

MANWELL

England & Wales · Charity number 1179644

Details

Status Registered

Legal form CIO

Registered 2018-08-23

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

Contact

Address Manwell CIO
STEC Ltd
Evans Road
Speke
Liverpool
L24 9HZ

Phone 07974140023

Email stuart@manwell.org.uk

Website www.manwell.org.uk

Activities

Objects: 1) FOR THE PUBLIC BENEFIT, TO PROTECT AND PROMOTE THE PHYSICAL AND MENTAL HEALTH OF, PRIMARILY BUT NOT EXCLUSIVELY, MEN OVER THE AGE OF 18, IN THE LIVERPOOL CITY REGION AND THE SURROUNDING AREAS, THROUGH THE PROVISION OF:I) THE FACILITATION OF PHYSICAL EXERCISE ACTIVITIES.II) SIGNPOSTING TO RELEVANT INFORMATION AND SERVICES AROUND THE PROMOTION OF PHYSICAL AND MENTAL HEALTH.III) EDUCATION ON HEALTHY DIET AND NUTRITION. 2) FOR THE PUBLIC BENEFIT, THE RELIEF OF UNEMPLOYMENT OF, PRIMARILY BUT NOT EXCLUSIVELY, MEN OVER THE AGE OF 18, IN THE LIVERPOOL CITY REGION AND THE SURROUNDING AREAS, THROUGH THE PROVISION OF ADVICE AND GUIDANCE ON CV WRITING AND INTERVIEW TECHNIQUES.

Activities: MANWELL has entered into a number of supportive strategic partnerships with a range of organisations who are wholly committed to supporting our work, by providing us with the benefits of their professional expertise, insight, experience and track records in these areas.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Halton
- Knowsley
- Liverpool City
- Sefton
- St Helens
- Wirral

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£38,602	£39,886	-	-
2024-03-31	£43,821	£43,721	-	-
2023-03-31	£17,382	£15,227	-	-
2022-03-31	£19,226	£21,793	-	-
2021-03-31	£7,726	£5,605	-	-

Trustees

Name	Role	Appointed
Alexander Francis Medlicott Mr		2025-01-07
Chris Barbour		2023-01-04
Christopher David Windell		2025-03-04
Christopher-Lee Davies		2023-01-04
Joshua William Carrington		2023-07-01
Nick Thompson		2024-09-01
Ryan John Forrester		2021-10-11
Stuart St Vincent Fitzgerald		2018-08-23

MANWELL

England & Wales - Charity number 1179644

Accounts

Manwell CIO (Charity Reg No. 1179644) – Annual Report

1 April 2024 – 31 March 2025

Section A

Trustees

At the year end date of 31 March 2025, our standing trustees were as follows:

Joshua Carrington (Co-Chair); Ryan Forrester (Co-Chair); Chris Barbour; Chris Davies; Alun Evans; Stuart St Vincent Fitzgerald; Nick Thompson; Alexander Medlicott; Christopher Windell.

Stuart St Vincent Fitzgerald stepped down as Chair in January 2025, Joshua Carrington and Ryan Forrester assumed the Chair position in a shared capacity. Nick Thompson was appointed 1st September 2024, Alexander Medlicott was appointed on 7th January 2025 and Christopher Windell was appointed on 4th March 2025.

Section B

Governance Matters and Style

Type of governing document?

MANWELL's primary governing document is a formal Constitution (approved by the Charity Commission at registration in August 2018). The Board of Trustees reviews our charitable objects annually.

How constituted?

MANWELL is a Charitable Incorporated Organisation (CIO), registered no. 1179644.

Trustee selection matters?

Chair, Stuart St Vincent Fitzgerald, stepped down as Chair in January 2025 due to significant work and family responsibilities.

Increased operating provision of the charity's services required the increase of additional trustee capacity and diversification of knowledge and skills.

Through recruiting three new trustees, the charity has enhanced board skillsets including:

- Operational administration;
- Social media, branding and marketing;
- Health network and partnerships;
- Nutrition and lifestyle

The charity will not actively seek to expand the board in 2025/2026.

Policies and procedures

MANWELL has adopted a suite of core policies and procedures which have been successfully used within established charitable bodies over the past 5-10 years, but all of which have been subject to 2018 revisions to account for changes in charity legislation, including:

Manwell CIO (Charity Reg No. 1179644) – Annual Report

1 April 2024 – 31 March 2025

- Safeguarding policy;
- Equality & diversity policy;
- Volunteering policy;
- Declaration/conflicts of interest policy.

Organisational structure

Our Board of Trustees is supported by a steering group of around 25 men and an Operations Group of 18 – six of whom take lead responsibility for each of the 6 operational foundation stones which MANWELL is based: physical health, mental health, nutrition & diet, social inclusion, men's education and work & fulfilment.

Partnership arrangements

We remained engaged in ongoing informal working partnerships with the following key collaborators remained largely stalled through the year:

Partnerships were maintained with:

- Liverpool Hope University;
- Volair;
- Tiber Football Centre;
- Liverpool City Council;
- Liverpool Football League;
- Liverpool County Football Association;
- School Hire.

These arrangements have been developed to capitalise on some of the synergies that exist between our organisations which make a collaborative approach to creating and embedding innovation and inclusive solutions to enhancing men's health and wellbeing across the Liverpool City Region and beyond outstanding opportunity.

We have continued to extend an exciting partnership arrangement that was formed with Tiber Football Centre in Liverpool 8.

Further, MANWELL has been instrumental in establishing a significant new strategic partnership with the Liverpool Schools Football Association and a Multi-Academy Trust. While, at the end of the reporting year March 2025, this remains embryonic, major, exciting plans continue to be in development with a view to all partners securing co-tenancy rights on a permanent home to call our own. This will have major potential to significantly reduce our operating costs and increase accessibility for men in the Liverpool City Region.

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1 April 2024 – 31 March 2025

Further, MANWELL continued affiliation with the local governing body of football – Liverpool County FA. Consequent to this, by reporting year end MANWELL had 11 aside squads in to competitive grassroots football leagues in Liverpool.

Risk management

Whilst we remain a very small charitable entity at this stage, run entirely by volunteers, our board of trustees now comprises of 9 individuals who possess strong experience and expertise in assessing and managing risk to the organisation and our service users/members. Their insight has helped us create a robust risk register which will be monitored and updated on an annual basis. Our insurers and accountant also advise the charity on risk in an annual basis.

Section C

Charitable Objects

- 1) *For the public benefit, to protect and promote the physical and mental health of, primarily but not exclusively, men over the age of 18, in the Liverpool City Region and the surrounding areas, through the provision of:*
 - i. *The facilitation of physical exercise activities;*
 - ii. *Signposting to relevant information and services around the promotion of physical and mental health; and*
 - iii. *Education on health diet and nutrition.*
- 2) *For the public benefit, the relief of unemployment of, primarily but not exclusively, men over the age of 18, in the Liverpool City Region and the surrounding areas, through the provision of advice and guidance on CV writing and interview techniques.*

Summary of Main Activities

The genesis of the whole idea behind MANWELL was originally predicated on increasing our member's engagement in regular physical activity leading to weightloss which in turn can lead to improving mental health and thus, the development of new friendships amongst our service users.

