work and our board will ensure that at least one Trustee has personal experience of such conditions.

The trustees are responsible for the governance of the organisation. The management function rests with the Chief Executive, Neil Harris, who is responsible for ensuring the charity undertakes its services effectively and that the Trustees are kept well informed. The Chief Executive is assisted by a team of staff and volunteers. A staff pay structure is in place and reviewed regularly against market rates.

Reference and Administrative Details

Sport in Mind is a Charitable Incorporated Organisation (charity number 1161323) formed on 20th April 2015, having previously operated as an unincorporated charity of the same name for 4 years.

Details of Trustees and external advisers are given on page 3.

SPORT IN MIND

Trustees' responsibilities in relation to the financial statements

The charity Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period.

In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures that must be 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 that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Approved by the Trustees on 23/11/22 and signed on their behalf by:

DocuSigned by:


PAUL MCADAM, CHAIR of TRUSTEES

SPORT IN MIND

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SPORT IN MIND

I report on the accounts of the charity for the year ending 28th February 2022, which are set out on pages 11-21.

Respective responsibilities of Trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- to cause me reasonable cause to believe that in, any material respect, the requirements:
- to keep accounting records in accordance with section 130 of the Charities Act;
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

2 In which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: Sc Kelk Date: 31/12/2022
Name: Sophie Kelk
Address: 61 Perne Avenue, Cambridge, CB1 3RY

Relevant professional qualification or body: ACA (IAEW)

SPORT IN MIND

STATEMENT OF FINANCIAL ACTIVITY

(Income and Expenditure Account) for the year ended 28th February 2022

	Note	Unrestricted funds 2022 £	Designated funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income Resources						
Income and endowments from:						
Donations & Legacies	2	279,816	39,080	-	318,896	538,274
Charitable Activities	3	16,242	-	343,210	359,452	424,777
Investment Income	4	676	-	-	676	1,235
Total Income		296,734	39,080	343,210	679,025	964,286
Resources expended						
Raising Funds	5	43,442	-	-	43,442	103,324
Charitable activities	6	211,491	8,666	366,704	586,861	404,413
Support Costs	7	1,475	-	-	1,475	2,212
Total Expenditure		256,408	8,666	366,704	631,778	509,949
Net income/(expenditure)		40,326	30,414	(23,494)	47,246	454,337
Extraordinary items		-	-	-	-	-
Transfers between funds		-	-	-	-	-
Net movement in funds		40,326	30,414	(23,494)	47,246	454,337
Reconciliation of funds:						
Total funds brought forward		233,547	246,310	308,216	788,073	333,736
Total funds carried forward		273,873	276,724	284,722	835,319	788,073

SPORT IN MIND

BALANCE SHEET

	2022 £	2021 £
Current Assets		
Cash at bank and in hand	8 1,007,731	1,017,467
Debtors	9 213	182
	<u>1,007,943</u>	<u>1,017,650</u>
Creditors: amounts falling due within one year	10 (172,625)	(229,577)
Net current assets	<u>835,319</u>	<u>788,072</u>
Funds of the Charity		
Unrestricted funds	273,873	233,547
Designated funds	276,724	246,310
Restricted funds	284,722	308,215
Total funds	<u>835,319</u>	<u>788,072</u>

SPORT IN MIND**STATEMENT OF CASH FLOW**

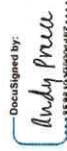
	2022	2021
Net Income /(Expenditure) for reporting period	47,246	454,337
Adjustments for:		
Investment Income	(676)	(1,235)
(Increase)/Decrease in Debtors	(30)	(182)
Increase/(Decrease) in Creditors	(56,952)	229,577
Cashflows from operating activities	(10,413)	682,497
Cashflow from investing activities	676	1,235
Net increase in Cash and Cash equivalents	(9,736)	683,732
Cash and Cash Equivalents at the beginning of the year	1,017,467	333,736
Cash and Cash Equivalents at end of year	1,007,731	1,017,468

The financial statements were approved by the Trustees on 23/11/2022 and signed on their behalf
by:

DocuSigned by:

 0259464608080468.....

PAUL MCADAM

DocuSigned by:

 8E9B1974E5094487.....

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SPORT IN MIND

NOTES TO THE ACCOUNTS

1. Accounting Policies

Charity information

Sport in Mind is a CIO registered with the charity commission in England and Wales, charity number 1161323. The registered office is Rivermead Leisure Centre, Richfield Avenue, Reading, Berkshire RG1 8EQ

1.1 Basis of Accounting

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Going Concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable Funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity which have not been designated for other purposes.

