



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	14	07	2020		13	07	2021

Section A Reference and administration details

Charity name

Mind Body Connect

Other names charity is known by

MBC

Registered charity number (if any)

1173834

Charity's principal address

92 Heavygate road
Sheffield

Postcode

S10 1PF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Chris Fitzgerald			
2	Mark Hollett			
3	Joanna Adamson			
4	Paul Smith			
5	Ruth Barley			
6	Guy Sewell			
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed by the board of trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

1) To relieve the needs of marginalised groups by the provision of facilities for sport and recreation and group sports and exercise designed to improve their conditions of life and promote and protect their physical and mental health.
 2) The promotion of community participation in healthy recreation by the provision of facilities and coaching to enable individuals to take part in the sports of weightlifting and powerlifting.
 3) To undertake research into the effects of exercise on physical and mental health and to publish the useful results of such research for the public benefit.
 For the purposes of this clause “marginalised groups” are defined as groups who fall into the following categories: recovering addicts, survivors of human trafficking and domestic violence, people with eating disorders, people on probation and homeless people.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

MBC is embedded within the local community. We draw together service users, services and local expertise to empower marginalised groups to develop life skills and engage in exercise.
 Currently our activity repertoire includes peer led circuit training, strength based training and therapeutic yoga. Our main service users are recovering addicts, survivors of human trafficking and homeless young adults. We recruit our service users through local frontline organisations including Phoenix Futures, Ashiana and Depaul

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Our peer circuit, strength based and therapeutic yoga programmes were running during this period.

We started working with mental health referrals too

All of our programmes continued

Section E Financial review

Brief statement of the charity's policy on reserves

We try to keep 4% in reserve

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

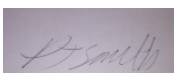
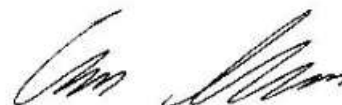
Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Paul Smith

Chris Fitzgerald

Position (eg Secretary, Chair, etc)

Trustee

Trustee/director

Date

18/12/2022




Mind Body Connect				1173834	
Annual accounts for the period					
Period start date		14/07/2020	To	Period end date	13/07/2021

Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£	£	£	£	£
		F01	F02	F03	F04	F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01			-	-	8,236
Charitable activities	S02	400	965	-	1,765	
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	400	965	-	1,365	8,236
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	-	-	-	-	-
Charitable activities	S09	364	965	-	1,365	
Separate material item of expense	S10		-	-	-	-
Other	S11	-	-	-	-	-
Total	S12	364	965	-	10,015	8,236
Net income/(expenditure) before investment gains/(losses)						
Net gains/(losses) on investments	S13	36	-	-	10,015	-
Net income/(expenditure)	S14	-	-	-	-	-
Extraordinary items	S15	36	-	-	-	-
Transfers between funds	S16	-	-	-	-	-
Other recognised gains/(losses):	S17	-	-	-	-	-
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	36	-	-	-	-
Reconciliation of funds:						
Total funds brought forward	S21		-	-	-	-
Total funds carried forward	S22	36	-	-	36	

Section B Balance sheet

		Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	-	-	-	-	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	-	-	-	-	-
Total current assets		B10	-	-	-	-	-
Creditors: amounts falling due within one year							
	(Note 20)	B11	-	-	-	-	-
Net current assets/(liabilities)		B12	-	-	-	-	-
Total assets less current liabilities		B13	-	-	-	-	-
Creditors: amounts falling due after one year							
	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	-	-	-	-	-
Funds of the Charity							
Endowment funds	(Note 27)	B17	-			-	-
Restricted income funds	(Note 27)	B18		-		-	-
Unrestricted funds		B19			-	-	-
Revaluation reserve		B20				-	-
Total funds		B21	-	-	-	-	-
Signed by one or two trustees on behalf of all the trustees			Signature		Print Name		Date of approval dd/mm/yyyy
					Chris Fitzgerald		18/12/2022
					Paul Smith		18/12/2022

Note 3 Analysis of income

Analysis		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	400	-	-	400	-
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	-	-	-	-	8,236
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
Total		400	-	-	400	8,236
Charitable activities:	Phoenix FC	450	-	-	450	-
	Phoenix Currucits	140	-	-	-	-
	Addaction Cricuits/football	685	-	-	685	-
	MBC PT	90	-	-	-	-
	Other	-	-	-	-	-
	Total	915	-	-	1,135	-
Other trading activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total		-	-	-	-	-
Income from investments:	Interest income	-	-	-	-	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
Total		-	-	-	-	-
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME		1,315	-	-	1,535	8,236

Other information:

All income in the prior year was unrestricted except for:
(please provide description and amounts)

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)

Note 6 Analysis of expenditure

		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
	Analysis					
Expenditure on raising funds:	Incurred seeking donations	-	-	-	-	-
	Incurred seeking legacies	-	-	-	-	-
	Incurred seeking grants					
	Operating membership schemes and social lotteries					
	Staging fundraising events					
	Fundraising agents					
	Operating charity shops					
	Operating a trading company undertaking non-charitable trading activity					
	Advertising, marketing, direct mail and publicity	-	-	-	-	-
	Start up costs incurred in generating new source of future income	-	-	-	-	-
	Database development costs	-	-	-	-	-
	Other trading activities					
	Investment management costs:	-	-	-	-	
	Portfolio management costs	-	-	-	-	-
	Cost of obtaining investment advice	-	-	-	-	-
	Investment administration costs	-	-	-	-	-
	Intellectual property licencing costs	-	-	-	-	-
	Rent collection, property repairs and maintenance charges	-	-	-	-	-
		-	-	-	-	-
	Total expenditure on raising funds	-	-	-	-	-
Expenditure on charitable activities	Monthly coaching		9,650		9,650	-
	space hire		365		365	-
						-
	Total expenditure on charitable activities				10,015	-
Separate material item of expense						
	Total					
Other		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total other expenditure	-	-	-	-	-
TOTAL EXPENDITURE		-	-	-	10,015	-

Other information:

Analysis of expenditure on charitable activities

Activity or programme	Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Total prior year
	£	£	£	£	£
Activity 1					
Activity 2					
Other					
Total					

Prior year expenditure on charitable activities can be analysed as follows:

Within the expenditure items above the following items are material: (please disclose the nature, amount and any prior year amounts)