So, in a city like Liverpool, the primary vehicle for such a men's health initiative is football. But MANWELL has quickly evolved into so much more than members participating in a single sport. Regular activities organised and managed by MANWELL include:

- Running groups;
- Climbing groups;
- Walking cub;
- Hiking groups;
- Cultural days out;

Manwell CIO (Charity Reg No. 1179644) – Annual Report

1 April 2024 – 31 March 2025

- Social evenings;
- Gaming events;
- Weight management football leagues;
- Competitive league football 11 aside format for our members;
- Blood pressure testing;
- First aid courses;
- Walk leader courses;
- Mental Health First Aid courses;
- Job search workshops;
- CV writing courses;
- Mentoring for interviews;
- Life-coaching;
- Football coaching groups;
- Ever evolving peer support between the community.

Trustees' Declaration

Each MANWELL trustee has made a firm and public declaration, in line with the obligations and commitments set out in the Charity Commission's guidance, including "The Essential Trustee" in the presence of his peers at a Trustee's meeting.

In addition, all trustees have committed to the Nolan Principles of Public Life in undertaking their trustees' duties and obligations.

Additional Activities & Developments

MANWELL's values, modus operandi and activities have been universally welcomed by all who has come across them in the Liverpool City Region. Through internally generated marketing campaigns, enhanced use of social media and the power of member recommendation we have quickly attracted over 250 men of all ages and walks of life to our health and wellbeing charity.

We continue to engage men in a health and wellbeing journey through their employers so that we can be seen to help the Liverpool City Region's business community to raise local productivity levels. With this in mind, we continue to seek corporate partnerships with local SMEs to secure their commitment to supporting some of their employees. We continue to plan corporate football leagues with a number of business membership forums with a view to capitalising on a potential increase in capacity to the charity's provision through it'd own home in future.

Section D

Main Achievements (2024/25)

Manwell CIO (Charity Reg No. 1179644) – Annual Report

1 April 2024 – 31 March 2025

Our primary achievements during 2024/2025 included strengthening the trustees and volunteers groups and building our active membership to over 200 by the end of March 2025. Both these factors leaves us in good stead to build to even greater levels of engagement in 2025/26.

Our team of trustees are also incredibly proud of our work to engage, attract and retain members of the city's more diverse communities and especially within under-represented communities from black and minority ethnic groups, upwards of 40% of our Community Football League's active 100 members are from these minority communities, which is over three times their average representation amongst the local population, many of which have also engage in competitive 11 aside football and thus meeting more likeminded men in the Liverpool City Region.

We understand that the demographic of our membership group currently comprises men born in over 20 countries.

Section E

Statement of the charity's reserves policy

Whilst the charity has no staff, premises or significant liabilities, we are not yet obliged to hold and minimum reserves in the event of redundancy or incapacity to sustain our activities.

Details of any funds in deficit

None.

Further financial review details

- **Principal sources of funds**
 - Service users' contributions to activities through memberships and facility hire costs
 - Small scale sale of charity-branded merchandise
 - Sponsored activity challenges leading to minimal income
 - Minimal public donations
- **Priorities for future funds during the next reporting year. 2025/26:**
 - The trustees will continue to develop upon Income Diversification Strategy to include:
 - Drawing in financial sponsorships from private sector entities
 - Submitting successful bids for funding from charitable foundations and the like;
 - A special focus on sourcing sufficient, unrestricted running cost funds to enable the charity to appoint at least a part (or full) time staff member during the 2025/26 reporting or soon after.
- **How expenditure has been supported the charitable objectives**

Manwell CIO (Charity Reg No. 1179644) – Annual Report

1 April 2024 – 31 March 2025

All spending by the charity has been exclusively to support our charitable objectives. Primary spending has, as usual, been facilitating hire charges such as football pitches; equipment including footballs, bibs and kits, cones and governing body registration costs. Additional spending includes a bespoke web portal designed to give all members easy access, small investment in technology, web and app developemnts to facilitate the easiest possible accessibility to our services for all members and some CPD/training for trustees.

Section F

Other optional information

Not applicable

Completed and digitally signed by:

Joshua William Carrington

Manwell CIO Co-Chair

Registered number
1179644

Manwell CIO
Report and Accounts
31 March 2025

Manwell CIO**Registered number: 1179644****Directors' Report**

The directors present their report and accounts for the year ended 31 March 2025.

Principal activities

The company's principal activity during the year continued The Advancement Of Health Or Saving Of Lives

Directors

The following persons served as directors during the year:

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 30 January 2026 and signed on its behalf.

Ryan Forrester
Director

Manwell CIO
Profit and Loss Account
for the year ended 31 March 2025

	2025 £	2024 £
Turnover	38,602	43,821
Cost of sales	(39,886)	(43,777)
Gross profit/(loss)	<u>(1,284)</u>	<u>44</u>
Operating profit/(loss)	<u>(1,284)</u>	<u>44</u>
Profit/(loss) on ordinary activities before taxation	<u>(1,284)</u>	<u>44</u>
Tax on profit/(loss) on ordinary activities	-	-
Profit/(loss) for the financial year	<u>(1,284)</u>	<u>44</u>

Manwell CIO**Registered number:** 1179644**Balance Sheet****as at 31 March 2025**

	Notes	2025 £	2024 £
Current assets			
Stocks	354	354	
Cash at bank and in hand	3,221	7,142	
	3,575	7,496	
Creditors: amounts falling due within one year	3	(2,637)	
Net current assets		3,575	4,859
Net assets		3,575	4,859
Capital and reserves			
Profit and loss account		3,575	4,859
Shareholders' funds		3,575	4,859

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Ryan Forrester

Director

Approved by the board on 30 January 2026

Manwell CIO
Statement of Changes in Equity
for the year ended 31 March 2025

	Share capital	Profit and loss account	Total
	£	£	£
At 1 April 2023	-	4,815	4,815
Loss for the financial year		44	44
At 31 March 2024	<u>-</u>	<u>4,859</u>	<u>4,859</u>
At 1 April 2024	-	4,859	4,859
Profit for the financial year		(1,284)	(1,284)
At 31 March 2025	<u>-</u>	<u>3,575</u>	<u>3,575</u>

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2025

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2025

2 Employees	2025 Number	2024 Number
Average number of persons employed by the company	<u>1</u>	<u>1</u>

3 Creditors: amounts falling due within one year	2025 £	2024 £
Trade creditors	<u>-</u>	<u>2,637</u>

4 Other information

Manwell CIO is a private company limited by shares and incorporated in England. Its registered office is:
Unit 14 Century Building
Tower Street
Liverpool
L3 4BJ

Manwell CIO
Detailed profit and loss account
for the year ended 31 March 2025
This schedule does not form part of the statutory accounts

	2025 £	2024 £
Sales	38,602	43,821
Cost of sales	(39,886)	(43,777)
Gross profit/(loss)	(1,284)	44
Profit/(loss) before tax	(1,284)	44

Manwell CIO
Detailed profit and loss account
for the year ended 31 March 2025
This schedule does not form part of the statutory accounts

	2025 £	2024 £
Sales		
Sales	<u>38,602</u>	<u>43,821</u>
Cost of sales		
Purchases	<u>39,886</u>	<u>43,777</u>
Administrative expenses		
	<u>-</u>	<u>-</u>

MANWELL

England & Wales - Charity number 1179644

Accounts

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2023 - 31st March 2024

Section A

Trustees

At the year end date of 31st March 2024, our standing trustees were as follows:

Stuart St Vincent Fitzgerald (Chair); Ryan Forrester (Vice Chair); Chris Barbour; Chris Davies; Alun Evans & Joshua Carrington.