Designated funds are those that have been set aside by the trustees to part finance specific projects or known commitments of the charity. For example, many of our projects are part funded by grants and designated funds are Sport in Mind's match funding commitment to a specific project.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

SPORT IN MIND

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Support Costs Allocation

Support costs are those that assist the work of the charity, but do not directly represent charitable activities and include governance costs and administrative payroll costs.

1.8 Intangible Fixed Assets

Intangible fixed assets are non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights.

‘Sport in Mind’ is registered trademark, covering 6 classes:

- Class 16: Books, paper, cardboard and goods made from these materials
- Class 25: Clothing, footwear and headwear
- Class 28: Games and Sporting Goods
- Class 36: Financial and monetary services
- Class 41: Education and entertainment services, shows, sporting events, training
- Class 44: Services for medical care, hygienic and beauty care

‘Socktober’ is registered trademark, covering 4 classes:

- Class 16: Books, paper, cardboard and goods made from these materials
- Class 25: Clothing, footwear and headwear
- Class 28: Games and Sporting Goods
- Class 41: Education and entertainment services, shows, sporting events, training

SPORT IN MIND

'Sport Empowers' is registered trademark, covering 4 classes:

- Class 9: Computers and Scientific Devices
- Class 16: Books, paper, cardboard and goods made from these materials
- Class 25: Clothing, footwear and headwear
- Class 41: Education and entertainment services, shows, sporting events, training

'Dont drop the ball' is registered trademark, covering 5 classes:

- Class 25: Clothing, footwear and headwear
- Class 28: Games and Sporting Goods
- Class 35: Advertising and Business Services
- Class 36: Financial and monetary services
- Class 41: Education and entertainment services, shows, sporting events, training

The Trustees currently value the trademark at zero.

1.9 Tangible Fixed Assets

Tangible Fixed Assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

- Computer and Office Equipment - 33% p.a.

Items of equipment are capitalised where the purchase price exceeds £1,000.

1.10 Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will 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 also include deferred income, which is income received by Sport in Mind whereby the conditions of the grant relate to activity that will take place in a future period.

2. Donations

	Unrestricted funds	Designated funds	Restricted funds	Total funds 2022	Total funds 2021
	£	£	£	£	£
Donations & Legacies	279,816	39,080	-	318,896	538,274
Total	279,816	39,080	-	318,896	538,274

SPORT IN MIND

Donations and Legacies received, included in the above, are as follows:

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds 2022 £
<i>Corporate Donations</i>				
DPD Group	10,000	-	-	10,000
UIP	7,320	-	-	7,320
<i>Via Fundraising Platforms</i>				
Virgin Giving	8,075	-	-	8,075
Just Giving	66,279	9,080	-	75,359
Website	28,487	-	-	28,487
Giving.Com	9,957	-	-	9,957
Much Loved	-	2,689	-	2,689
Charitable Giving	6,383	-	-	6,383
Facebook	2,911	-	-	2,911
Purple Patch	2,864	-	-	2,864
Enthuse (RED January)	116,979	-	-	116,979
<i>Other Donations</i>				
Newbury Festival	5,000	-	-	5,000
Other Donations under £5k	15,559	27,311	-	42,870
Total	279,816	39,080	0	318,896

Designated funds:

From the donations and legacies received, the following funding has been designated for a set purpose by the trustees to part finance specific projects and commitments of the charity:

	Total funds 2022 £
South East Programme	189,494
Crocombe legacy	51,480
Bushby Legacy	5,750
South West & Wales	30,000
Total	276,724

South East Programme is a project to deliver Sport in Mind services for people experiencing mental health problems across the South East of England in partnership with NHS trusts.

The Crocombe and Bushby Legacies are projects aimed specifically at the delivery of Sport in Mind's children and young person programmes.

SPORT IN MIND

There is limited movement in these funds during the year as the charity has successfully secured additional funds to support the delivery of these projects, with the current designated funds acting as match funding. The designated funds remain ringfenced for the delivery of the charity's programmes in the South East and CYP Programmes for 2022 and beyond.

South West and Wales is a new project focused specifically on the delivery of Sport in Mind's sport and physical activity interventions for people experiencing mental health problems in the South West of England and Wales.

