

**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

<b>TRUSTEES</b>	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)
<b>PRINCIPAL ADDRESS</b>	Sport in Mind Rivermead Leisure Centre Richfield Avenue Reading
<b>REGISTERED CHARITY NUMBER</b>	1161323
<b>AUDITORS</b>	Richardson Jones Chartered Accountants & Registered Auditors Mercury House 19-21 Chapel Street Marlow Buckinghamshire SL7 3HN
<b>BANKERS</b>	HSBC Bank Reading Branch 26 Broad Street Reading Berkshire RG1 2BU  Virgin Money 160 Friar St Reading Berkshire RG1 1HE
<b>BANKERS</b>	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
<b>CHIEF EXECUTIVE OFFICE</b>	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](http://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 £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	256,209	13,992	270,201	353,218
<b>Charitable activities</b>	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>
<b>Total</b>		<u>286,630</u>	<u>890,921</u>	<u>1,177,551</u>	<u>1,145,539</u>
<b>EXPENDITURE ON</b>					
Raising funds	5	44,963	-	44,963	26,312
<b>Charitable activities</b>	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>
<b>Total</b>		<u>199,554</u>	<u>731,592</u>	<u>931,146</u>	<u>791,628</u>
<b>NET INCOME</b>		87,076	159,329	246,405	353,911
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>	<u>835,318</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>490,765</u></u>	<u><u>944,869</u></u>	<u><u>1,435,634</u></u>	<u><u>1,189,229</u></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 £
<b>FIXED ASSETS</b>					
Investments	11	45	-	45	-
<b>CURRENT ASSETS</b>					
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
<b>CREDITORS</b>					
Amounts falling due within one year	13	(25,021)	-	(25,021)	(32,545)
<b>NET CURRENT ASSETS</b>		<u>490,720</u>	<u>944,869</u>	<u>1,435,589</u>	<u>1,189,229</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>490,765</u>	<u>944,869</u>	<u>1,435,634</u>	<u>1,189,229</u>
<b>NET ASSETS</b>		<u>490,765</u>	<u>944,869</u>	<u>1,435,634</u>	<u>1,189,229</u>
<b>FUNDS</b>	14				
Unrestricted funds				490,765	403,689
Restricted funds				<u>944,869</u>	<u>785,540</u>
<b>TOTAL FUNDS</b>				<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 £
<b>Cash flows from operating activities</b>			
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>
<b>Cash flows from investing activities</b>			
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>
		<hr/>	<hr/>
<b>Change in cash and cash equivalents in the reporting period</b>		225,262	201,234
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>1,208,964</u>	<u>1,007,730</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<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
	£	£
<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	246,405	353,911
<b>Adjustments for:</b>		
Interest received	(14,288)	(5,272)
Increase in debtors	(13,574)	(12,597)
Decrease in creditors	<u>(7,524)</u>	<u>(140,080)</u>
<b>Net cash provided by operations</b>	<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
	£	£	£
<b>Net cash</b>			
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>
<b>Total</b>	<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 £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	312,322	40,896	353,218
<b>Charitable activities</b>			
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>
<b>Total</b>	<u>323,975</u>	<u>821,564</u>	<u>1,145,539</u>
<b>EXPENDITURE ON</b>			
Raising funds	26,312	-	26,312
<b>Charitable activities</b>			
Charitable activities	109,957	574,634	684,591
Support costs	<u>59,365</u>	<u>21,360</u>	<u>80,725</u>
<b>Total</b>	<u>195,634</u>	<u>595,994</u>	<u>791,628</u>
<b>NET INCOME</b>	128,341	225,570	353,911
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	275,348	559,970	835,318
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>

**11. FIXED ASSET INVESTMENTS**

	Shares in group undertakings £
<b>MARKET VALUE</b>	
Additions	<u>45</u>
<b>NET BOOK VALUE</b>	
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 £
<b>Unrestricted funds</b>			
General fund	403,689	87,076	490,765
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	286,630	(199,554)	87,076
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	275,348	128,341	403,689
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	323,975	(195,634)	128,341
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	275,348	215,417	490,765
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	610,605	(395,188)	215,417
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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:

	<b>Total funds 2024 £</b>	<b>Total funds 2023 £</b>
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 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	270,201	353,218
<b>Investment income</b>		
Deposit account interest	14,288	5,272
<b>Charitable activities</b>		
Grants	<u>893,062</u>	<u>787,049</u>
<b>Total incoming resources</b>	1,177,551	1,145,539
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Fundraising	44,963	26,312
<b>Charitable activities</b>		
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
<b>Support costs</b>		
<b>Management</b>		
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
<b>Governance costs</b>		
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>
<b>Net income</b>	<u><u>246,405</u></u>	<u><u>353,911</u></u>

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