John Carney had resigned as a Trustee during the reporting year and Messrs Carrington & Evans were appointed on 1st July 2023.

Section B

Governance matters and style

Type of governing document?

- MANWELL's primary governing document is a formal Constitution (approved and authorised by the Charity Commission at registration in August 2018). The Board of Trustees reviews our charitable objects annually.

How constituted?

- MANWELL is a Charitable Incorporated Organisation (CIO) – registered no. 1179644.

Trustee selection method?

- One trustee, John Carney resigned in November 2023 owing to significant work and family caring duties.

Covid's long-standing impacts continued to hamper the charity throughout 2022/2023 – primarily the significantly reduced capacity of the trustees whose roles have been more operational than ideal.

Through recruiting these 2 new trustees the charity has enhanced the following skillsets amongst the board's ranks:

- Operational administration;
- Anxiety & Educational Special Needs awareness

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1st April 2023 - 31st March 2024

- Accountancy, financial management & audit;
- Mental Health & Wellbeing insight

In the 2024/25 year the charity will seek to add further trustees offering the following skillsets:

- Data collection, analysis and reporting experience
- Grant-funding, finance and investment experience and insight;
- Social engagement & inclusion
- Organisational coordination

Policies / procedures etc

MANWELL has adopted a suite of core policies and procedures which have been successfully used within established charitable bodies over the past 5-10 years, but all of which have been subject to 2018 revisions to account for changes in charity legislation, including:

- Safeguarding policy;
- Equality & diversity policy;
- Volunteering policy;
- Declaration / conflicts of interest policy.

Organisational structure

Our Board of Trustees is supported by a steering group of around 22 men and an Operations Group of 12 – six of whom take lead responsibility for each of the 6 operational foundation stones on which MANWELL is based: physical health; mental health including MH 1st Aid; nutrition & diet; social inclusion; men's health education and work & fulfilment.

Partnership arrangements

We remained engaged in ongoing informal working partnerships with the following key collaborators remained largely stalled through the year:

- Liverpool Diabetes Partnership;
- Liverpool Hope University;
- Aintree Hospitals NHS Trust;
- RANDOX Health;
- HYPE Bikes
- LIV:FIT; and
- Volair.

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2023 - 31st March 2024

These arrangements have been developed to capitalise on some of the synergies that exist between our organisations which make a collaborative approach to creating and embedding innovative and inclusive solutions to enhancing men's health and wellbeing across the Liverpool City Region and beyond an outstanding opportunity.

We have continued to extend an exciting partnership arrangement was formed with the Tiber Football Centre in Liverpool 8.

Further, Manwell has been instrumental in establishing a significant new strategic partnership with the Liverpool Schools Football Association; a local grassroots football club; and a Multi Academy Trust. While, at the end of the reporting year March 2024, this remains embryonic, major, exciting plans are in development with a view to all partners securing co-tenancy rights on a permanent home to call our own. This will have major potential to significantly reduce our operating costs.

Further, MANWELL the charity properly affiliated with the local governing body of our primary sport during the year – Liverpool County FA. Consequent to this, plans were well established by the reporting year end for Manwell, for the first time in its 7 year history to enter 11 a side squads into two competitive grassroots football leagues in Liverpool. This is likely to come to fruition in September 2024.

Risk management

Whilst we remain a very small charitable entity at this stage, run entirely by volunteers, our board of trustees now comprises 6 individuals who possess strong experience and expertise in assessing and managing risks to which the organisation and our service user/members. Their insight has helped us create a robust risk register which will be monitored and updated on an annual basis. Our insurers and accountant also advise the charity on risk on an annual basis.

Section C

Charitable Objects

- 1) For the public benefit, to protect and promote the physical and mental health of, primarily but not exclusively, men over the age of 18, in the Liverpool City Region and the surrounding areas, through the provision of:*
 - i) the facilitation of physical exercise activities;*
 - ii) signposting to relevant information and services around the promotion of physical and mental health; and*
 - iii) education on healthy diet and nutrition.*

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2023 - 31st March 2024

2) For the public benefit, the relief of unemployment of, primarily but not exclusively, men over the age of 18, in the Liverpool City Region and the surrounding areas, through the provision of advice and guidance on CV writing and interview techniques.

Summary of Main Activities

The genesis of the whole idea behind MANWELL was originally predicated on increasing our members' engagement in regular physical activity leading to weightloss which in turn can lead to improving mental health and thus, the development of new friendships amongst our service users.

So, in a city like Liverpool, the primary vehicle for such a men's health initiative is football. But MANWELL has quickly evolved into so much more than members participating in a single sport. Regular activities organised and managed by MANWELL include:

- Circuit training;
- Boxercise training;
- Jogging groups;
- Climbing group;
- Walking club;
- Dog-walking group;
- Social evenings;
- Cultural days out;
- Gaming events;

- Weightloss football leagues;
- Competitive league football 11 a side format for our members;
- Blood glucose / diabetes testing;
- Full body screening;
- Blood pressure testing;
- PSA tests;
- Foot golf;
- First Aid courses;
- Walk Leader courses;
- CPR and defibrillator courses;
- Mental health first aid courses;
- Suicide awareness courses;
- Job search workshops;
- CV writing courses;

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2023 - 31st March 2024

- Mentoring for interviews;
- Life-coaching;
- An enormous amount of peer support from man to man.

Trustees' Declaration

Each MANWELL trustee has made a firm and public declaration, in line with the obligations and commitments set out in the Charity Commission's guidance, including "The Essential Trustee" in the presence of his peers at a Trustees' meeting.

In addition, all trustees have committed to the Nolan Principles of Public Life in undertaking their trustees' duties and legal obligations.

Additional details of objectives and activities (optional)

MANWELL's values, modus operandi and activities have been universally welcomed by all who has come across them in the Liverpool City Region. Without spending a penny on any form of advertising or marketing, we have quickly attracted over 250 men of all ages and walks of life to our health and wellbeing charity.

We are currently embarking on a journey to engage men in a health and wellbeing journey through their employers so that we can also be seen to help the Liverpool City Region's business community to raise local productivity levels (which are currently the lowest of all city regions across the UK). With this in mind, we have begun to seek corporate partnerships with local SMEs to secure their commitment to supporting some of their employees.

We are exploring running a **corporate** MANWELL weightloss football league alongside our existing activities as one of the primary enhancements to our charitable activities over the coming years 2023-2025 and beyond. No firm plans are yet in place but we are in conversation with a number of business membership forums.

Section D

Summary of main achievements of the charity during the year 2023/24

Our primary achievements during 2023/24 included strengthening the trustees and volunteers groups and building our active membership back from around 120 men by the end of 2022/23 to over 160 by end March 2024. Both these factors leave us in good stead to build to even greater levels of engagement in 2024/25.