3. Income from Charitable Activities

	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Grants	14,842	342,706	357,548	424,777
Other	1,400	505	1,905	-
Total	16,242	343,210	359,452	126,481

Grants received, included in the above, are as follows:

	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Bracknell Council	-	10,000	10,000	-
Brighter Futures	-	14,256	14,256	-
Groundworks	-	9,060	9,060	-
Sport England	-	171,571	171,571	193,840
NHS North Hants	-	5,000	5,000	6,667
BCF	-	10,000	10,000	5,000
Newby Trust	-	10,000	10,000	-
RVA	-	7,500	7,500	-
Garfield Weston	-	30,000	30,000	-
Big Lottery	-	-	-	9,100
Mind	-	6,800	6,800	61,200
RBC	-	5,000	5,000	15,000
CAF	-	-	-	18,000
Peter Harrison	-	15,000	15,000	15,000
Matt Palmer	-	-	-	11,000
HMRC JRS	12,342	-	12,342	40,170
Laureus	-	-	-	8,958
Good Exchange	-	16,238	16,238	6,384
Assura	-	-	-	5,000
St James' Place Foundation	-	-	-	5,000
Grants under £5k	2,500	32,281	34,781	24,459
Total	14,842	342,706	357,548	424,778

SPORT IN MIND

Sport in Mind would like to acknowledge and express our thanks to all the following grant givers who provided us with grants under £5,000:

Charles Dowding, Pixel Fund, Nineveh, Get Berks Active, Joseph Levy, Bucks CNCL, Screwfix Foundation, Slough CVS, Oxfordshire CF, Local Giving, LTA, Sovereign Housing, Boost CT, GHF, Sir Jules Thor.

4. Investment Income

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Bank Interest	676	1,235
Total	676	1,235

5. Cost of Raising Funds

	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Fundraising Cost	43,442	-	43,442	103,324
Total	43,442	-	43,442	103,324

6. Cost of Charitable Activities by Fund Type

	Unrestricted funds £	Designated Funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Staff Costs	41,554	6,551	247,755	295,860	193,650
Sports Session Costs	6,410	2,115	61,353	69,878	28,005
Equipment Costs	265	-	20,233	20,498	34,208
Campaign Costs	124,475	-	-	124,475	115,000
Other Costs	38,787	-	37,364	76,150	33,549
Total	211,491	8,666	366,704	586,861	404,412

Red January Campaign Costs

	Unrestricted funds £
Campaign management, strategy & delivery	22,000
Campaign consultant:	10,000
Campaign strategy, creative and production:	53,450
Marketing & Promotion	25,399
Other Costs	13,626
Total	124,475

SPORT IN MIND

6.1 Staff Costs

	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	2022	2021
Wages and Salaries	41,554	6,551	178,055	£ 226,160	£ 146,357
Social Security & Taxes	0	0	54,069	54,069	35,183
Pensions	0	0	15,631	15,631	12,110
Total	41,554	6,551	247,755	295,860	193,650

The average monthly number of employees was 12, this is an increase of 4 in comparison to the previous year which is reflected in the increase in expenditure.

No employee earned over £60,000

The charity's Trustees received no payment for their services supplied to the charity.

Trustees Remuneration of Expenses

During the year, no expenses were paid to trustees or any person connected to them.

7. Support Costs

	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	2022	2021
Payroll	1,475	0	£ 1,475	£ 2,389
Total	1,475	0	1,475	2,389

8. Cash in hand and in bank

Total funds	Total Funds
2022	2021
£	£
Cash in hand and in bank	1,017,467
Total	1,017,467

9. Debtors

Total funds	Total funds
2022	2021
£	£
Facilities	182
Total	182

SPORT IN MIND

10. Creditors

	Due within 1 year £	Due after 1 year £	Total funds 2022 £
Staff	4,044	-	4,044
Session Delivery	6,441	-	6,441
Support Costs	140	-	140
RED Together	162,000	-	162,000
Total	172,625	0	172,625

SPORT IN MIND

England & Wales - Charity number 1161323

Accounts

SPORT IN MIND

Annual Report and Financial Statements for the Year Ended 28th February 2021

Charity Number 1161323

SPORT IN MIND

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13	Statement of Cash Flow
14 - 20	Notes to Accounts

SPORT IN MIND

Charity number 1161323

MEMBERS OF THE BOARD AND ADVISORS

The charity's current Trustees and those that served throughout the year ending 28th February 2021 are:

Chairman: Paul McAdam
Helen Murphy (Resigned 28/05/2020)
Paul Burden
Nicola Connell (Resigned 28/05/2020)
Jan Watson
Dr Justin Wilson
Ros Crowder
Derek Peaple (Appointed 24/09/2020)
Elizabeth Sywyj (Appointed 28/09/2020)
Andy Preece (Appointed 06/10/2020)

Registered Address: Sport in Mind
Rivermead Leisure Centre
Richfield Avenue
Reading
RG1 8EQ

Date of incorporation: 20th April 2015

Bankers: HSBC Bank
Reading Branch
26 Broad Street
Reading
Berkshire
RG1 2BU

Virgin Money
160 Friar St
Reading
Berkshire
RG1 1HE

Nationwide Building Society
PO BOX 3
5-11 St Georges Street
Douglas
Isle of Man
IM99 1AS

Independent Examiner:

S.E. Kelk

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SPORT IN MIND

TRUSTEES' REPORT FOR THE YEAR ENDED 28th February 2021

The Trustees present their report and the unaudited financial statements of the charity for the year ended 28th February 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)

Our Aims and Objectives

Purposes and Aims

Sport in Mind's purpose, as set out in the objects contained in the charity's constitution, are:

- The relief of sickness and the preservation of health among people experiencing mental illness or in need of rehabilitation as a result of such illness through the provision of or assistance in providing facilities to enable individuals to participate in sport and other physical recreation.
- To advance the education of the public on the subject of mental health.

Ensuring our work delivers our aims

Sport in Mind reviews our aims, objectives and activities each year. The review looks at the service that we have provided and the outcomes our work has achieved in the previous twelve months; at the success of each activity delivered and the benefits they have brought to those groups of people we are established to help. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they set.

The focus of our work

We believe people experiencing mental health problems should have the same opportunities to engage in sport and physical activity as everyone else

We recognise that in order to provide the best possible service people with lived experience of mental health problems should play a key role in the development and delivery of our work

We believe that raising awareness of mental illness amongst the wider population is vital in order to reduce stigma

SPORT IN MIND

Strategic Report

Our Mission:

‘Our mission is to improve the lives of people experiencing mental health problems through sport and physical activity’

Our Values:

S – Supportive – offering care and encouragement within a supportive environment

P – Partnerships – working together and building strong relationships

O – Optimism – giving hope and optimism

R – Respect – giving respect to all

T – Trust – promoting integrity, reliability and fairness

Our Strategic Goals:

1. To be operationally excellent; evidenced by high levels of Service User, Carer, Staff and Stakeholder involvement and satisfaction.
2. To be the main provider of supported sport and physical activity programmes for people experiencing mental health problems in Berkshire.
3. To support individuals in line with the local NHS’ recovery model
4. To work in collaboration with local mental health services and other organisations
5. To ensure an insight driven approach to our programme design and delivery through effective monitoring and evaluation.
6. To ensure the long-term sustainable development of the organisation

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on improving the lives of people experiencing mental health problems.

Who used and benefited from our services

Sport in Mind provides people experiencing mental health problems in the South East of England with the opportunity to engage in sport and physical activity sessions in a safe and supportive environment in order to help improve their mental and physical health, aid recovery, build self-esteem, combat social isolation, learn new skills and empower individuals to move their lives forward in a positive direction.

Achievements and Performance

The past twelve months have been exceptionally challenging for our charity due to the impact of Covid 19. In April our regular services were paused, along with all our expansion plans, due to government restrictions. Although we were unable to run our regular face-to-face services, we were able to quickly adapt and begun using technology more frequently to maintain contact with our beneficiaries, ensuring they remained connected with our charity and didn’t feel alone and isolated in these challenging times.

SPORT IN MIND

In the early part of the year, we delivered online initiatives and produced activity packs that were distributed to beneficiaries who were struggling to leave home due to the fear of Covid contamination. As restrictions eased in the summer, we piloted running 'Covid-secure' sessions – sessions delivered outside, which maintained social distancing. These proved popular, however, by the winter we were again forced to pause delivery of face-to-face services once more. Between then and the end of the financial year we used technology to maintain that essential connection with our beneficiaries and have distributed over 500 activity packs and journals to help motivate and support our beneficiaries to get active to promote good mental health.

Due to the impact of Covid and subsequent restrictions, online connectivity has been essential for us during this year, with our website seeing 28,700 user visits and 95,163 page impressions.