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2023 - 31st March 2024

Our team of trustees are also incredibly proud of our work to engage, attract and retain members of the city's more diverse communities and especially within under-represented communities from black and minority ethnic groups – in fact, some 35% of our wellbeing football league's 100 members are from these minority communities – around 3 times their average representation amongst the local population.

In fact, we believe the demographic of our membership group currently comprises men born in over 20 countries.

Section E

Statement of the charity's reserves policy

Whilst the Charity has no staff, premises or significant liabilities, we are not yet obliged to hold any minimum reserves in the event of redundancy or incapacity to sustain our activities.

Details of any funds in deficit

None.

Further financial review details

- **Principal sources of funds**
 - Service users' contributions to activities thru memberships & facility hire costs
 - Small scale sale of charity-branded merchandise
 - Sponsored activity challenges leading to minimal income
 - Minimal public donations
- **Priorities for future funds during the next reporting year, 2024/25:**
 - The Trustees are developing an Income Diversification Strategy to include:
 - Drawing in financial sponsorship from private sector entities;
 - Submitting successful bids for funding from charitable foundations and the like;
 - A special focus on sourcing sufficient, unrestricted running cost funds to enable the charity to appoint at least a part (or full) time staff member during the 2024/25 reporting year or soon thereafter.
- **How expenditure has supported the charitable objects**

All spending by the charity has been exclusively to support our charitable objects. Primary spending has, as usual, been facility hire charges – eg football pitches; gyms; equipment including footballs etc.

Manwell CIO (Charity Reg No. 1179644) Annual Report

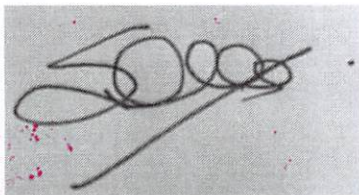
1st April 2023 - 31st March 2024

- Other significant spending has included costs to facilitate our activities, eg: Kits and bibs, for teams
- A bespoke web portal designed to give all members easy access
- Some small investment in technology, web and app developments to facilitate the easiest possible accessibility to our services for all our members.
- CPD / Training & development for trustees around Mental Health First Aid and Hiking/Walking Management.

Section F

Other optional information

Not applicable

A handwritten signature in black ink, appearing to read 'Stuart St V Fitzgerald', is shown on a light-colored background.

Stuart St V Fitzgerald, Chair

27th November 2024

Registered number
1179644

Manwell CIO
Report and Accounts
31 March 2024

Manwell CIO

Registered number: 1179644

Directors' Report

The directors present their report and accounts for the year ended 31 March 2024.

Principal activities

The company's principal activity during the year continued to be Construction of other civil engineering projects not elsewhere classified.

Directors

The following persons served as directors during the year:

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 30 January 2025 and signed on its behalf.

Stuart Fitzgerald
Director



Stuart St V Fitzgerald
Signed on 30/01/25 @ 14:28

Manwell CIO
Profit and Loss Account
for the year ended 31 March 2024

	2024	2023
	£	£
Turnover	43,821	17,382
Cost of sales	(43,777)	(15,227)
Gross profit/(loss)	44	2,155
Operating profit/(loss)	44	2,155
Profit/(loss) on ordinary activities before taxation	44	2,155
Tax on profit/(loss) on ordinary activities	-	-
Profit/(loss) for the financial year	<u>44</u>	<u>2,155</u>

Manwell CIO
Registered number: 1179644
Balance Sheet
as at 31 March 2024

	Notes	2024 £	2023 £
Current assets			
Stocks	354	354	
Cash at bank and in hand	7,142	4,462	
	7,496	4,816	
Creditors: amounts falling due within one year	3 (2,636)	-	
Net current assets		4,860	4,816
Net assets		<u>4,860</u>	<u>4,816</u>
Capital and reserves			
Called up share capital		1	1
Profit and loss account		4,859	4,815
Shareholders' funds		<u>4,860</u>	<u>4,816</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Stuart Fitzgerald
 Director
 Approved by the board on 30 January 2025



Stuart St V Fitzgerald
 Signed on 30/01/25 @ 14:28

Manwell CIO
Statement of Changes in Equity
for the year ended 31 March 2024

	Share capital	Profit and loss account	Total
	£	£	£
At 1 April 2022	1	2,660	2,661
Loss for the financial year		2,155	2,155
At 31 March 2023	<u>1</u>	<u>4,815</u>	<u>4,816</u>
At 1 April 2023	1	4,815	4,816
Profit for the financial year		44	44
At 31 March 2024	<u>1</u>	<u>4,859</u>	<u>4,860</u>

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2024

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2024

2 Employees	2024 Number	2023 Number
Average number of persons employed by the company	<u>1</u>	<u>1</u>
3 Creditors: amounts falling due within one year	2024 £	2023 £
Trade creditors	<u>2,636</u>	<u>-</u>

4 Other information

Manwell CIO is a private company limited by shares and incorporated in England. Its registered office is:
Unit 18 Century Building
Tower Street
Liverpool
L3 4BJ

Manwell CIO**Detailed profit and loss account
for the year ended 31 March 2024***This schedule does not form part of the statutory accounts*

	2024	2023
	£	£
Sales	43,821	17,382
Cost of sales	(43,777)	(15,227)
Gross profit/(loss)	<u>44</u>	<u>2,155</u>
Profit/(loss) before tax	<u>44</u>	<u>2,155</u>

Manwell CIO**Detailed profit and loss account
for the year ended 31 March 2024***This schedule does not form part of the statutory accounts*

	2024	2023
	£	£
Sales		
Sales	<u>43,821</u>	<u>17,382</u>
Cost of sales		
Purchases	<u>43,777</u>	<u>15,227</u>
Administrative expenses		
	<u>-</u>	<u>-</u>

MANWELL

England & Wales - Charity number 1179644

Accounts

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

Section A

Trustees

Stuart St Vincent Fitzgerald (Chair); Ryan Forrester (Vice Chair); Chris Barbour; John Carney; Chris Davies.

Messrs Barbour, Carney & Davies were appointed on 4th January 2023.

Section B

Governance matters and style

Type of governing document?

- MANWELL's primary governing document is a formal Constitution (approved and authorised by the Charity Commission at registration in August 2018).

How constituted?

- MANWELL is a Charitable Incorporated Organisation (CIO) – registered no. 1179644.

Trustee selection method?

- Two founding trustees, Alan Best & Michael Prescott resigned in January 2023 owing to significant work and lifestyle changes since Covid.

Covid's long-standing impacts continued to hamper the charity throughout 2022/2023 – primarily the significantly reduced capacity of the trustees whose roles have been more operational than ideal.

Through recruiting these 3 new trustees the charity has enhanced the following skillsets amongst the board's ranks:

- Operational administration;
- Web tech; social media & communications; and
- Anxiety & Educational Special Needs awareness

In the 2023/24 year the charity will seek to add trustees offering the following skillsets:

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

- Accountancy, financial management & audit;
- Grant-funding, finance and investment experience and insight;
- Mental health & wellbeing

Policies / procedures etc

MANWELL has adopted a suite of core policies and procedures which have been successfully used within established charitable bodies over the past 5-10 years, but all of which have been subject to 2018 revisions to account for changes in charity legislation, including:

- Safeguarding policy;
- Equality & diversity policy;
- Volunteering policy;
- Declaration / conflicts of interest policy.

Organisational structure

Our Board of Trustees is supported by a steering group of around 22 men and an Operations Group of 12 – six of whom take lead responsibility for each of the 6 operational foundation stones on which MANWELL is based: physical health; mental health; nutrition & diet; social inclusion; men's health education and work & fulfilment.

Partnership arrangements

Our informal working partnerships with the following key collaborators remained largely stalled through the year,:

- Liverpool Diabetes Partnership;
- Liverpool Hope University;
- Aintree Hospitals NHS Trust;
- Aintree LOSS;
- RANDOX Health;
- LIV:FIT

These arrangements have been developed to capitalise on some of the synergies that exist between our organisations which make a collaborative approach to creating and embedding innovative and inclusive solutions to enhancing men's health and wellbeing across the Liverpool City Region and beyond an outstanding opportunity.

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

However during the 2022/23 year a new partnership arrangement was formed with the Tiber Football Centre in Liverpool 8. This proved to be very fruitful in the first 7 months from Sept 22 to March 2023.

Further, MANWELL the charity properly affiliated with the local governing body of our primary sport during the year – Liverpool County FA.

Risk management

Whilst we remain a very small charitable entity at this stage, run entirely by volunteers, our board of trustees now comprises 5 individuals who possess strong experience and expertise in assessing and managing risks to which the organisation and our service user/members. Their insight has helped us create a first risk register which will be monitored and updated on an annual basis. Our insurers and accountant also advise the charity on risk on an annual basis.

Section C

Charitable Objects

1) For the public benefit, to protect and promote the physical and mental health of, primarily but not exclusively, men over the age of 18, in the Liverpool City Region and the surrounding areas, through the provision of:

- i) the facilitation of physical exercise activities;*
- ii) signposting to relevant information and services around the promotion of physical and mental health; and*
- iii) education on healthy diet and nutrition.*

2) For the public benefit, the relief of unemployment of, primarily but not exclusively, men over the age of 18, in the Liverpool City Region and the surrounding areas, through the provision of advice and guidance on CV writing and interview techniques.

Summary of Main Activities

The genesis of the whole idea behind MANWELL was originally predicated on increasing our members' engagement in regular physical activity leading to weightloss which in turn can lead to improving mental health and thus, the development of new friendships amongst our service users.

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

So, in a city like Liverpool, the primary vehicle for such a men's health initiative is football. But MANWELL has quickly evolved into so much more than members participating in a single sport. Regular activities organised and managed by MANWELL include:

- Circuit training;
- Boxercise training;
- Jogging groups;
- Climbing group;
- Walking club;
- Dog-walking group;
- Social evenings;
- Cultural days out;
- Gaming events;
- Weightloss football leagues;
- Competitive league football 11 a side format for our members;
- Blood glucose / diabetes testing;
- Full body screening;
- Blood pressure testing;
- PSA tests;
- Foot golf;
- First Aid courses;
- Walk Leader courses;
- CPR and defibrillator courses;
- Mental health first aid courses;
- Suicide awareness courses;
- Job search workshops;
- CV writing courses;
- Mentoring for interviews;
- Life-coaching;
- An enormous amount of peer support from man to man.

Trustees' Declaration

Each MANWELL trustee has made a firm and public declaration, in line with the obligations and commitments set out in the Charity Commission's guidance, including "The Essential Trustee" in the presence of his peers at a Trustees' meeting.

Additional details of objectives and activities (optional)

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

MANWELL's values, modus operandi and activities have been universally welcomed by all who has come across them in the Liverpool City Region. Without spending a penny on any form of advertising or marketing, we have quickly attracted over 250 men of all ages and walks of life to our health and wellbeing charity.

We are currently embarking on a journey to engage men in a health and wellbeing journey through their employers so that we can also be seen to help the Liverpool City Region's business community to raise local productivity levels (which are currently the lowest of all city regions across the UK). With this in mind, we have begun to seek corporate partnerships with local SMEs to secure their commitment to supporting some of their employees.

We are exploring running a **corporate** MANWELL weightloss football league alongside our existing activities as one of the primary enhancements to our charitable activities over the coming years 2023-2025 and beyond. No firm plans are yet in place but we are in conversation with a number of business membership forums.

Section D

Summary of main achievements of the charity during the year 2022/23

Our primary achievements during 2022/23 included strengthening the trustees and volunteers groups and building our active membership back from around 60 men post-Covid to over 120 by the end of the 2022/23 year. Both these factors leave us in good stead to build to even greater levels of engagement in 2023/24.

Section E

Statement of the charity's reserves policy

Whilst the Charity has no staff, premises or significant liabilities, we are not yet obliged to hold any minimum reserves in the event of redundancy or incapacity to sustain our activities.

Details of any funds in deficit

None.

Further financial review details

- **Principal sources of funds**
 - Service users' contributions to activities thru memberships & facility hire costs
 - Small scale sale of charity-branded merchandise
 - Sponsored activity challenges leading to minimal income
 - Minimal public donations

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

- **How expenditure has supported the charitable objects**

All spending by the charity has been exclusively to support our charitable objects.

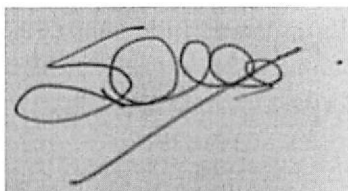
Primary spending has, as usual, been facility hire charges – eg football pitches; gyms; equipment including footballs etc

- Other significant spending has included costs to facilitate our activities, eg: Kits and bibs for teams
- A bespoke web portal designed to give all members easy access
- Minimal but important and insignificant investment in food refreshments during and after meetings – often as an incentive to attend trustee and volunteer group meetings at teatimes!

Section F

Other optional information

Not applicable

A handwritten signature in black ink, appearing to read 'Stuart St V Fitzgerald', written over a light grey background.

Stuart St V Fitzgerald, Chair

22nd April 2023

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

Section A

Trustees

Stuart St Vincent Fitzgerald (Chair); Ryan Forrester (Vice Chair); Chris Barbour; John Carney; Chris Davies.

Messrs Barbour, Carney & Davies were appointed on 4th January 2023.

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Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

- Accountancy, financial management & audit;
- Grant-funding, finance and investment experience and insight;
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Policies / procedures etc

MANWELL has adopted a suite of core policies and procedures which have been successfully used within established charitable bodies over the past 5-10 years, but all of which have been subject to 2018 revisions to account for changes in charity legislation, including:

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Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

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Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

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- Walk Leader courses;
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- Suicide awareness courses;
- Job search workshops;
- CV writing courses;
- Mentoring for interviews;
- Life-coaching;
- An enormous amount of peer support from man to man.

Trustees' Declaration

Each MANWELL trustee has made a firm and public declaration, in line with the obligations and commitments set out in the Charity Commission's guidance, including "The Essential Trustee" in the presence of his peers at a Trustees' meeting.

Additional details of objectives and activities (optional)

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

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Summary of main achievements of the charity during the year 2022/23

Our primary achievements during 2022/23 included strengthening the trustees and volunteers groups and building our active membership back from around 60 men post-Covid to over 120 by the end of the 2022/23 year. Both these factors leave us in good stead to build to even greater levels of engagement in 2023/24.