The best performing referrals to the Sport in Mind website were:

- Organic/direct (68%)
- Social Media (18%)
- Referral from redtogether.co.uk (13%)

Whilst this has been a very challenging year for the charity, Sport in Mind were still able to support over 1,000 people with mental health problems in one form or another. We were able to achieve this through the fantastic support of our network of volunteers. During the year, 86 volunteers dedicated hundreds of hours of support. They have supported us in a multitude of different ways including:

- Running sessions
- Supporting the delivery of sessions
- Organisation online campaigns
- Planning
- Raising awareness
- Attending events
- Fundraising activities.

The enhanced capacity that our volunteers have provided us this year has put us in a strong position to recommence delivery of regular services in 2021-22.

Covid 19 and subsequent lockdowns have also had a significant impact on our fundraising plans for the year, with all our major face-to-face fundraising events planned in 2020 having to be cancelled. However, before the country was placed in the first lockdown, Sport in Mind were already planning for the future by putting in place Covid safe fundraising initiatives to ensure we would not have a significant shortfall in our fundraising income. During the year we raised £578,444 on an investment of £103,324 on fundraising initiatives.

Throughout this financial year we have continued to work closely with our long-term partner Berkshire Healthcare NHS Foundation Trust and have built key relationships with NHS trusts across the South of England. We have also formed partnerships with RED Together and the Crocombe family (Paul Crocombe Legacy) to help build awareness and fundraise to support our charity's mission.

SPORT IN MIND

RED Together is an organisation that delivers RED January, a nationwide movement campaign that empowers people to move every day in January to beat the winter blues. The campaign helps raise awareness of the benefits of physical activity on mental health and our services, and fundraises to support Sport in Mind deliver more programmes. Over 45,000 people engaged in this campaign throughout January 2021 and helped raise nearly £400,000. The income generated through this campaign will enable Sport in Mind to expand our services into new areas across the UK and meet the rapidly growing demand for our services nationally.

The Paul Crocombe Legacy is an initiative that was set up by the Crocombe family in memory of their dad Paul Crocombe who sadly lost his life to mental health problems in 2020. As a teacher, Paul dedicated his life to children and the Paul Crocombe Legacy will have a key focus on promoting sport and physical activity for mental health for children and young people.

Financial Review

Sport in Mind satisfies the criteria for exemption from an audit of the financial statements.

The Statement of Financial Activities, set out on page 10 reflects all incoming resources and expenditure in the year.

During this accounting period the CIO's income was £964,286

Reserves Policy

The Trustees have carefully considered Sport in Mind's exposure to the risk of any significant loss of income or unforeseen cost. It is thus our policy to hold six months operating costs of the charity as reserves, totalling £202,206

Free reserves required:	202,206
Free reserves held:	233,547

The Trustees believe that this level of free reserves is sufficient for our current level of activity. These reserves are held in a low-risk interest bearing accounts with Virgin Money and Nationwide which has proven a prudent and effective course of action over the past few years.

Risk management

The Trustees Board have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate risk management processes are in place. This has involved identifying the types of risks Sport in Mind face, prioritising them in terms of potential impact and the likelihood of occurrences, and then identifying and implementing ways of mitigating them. These processes are reviewed periodically to ensure that they continue to meet the needs of the charity. Sport in Mind's key risks are considered to be: the achievement of sustainable funding, managing the necessary number of appropriately skilled staff, partner retention and reputational standing. In response to COVID 19, Sport in Mind has added an additional section to the risk register on risks relating to the pandemic and government measures to address it.

SPORT IN MIND

Investment Policy

Under the constitution the charity has the power to make any investments which the Trustees deem appropriate. The Trustees apply their judgement and expertise in making all decisions on investments. All funds are held in instant access bank accounts with HSBC, Virgin Money and Nationwide, and a 90-day access Nationwide Account. This avoids risk of capital loss and gives the necessary flexibility to enable the Trustees to quickly respond to changes in demand for services.

Future plans

The last 12 months has been challenging for us as a charity, however, we feel that Sport in Mind has a sound financial basis upon which to build for the future. Covid-19 has had a significant impact on our nation's mental health and demand for our services has grown exponentially during this period. Our plan is to continue to work closely with people experiencing mental health problems and healthcare professionals to improve our services and explore new opportunities that will help empower many more individuals to move their lives forward in a positive direction. Our short-term aim is to expand our services across the South East of England, once Covid restrictions have been reduced, and then longer-term to look to grow provision across the country, with the delivery of Sport in Mind services in South West, London, Midlands and Wales being our aim for the next 12-24 months.