Section E

Statement of the charity's reserves policy

Whilst the Charity has no staff, premises or significant liabilities, we are not yet obliged to hold any minimum reserves in the event of redundancy or incapacity to sustain our activities.

Details of any funds in deficit

None.

Further financial review details

- **Principal sources of funds**
 - Service users' contributions to activities thru memberships & facility hire costs
 - Small scale sale of charity-branded merchandise
 - Sponsored activity challenges leading to minimal income
 - Minimal public donations

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2022 - 31st March 2023

- **How expenditure has supported the charitable objects**

All spending by the charity has been exclusively to support our charitable objects.

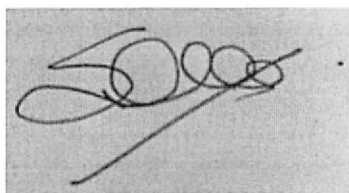
Primary spending has, as usual, been facility hire charges – eg football pitches; gyms; equipment including footballs etc

- Other significant spending has included costs to facilitate our activities, eg: Kits and bibs for teams
- A bespoke web portal designed to give all members easy access
- Minimal but important and insignificant investment in food refreshments during and after meetings – often as an incentive to attend trustee and volunteer group meetings at teatimes!

Section F

Other optional information

Not applicable



Stuart St V Fitzgerald, Chair

22nd April 2023

Registered number
1179644

Manwell CIO
Report and Accounts
31 March 2023

Manwell CIO

Registered number: 1179644

Directors' Report

The directors present their report and accounts for the year ended 31 March 2023.

Principal activities

The company's principal activity during the year continued to be Construction of other civil engineering projects not elsewhere classified.

Directors

The following persons served as directors during the year:

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 31 January 2023 and signed on its behalf.

Stuart Fitzgerald
Director

Manwell CIO
Profit and Loss Account
for the year ended 31 March 2023

	2023 £	2022 £
Turnover	17,382	19,226
Cost of sales	(15,227)	(22,987)
Gross profit/(loss)	<u>2,155</u>	<u>(3,761)</u>
Operating profit/(loss)	<u>2,155</u>	<u>(3,761)</u>
Profit/(loss) on ordinary activities before taxation	<u>2,155</u>	<u>(3,761)</u>
Tax on profit/(loss) on ordinary activities	-	-
Profit/(loss) for the financial year	<u>2,155</u>	<u>(3,761)</u>

Manwell CIO**Registered number:** 1179644**Balance Sheet****as at 31 March 2023**

	Notes	2023 £	2022 £
Current assets			
Stocks	354	354	
Cash at bank and in hand	4,462	2,307	
	4,816	2,661	
Net current assets		4,816	2,661
Net assets		4,816	2,661
Capital and reserves			
Called up share capital		1	1
Profit and loss account		4,815	2,660
Shareholders' funds		4,816	2,661

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Stuart Fitzgerald

Director

Approved by the board on 31 January 2023

Manwell CIO
Statement of Changes in Equity
for the year ended 31 March 2023

	Share capital	Profit and loss account	Total
	£	£	£
At 1 April 2021	1	6,421	6,422
Loss for the financial year		(3,761)	(3,761)
At 31 March 2022	<u>1</u>	<u>2,660</u>	<u>2,661</u>
At 1 April 2022	1	2,660	2,661
Profit for the financial year		2,155	2,155
At 31 March 2023	<u>1</u>	<u>4,815</u>	<u>4,816</u>

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2023

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

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Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

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Manwell CIO
Notes to the Accounts
for the year ended 31 March 2023

2 Employees	2023 Number	2022 Number
Average number of persons employed by the company	<u>1</u>	<u>1</u>

3 Other information

Manwell CIO is a private company limited by shares and incorporated in England. Its registered office is:

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	2023	2022
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Administrative expenses		
	<u>-</u>	<u>-</u>

MANWELL

England & Wales - Charity number 1179644

Accounts

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2021 - 31st March 2022

Section A

Trustees

Mike Prescott; Stuart St Vincent Fitzgerald; Alan James Best; Ryan Forrester

Section B

Governance matters and style

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How constituted?

- MANWELL is a Charitable Incorporated Organisation (CIO) – registered no. 1179644.

Trustee selection method?

- A reduction in Trustees from 5 to 4 Trustees owing to personal and professional limitations of resigned trustees following significant lifestyle changes since Covid.

Covid's long-standing impacts continued to hamper the charity throughout 2021/2022.

Our intention was to recruit new trustees as soon as the UK begins to return to some degree of normality. The skillsets sought will include:

- Public health and NHS & clinical commissioning experience;
- Legal knowledge and experience;
- Accountancy, financial management & audit;
- Charity governance expertise;
- Grant-funding, finance and investment experience and insight;
- Mental health

Of course the need and capacity to recruit new trustees during 2020 and early 2021 was almost completely eradicated by the pandemic. However we fully expect to strengthen the numbers and skillset of our trustee Board during 2022/23.

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2021 - 31st March 2022

Policies / procedures etc

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Risk management

Whilst we remain a very small charitable entity at this stage, run entirely by volunteers, our trustees comprise 4 individuals who possess strong experience and expertise in assessing and managing risks to which the organisation and our service user/members. Their insight has

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2021 - 31st March 2022

helped us create a first risk register which will be monitored and updated on an annual basis. Our insurers and accountant also advise the charity on risk on an annual basis.

Section C

Charitable Objects

- 1) For the public benefit, to protect and promote the physical and mental health of, primarily but not exclusively, men over the age of 18, in the Liverpool City Region and the surrounding areas, through the provision of:
 - i) the facilitation of physical exercise activities.
 - ii) signposting to relevant information and services around the promotion of physical and mental health.
 - iii) education on healthy diet and nutrition.

- 2) For the public benefit, the relief of unemployment of, primarily but not exclusively, men over the age of 18, in the Liverpool City Region and the surrounding areas, through the provision of advice and guidance on CV writing and interview techniques.

Summary of Main Activities

The genesis of the whole idea behind MANWELL was originally predicated on increasing our members' engagement in regular physical activity leading to weightloss which in turn can lead to improving mental health and thus, the development of new friendships amongst our service users.

So, in a city like Liverpool, the primary vehicle for such a men's health initiative is football. But MANWELL has quickly evolved into so much more than members participating in a single sport. Regular activities organised and managed by MANWELL include:

- Circuit training;
- Boxercise training;
- Jogging groups;
- Climbing group;
- Walking club;
- Dog-walking group;
- Social evenings;

- Cultural days out;

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2021 - 31st March 2022

- Gaming events;
- Weightloss football leagues of 12 squads of 12 men each – 4 seasons to date;
- Competitive league football in 9 a side and 11 a side leagues for fitter men;
- Blood glucose / diabetes testing;
- Full body screening;
- Blood pressure testing;
- PSA tests;
- Foot golf;
- First Aid courses;
- Walk Leader courses;
- CPR and defibrillator courses;
- Mental health first aid courses;
- Suicide awareness courses;
- Job search workshops;
- CV writing courses;
- Mentoring for interviews;
- Life-coaching;
- An enormous amount of peer support from man to man.