Structure, Governance and Management

Governing Document

Sport in Mind is governed by its constitution. The Board of Trustees is responsible for the overall governance of the charity and meet a minimum of four times a year. The quorum is three charity Trustees.

The present membership of the Board of Trustees is set out on page 3. A regular skills audit is carried out to ensure that the Trustee body has the appropriate mix of skills and experience. New Trustees receive an induction pack containing information about Sport in Mind and its work. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.

Election and re-election of Trustees is carried out by approval by the Board of Trustees. The Chief Executive is consulted regarding all appointments. Sport in Mind has always actively encouraged people with lived experience of mental illness to be involved in the charity's work and our board will ensure that at least one Trustee has lived experience of such conditions.

The trustees are responsible for the governance of the organisation. The management function rests with the Chief Executive, Neil Harris, who is responsible for ensuring the charity undertakes its services effectively and that the Trustees are kept well informed. The Chief Executive is assisted by a team of staff and volunteers. A staff pay structure is in place and reviewed regularly against market rates.

Reference and Administrative Details

Sport in Mind is a Charitable Incorporated Organisation (charity number 1161323) formed on 20th April 2015, having previously operated as an unincorporated charity of the same name for 4 years.

Details of Trustees and external advisers are given on page 3.

SPORT IN MIND

Trustees' responsibilities in relation to the financial statements

The charity Trustees are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period.

In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures that must be 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 that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Approved by the Trustees on 23/11/21 and signed on their behalf by:



PAUL MCADAM, CHAIR of TRUSTEES

SPORT IN MIND

INDEPENDENT EXAMINERS'S REPORT TO THE TRUSTEES OF SPORT IN MIND

I report on the accounts of the charity for the year ending 28th February 2021, which are set out on pages 10-16.

Respective responsibilities of Trustees and examiner

The charity's Trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act;
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 17/12/2021

Name: Sophie Kelk

Address: 61 Perne Av. Cambridge, CB1 3RY

Relevant professional qualification or body:

ICAEW

SPORT IN MIND

STATEMENT OF FINANCIAL ACTIVITY

(Income and Expenditure Account) for the year ended 28th February 2021

	Note	Unrestricted funds 2021 £	Designated funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Incoming Resources						
Income and endowments from:						
Donations & Legacies	2	291,964	246,310	-	538,274	90,816
Charitable Activities	3	40,170	-	384,608	424,777	126,481
Investment income	4	1,235	-	-	1,235	1,792
Total Income		333,369	246,310	384,608	964,286	219,089
Resources expended						
Raising Funds	5	103,324	-	-	103,324	4,170
Charitable activities	6	159,900	-	244,513	404,413	225,085
Support Costs	7	2,212	-	-	2,212	531
Total Expenditure		265,436	-	244,513	509,949	229,786
Net income/(expenditure)		67,932	246,310	140,095	454,337	(10,698)
Extraordinary items		-	-	-	-	-
Transfers between funds		-	-	-	-	-
Net movement in funds		67,932	246,310	140,095	454,337	(10,698)
Reconciliation of funds:						
Total funds brought forward		165,615	-	168,121	333,736	344,433
Total funds carried forward		233,547	246,310	308,216	788,073	333,736

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BALANCE SHEET

		2021		2020	
		£		£	
Current Assets					
Cash at bank and in hand	8	1,017,468		333,736	
Debtors	9	182		0	
		1,017,650		333,736	
Creditors: amounts falling due within one year	10	(229,577)		0	
Net current assets			788,073		333,736
Funds of the Charity					
Restricted funds			308,216		168,121
Unrestricted funds			233,547		165,615
Designated funds			246,310		-
Total funds			788,073		333,736

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STATEMENT OF CASH FLOW

	2021	2020
Net Income /(Expenditure) for reporting period	454,337	-10,698
Adjustments for:		
Investment Income	-1,235	-1,792
(Increase)/Decrease in Debtors	-182	0
Increase/(Decrease) in Creditors	229,577	0
Cashflows from operating activities	682,497	-12,490
Cashflow from investing activities	1,235	1,792
Net increase in Cash and Cash equivalents	683,732	-10,698
Cash and Cash Equivalents at the beginning of the year	333,736	344,433
Cash and Cash Equivalents at end of year	1,017,468	333,736

The financial statements were approved by the Trustees on 23/11/21 and signed on their behalf by:



.....