All of the above were almost completely suspended as we were necessarily obliged to comply with Government restrictions on gatherings.

Trustees' Declaration

Each MANWELL trustee has made a firm and public declaration, in line with the obligations and commitments set out in the Charity Commission's guidance, including "The Essential Trustee" in the presence of his peers at a Trustees' meeting.

Additional details of objectives and activities (optional)

MANWELL's values, modus operandi and activities have been universally welcomed by all who has come across them in the Liverpool City Region. Without spending a penny on any form of advertising or marketing, we have quickly attracted over 250 men of all ages and walks of life to our health and wellbeing charity.

We are currently embarking on a journey to engage men in a health and wellbeing journey through their employers so that we can also be seen to help the Liverpool City Region's business community to raise local productivity levels (which are currently the lowest of all city regions across the UK). With this in mind, we have begun to seek corporate partnerships with local SMEs to secure their commitment to supporting some of their employees.

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2021 - 31st March 2022

We are exploring running a **corporate** MANWELL weightloss football league alongside our existing activities as one of the primary enhancements to our charitable activities over the coming years 2023-2025 and beyond. No firm plans are yet in place but we are in conversation with a number of business membership forums.

Section D

Summary of main achievements of the charity during the year 2021/22

As previously stated our primary activities were almost completely curtailed during most of the year April 2020-March 2021 and notwithstanding the various key factors such as various lockdowns; mass civic testing across the Liverpool City Region; facilities closures and re-openings; Government enforced Tiers of lockdowns; and of course the needs of our members who were afraid of catching Covid-19 as well as those shielding vulnerable relatives etc etc, we struggled to get sufficient interest to make our weightloss football activities viable on any significant level.

Instead our attentions turned very much towards coaching our members through the mental health trials and tribulations of being separated and isolated from friends, family and even work colleagues during 2020/21 and well into 2021/22.

Section E

Statement of the charity's reserves policy

Whilst the Charity has no staff, premises or significant liabilities, we are not yet obliged to hold any minimum reserves in the event of redundancy or incapacity to sustain our activities.

Details of any funds in deficit

None.

Further financial review details

- **Principal sources of funds**
 - Service users' contributions to activities thru memberships & facility hire costs
 - Small scale sale of charity-branded merchandise
 - Sponsored activity challenges leading to minimal income
 - Minimal public donations

- **How expenditure has supported the charitable objects**

All spending by the charity has been exclusively to support our charitable objects.

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2021 - 31st March 2022

Primary spending has, as usual, been facility hire charges – eg football pitches; gyms; equipment including footballs etc

- Other significant spending has included costs to facilitate our activities, eg: Kits and bibs for teams
- Professional weighing scales and height measurement tool
- A bespoke web portal designed to give all members easy access
- Minimal but important spending on food refreshments after meetings or at social events – often as an incentive to attend focus groups at teatimes!

Investment policy and objectives including ethical investment policy

MANWELL is not yet in a position to consider being able to invest in anything other than our own members' activities. However we remain profoundly committed to the principles of social value, social impact and ethical investment. To this end, we have already taken steps to align ourselves and our work with United Nations Sustainable Development Goal no. 3 – HEALTH and this commitment forms a key part of any and all funding bids and proposals we write. We have encountered only highly positive responses to that information from stakeholders, partner agencies and corporate interested parties across sectors.

Section F

Other optional information

Not applicable

Stuart St V Fitzgerald, Chair

22nd March 2023

Registered number
1179644

Manwell CIO
Report and Accounts
31 March 2022

Manwell CIO**Registered number: 1179644****Directors' Report**

The directors present their report and accounts for the year ended 31 March 2022.

Principal activities

The company's principal activity during the year continued to be Construction of other civil engineering projects not elsewhere classified.

Directors

The following persons served as directors during the year:

Mr Kevin May

Mrs Lisa McClean

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 31 December 2021 and signed on its behalf.

Mr Kevin May

Director

Manwell CIO
Profit and Loss Account
for the year ended 31 March 2022

	2022	2021
	£	£
Turnover	19,226	7,727
Cost of sales	(22,987)	(5,880)
Gross (loss)/profit	<u>(3,761)</u>	<u>1,847</u>
Operating (loss)/profit	<u>(3,761)</u>	<u>1,847</u>
(Loss)/profit on ordinary activities before taxation	<u>(3,761)</u>	<u>1,847</u>
Tax on (loss)/profit on ordinary activities	-	-
(Loss)/profit for the financial year	<u>(3,761)</u>	<u>1,847</u>

Manwell CIO**Registered number:** 1179644**Balance Sheet****as at 31 March 2022**

	Notes	2022 £	2021 £
Current assets			
Stocks	354	354	
Cash at bank and in hand	2,307	6,068	
	<u>2,661</u>	<u>6,422</u>	
Net current assets		2,661	6,422
Net assets		<u>2,661</u>	<u>6,422</u>
Capital and reserves			
Called up share capital		1	1
Profit and loss account		2,660	6,421
Shareholders' funds		<u>2,661</u>	<u>6,422</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Mr Kevin May

Director

Approved by the board on 31 December 2021

Manwell CIO
Statement of Changes in Equity
for the year ended 31 March 2022

	Share capital	Profit and loss account	Total
	£	£	£
At 1 April 2020	1	4,574	4,575
Profit for the financial year		1,847	1,847
At 31 March 2021	<u>1</u>	<u>6,421</u>	<u>6,422</u>
At 1 April 2021	1	6,421	6,422
Loss for the financial year		(3,761)	(3,761)
At 31 March 2022	<u>1</u>	<u>2,660</u>	<u>2,661</u>

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2022

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2022

2 Employees	2022 Number	2021 Number
Average number of persons employed by the company	<u>1</u>	<u>1</u>

3 Other information

Manwell CIO is a private company limited by shares and incorporated in England. Its registered office is:

Unit 18 Century Building
Tower Street
Liverpool
L3 4BJ

Manwell CIO
Detailed profit and loss account
for the year ended 31 March 2022

This schedule does not form part of the statutory accounts

	2022	2021
	£	£
Sales	19,226	7,727
Cost of sales	(22,987)	(5,880)
Gross (loss)/profit	(3,761)	1,847
(Loss)/profit before tax	(3,761)	1,847

Manwell CIO
Detailed profit and loss account
for the year ended 31 March 2022
This schedule does not form part of the statutory accounts

	2022 £	2021 £
Sales		
Sales	<u>19,226</u>	<u>7,727</u>
Cost of sales		
Purchases	<u>22,987</u>	<u>5,880</u>
Administrative expenses		
	<u>-</u>	<u>-</u>

MANWELL

England & Wales - Charity number 1179644

Accounts

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2020 - 31st March 2021

Section A

Trustees

Jan Frank Benz; Mike Prescott; Stuart St Vincent Fitzgerald; John James Little-Smith; Alan James Best;

Section B

Governance matters and style

Type of governing document?

- MANWELL's primary governing document is a formal Constitution (approved and authorised by the Charity Commission at registration in August 2018).

How constituted?

- MANWELL is a Charitable Incorporated Organisation (CIO).

Trustee selection method?