PAUL MCADAM



.....

ANDY PREECE

SPORT IN MIND

NOTES TO THE ACCOUNTS

1. Accounting Policies

Charity information

Sport in Mind is a CIO registered with the charity commission in England and Wales, charity number 1161323. The registered office is Rivermead Leisure Centre, Richfield Avenue, Reading, Berkshire RG1 8EQ

1.1 Basis of Accounting

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Going Concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable Funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity which have not been designated for other purposes.

Designated funds are those that have been set aside by the trustees to part finance specific projects or known commitments of the charity. For example, many of our projects are part funded by grants and designated funds are Sport in Mind's match funding commitment to a specific project.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax

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recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Support Costs Allocation

Support costs are those that assist the work of the charity, but do not directly represent charitable activities and include governance costs and administrative payroll costs.

1.8 Intangible Fixed Assets

Intangible fixed assets are non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights.

‘Sport in Mind’ is registered trademark, covering 6 classes:

- Class 16: Books, paper, cardboard and goods made from these materials
- Class 25: Clothing, footwear and headwear
- Class 28: Games and Sporting Goods
- Class 36: Financial and monetary services
- Class 41: Education and entertainment services, shows, sporting events, training
- Class 44: Services for medical care, hygienic and beauty care

‘Socktober’ is registered trademark, covering 4 classes:

- Class 16: Books, paper, cardboard and goods made from these materials
- Class 25: Clothing, footwear and headwear
- Class 28: Games and Sporting Goods
- Class 41: Education and entertainment services, shows, sporting events, training

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‘Sport Empowers’ is registered trademark, covering 4 classes:

- Class 9: Computers and Scientific Devices
- Class 16: Books, paper, cardboard and goods made from these materials
- Class 25: Clothing, footwear and headwear
- Class 41: Education and entertainment services, shows, sporting events, training

‘Dont drop the ball’ is registered trademark, covering 5 classes:

- Class 25: Clothing, footwear and headwear
- Class 28: Games and Sporting Goods
- Class 35: Advertising and Business Services
- Class 36: Financial and monetary services
- Class 41: Education and entertainment services, shows, sporting events, training

The Trustees currently value the trademark at zero.

1.9 Tangible Fixed Assets

Tangible Fixed Assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

- Computer and Office Equipment - 33% p.a.

Items of equipment are capitalised where the purchase price exceeds £1,000. This is a policy change from 2020 due to increased size of the charity’s definition of materiality as the charity grows.

1.10 Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will 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 also include deferred income, which is income received by Sport in Mind whereby the conditions of the grant relate to activity that will take place in a future period.

2. Donations

	Unrestricted funds	Designated funds	Restricted funds	Total funds 2021	Total funds 2020
	£	£	£	£	£
Donations & Legacies	291,964	246,310	-	538,274	90,816
Total	291,964	246,310	-	538,274	90,816

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Donations and Legacies received, included in the above, are as follows:

	Unrestricted funds	Restricted funds	Total funds 2021
	£	£	£
Corporate Donations			
Otsuka	2,879	-	2,879
Betconnect	1,130	-	1,130
Via Fundraising Platforms	-	-	-
Virgin Giving	10,019	-	10,019
Just Giving	418,914	-	418,914
Website	24,300	-	24,300
Much Loved	50,288	-	50,288
Charitable Giving	1,833	-	1,833
Facebook	6,909	-	6,909
Other Donations	-	-	-
Reading Santa Run	4,400	-	4,400
Berks CF	1,000	-	1,000
RBC	8,350	-	8,350
Donations under £1k	8,252	-	8,252
Total	538,274	-	538,274

Designated funds:

From the donations and legacies received, the following funding has been designated for a set purpose by the trustees to part finance specific projects and commitments of the charity:

	Total funds 2021
	£
South East Programme	190,560
Crocombe legacy	50,000
Bushby Legacy	5,750
Total	246,310

South East Programme is a project to deliver Sport in Mind services for adults experiencing mental health problems across the South East of England in partnership with NHS trusts.

The Crocombe and Bushby Legacies are projects aimed specifically at the delivery of Sport in Mind's children and young person programmes.

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3. Income from Charitable Activities

	Unrestricted funds	Restricted funds	Total funds 2021	Total funds 2020
	£	£	£	£
Grants	40,170	384,608	424,777	124,210
Other	-	-	-	2,271
Total	40,170	384,608	424,777	126,481

Grants received, included in the above, are as follows:

	Unrestricted funds	Restricted funds	Total funds 2021	Total funds 2020
	£	£	£	£
Bracknell Council	-	-	-	10,000
Sport England	-	193,840	193,840	43,940
NHS North Hants	-	6,667	6,667	2,500
BCF	-	5,000	5,000	35,000
Southern	-	-	-	6,000
UoR	-	-	-	6,800
Big Lottery	-	9,100	9,100	9,860
Mind	-	61,200	61,200	-
RBC	-	15,000	15,000	-
CAF	-	18,000	18,000	-
Peter Harrison	-	15,000	15,000	-
Matt Palmer	-	11,000	11,000	-
HMRC JRS	40,170	-	40,170	-
Laureus	-	8,958	8,958	-
Good Exchange	-	6,384	6,384	-
Assura	-	5,000	5,000	-
St James' Place Foundation	-	5,000	5,000	-
Grants under £5k	-	24,459	24,459	12,610
Total	40,170	384,608	424,777	126,710

Sport in Mind would like to acknowledge and express our thanks to all the following grant givers who provided us with grants under £5,000:

National Gardening Scheme, Matrix, Bucks Community Foundation, Syder, Boost CT, Get Berks Active, Albert Hunt, Slough Council, Surrey County Council, Sir Jules Thorn CT, Cameron Grant MT, Berks NHS.

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4. Investment Income

	Unrestricted funds 2021	Unrestricted funds 2020
	£	£
Bank Interest	1,235	1,792
Total	1,235	1,792

5. Cost of Raising Funds

	Unrestricted funds	Restricted funds	Total funds 2021	Total funds 2020
	£	£	£	£
Fundraising Cost	103,324	-	103,324	4,170
Total	103,324	-	103,324	4,170

6. Cost of Charitable Activities by Fund Type

	Unrestricted funds	Restricted funds	Total funds 2021	Total funds 2020
	£	£	£	£
Staff Costs	24,024	169,627	193,650	123,102
Sports Session Delivery	3,418	24,587	28,005	63,894
Equipment	4,021	30,187	34,208	8,524
RED January	115,000	-	115,000	-
Other Costs	13,437	20,112	33,549	29,564
Total	159,900	244,513	404,412	225,085

RED January Costs

	Unrestricted funds
	£
Marketing, PR and partner engagement	70,000
Technology	30,000
Monitoring and evaluation	15,000
Total	115,000

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6.1 Staff Costs

	Unrestricted funds	Restricted funds	Total funds 2021	Total funds 2020
	£	£	£	£
Wages and Salaries	24,024	122,333	146,357	103,927
Social Security & Taxes	0	35,183	35,183	9,767
Pensions	0	12,110	12,110	9,408
Total	24,024	169,627	193,650	123,102

The average monthly number of employees was 8

No employee earned over £60,000

The charity's Trustees received no payment for their services supplied to the charity.

Trustees Remuneration of Expenses

During the year, one trustee was reimbursed £24 for making a purchase on the charity's behalf. No other expenses were paid to trustees or any person connected to them.

7. Support Costs

	Unrestricted funds	Restricted funds	Total funds 2020	Total funds 2020
	£	£	£	£
Payroll	2,389		2,389	531
Total	2,389	0	2,389	531

8. Cash in hand and in bank

	Total funds 2021	Total Funds 2020
	£	£
Cash in hand and in bank	1,017,468	333,736
Total	1,017,468	333,736

9. Debtors

	Total funds 2021	Total funds 2020
	£	£
Facilities	182	0
Total	182	0

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10. Creditors

	Due within 1 year	Due after 1 year	Total funds 2020
	£	£	£
Facilities	-	-	-
Sports Coaches	330	-	-
Support Costs	176	-	-
RED January	150,000	-	-
Deferred Income	79,071	-	-
Total	229,577	0	0

10.1 Deferred Income

	Total funds 2021
	£
Sport England	61,571
This Girl Can	10,000
Tesco (Groundworks)	7,500
Total	79,071

The above income from Sport England, This Girl Can and Tesco (Groundworks) has been deferred as Sport in Mind is unable to recognise this income due to Covid-19 restrictions preventing the charity from delivering these projects. The grant funders have approved that these projects can be delivered in the new year when Covid restrictions have been eased.