- A reduction in Trustees from 7 to 5 Trustees owing to personal and professional limitations

During a relatively flat year in terms of our activities with membership reducing owing to a lack of marketing and publicity the charity had intended to recruit new trustees in the early months of 2020. This process was aborted as the nation began to be seriously impacted by the Coronavirus pandemic. In fact, as things turned out, our activities were almost entirely decimated by the Covid-19 lockdowns which forced the facilities we used to close and forced our charity into a holding pattern. All we could do was keep in regular contact with our members.

Our intention was to recruit new trustees as soon as the UK begins to return to some degree of normality. The skillsets sought will include:

- Public health and NHS & clinical commissioning experience;

Manwell CIO (Charity Reg No. 1179644)

Annual Report

1st April 2020 - 31st March 2021

- Legal knowledge and experience;
- Accountancy, financial management & audit;
- Charity governance expertise;
- Grant-funding, finance and investment experience and insight;
- Insurance, risk assessment and management
- Mental health

Of course the need and capacity to recruit new trustees during 2020 and early 2021 was almost completely eradicated by the pandemic.

Policies / procedures etc

MANWELL has adopted a suite of core policies and procedures which have been successfully used within established charitable bodies over the past 5-10 years, but all of which have been subject to 2018 revisions to account for changes in charity legislation, including:

- Safeguarding policy;
- Equality & diversity policy;
- Volunteering policy;
- Declaration / conflicts of interest policy.

Organisational structure

Our Board of Trustees is supported by a steering group of around 22 men and an Operations Group of 8 – six of whom take lead responsibility for each of the 6 operational foundation stones on which MANWELL is based: physical health; mental health; nutrition & diet; social inclusion; men's health education and work & fulfilment.

Partnership arrangements

Whilst our charity acts entirely independently and have no formal legal partnerships with any third party, we have built strong working relationships with a variety of interested parties such as NHS Trusts, public bodies and agencies, and private businesses, including:

Manwell CIO (Charity Reg No. 1179644)

Annual Report

1st April 2020 - 31st March 2021

- Liverpool Diabetes Partnership;
- Liverpool Hope University;
- Aintree Hospitals NHS Trust;
- Aintree LOSS;
- RANDOX Health;
- LIV:FIT

These arrangements have been developed to capitalise on some of the synergies that exist between our organisations which make a collaborative approach to creating and embedding innovative and inclusive solutions to enhancing men's health and wellbeing across the Liverpool City Region and beyond an outstanding opportunity.

Risk management

Whilst we remain a very small charitable entity at this stage, run entirely by volunteers, our trustees comprise 4 individuals who possess strong experience and expertise in assessing and managing risks to which the organisation and our service user/members. Their insight has helped us create a first risk register which will be monitored and updated on an annual basis.

However we are also seeking professional expertise within the risk management sphere as we look to appoint additional trustees in the coming weeks. We are looking particularly at the insurance sector for this expertise.

Section C

Charitable Objects

- 1) For the public benefit, to protect and promote the physical and mental health of,
primarily but not exclusively, men over the age of 18, in the Liverpool City Region
and the surrounding areas, through the provision of:
 - i) the facilitation of physical exercise activities.
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and mental health.

Manwell CIO (Charity Reg No. 1179644)

Annual Report

1st April 2020 - 31st March 2021

lii) education on healthy diet and nutrition.

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The genesis of the whole idea behind MANWELL was originally predicated on increasing our members' engagement in regular physical activity leading to weightloss which in turn can lead to improving mental health and thus, the development of new friendships amongst our service users.

So, in a city like Liverpool, the primary vehicle for such a men's health initiative is football. But MANWELL has quickly evolved into so much more than members participating in a single sport. Regular activities organised and managed by MANWELL include:

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- Climbing group;
- Walking club;
- Dog-walking group;
- Social evenings;
- Cultural days out;
- Gaming events;
- Weightloss football leagues of 12 squads of 12 men each – 4 seasons to date;
- Competitive league football in 9 a side and 11 a side leagues for fitter men;
- Blood glucose / diabetes testing;
- Full body screening;
- Blood pressure testing;
- PSA tests;
- Foot golf;
- First Aid courses;

Manwell CIO (Charity Reg No. 1179644)

Annual Report

1st April 2020 - 31st March 2021

- Walk Leader courses;
- CPR and defibrillator courses;
- Mental health first aid courses;
- Suicide awareness courses;
- Job search workshops;
- CV writing courses;
- Mentoring for interviews;
- Life-coaching;
- An enormous amount of peer support from man to man.

All of the above were almost completely suspended as we were necessarily obliged to comply with Government restrictions on gatherings.

Trustees' Declaration

Each MANWELL trustee has made a firm and public declaration, in line with the obligations and commitments set out in the Charity Commission's guidance, including "The Essential Trustee" in the presence of his peers at a Trustees' meeting.

Additional details of objectives and activities (optional)

MANWELL's values, modus operandi and activities have been universally welcomed by all who has come across them in the Liverpool City Region. Without spending a penny on any form of advertising or marketing, we have quickly attracted over 250 men of all ages and walks of life to our health and wellbeing charity.

We are currently embarking on a journey to engage men in a health and wellbeing journey through their employers so that we can also be seen to help the Liverpool City Region's business community to raise local productivity levels (which are currently the lowest of all city regions across the UK). With this in mind, we have begun to seek corporate partnerships with local SMEs to secure their commitment to supporting some of their employees.

We expect to run a corporate MANWELL weightloss football league alongside our existing activities as one of the primary enhancements to our charitable activities over the coming years 2021-2025 and beyond.

Manwell CIO (Charity Reg No. 1179644) Annual Report

1st April 2020 - 31st March 2021

Section D

Summary of main achievements of the charity during the year 2019/20

As previously stated our primary activities were almost completely curtailed during most of the year April 2020-March 2021 and notwithstanding the various key factors such as various lockdowns; mass civic testing across the Liverpool City Region; facilities closures and re-openings; Government enforced Tiers of lockdowns; and of course the needs of our members who were afraid of catching Covid-19 as well as those shielding vulnerable relatives etc etc, we struggled to get sufficient interest to make our weightloss football activities viable on any significant level.

Instead our attentions turned very much towards coaching our members through the mental health trials and tribulations of being separate and isolated from friends, family and even work colleagues during this most difficult of years.

Section E

Statement of the charity's reserves policy

Whilst the Charity has no staff, premises or significant liabilities, we are not yet obliged to hold any minimum reserves in the event of redundancy or incapacity to sustain our activities.

Details of any funds in deficit

None.

Further financial review details

- **Principal sources of funds**
 - Service users' contributions to activities thru memberships & facility hire costs
 - Small scale sale of charity-branded merchandise
 - Sponsored activity challenges leading to minimal income
 - Minimal public donations

Manwell CIO (Charity Reg No. 1179644)

Annual Report

1st April 2020 - 31st March 2021

- **How expenditure has supported the charitable objects**

All spending by the charity has been exclusively to support our charitable objects. Primary spending has been facility hire charges – eg football pitches; gyms; equipment including footballs etc

- Other significant spending has included costs to facilitate our activities, eg: Kits and bibs for teams
- Professional weighing scales and height measurement tool
- A bespoke web portal designed to give all members easy access
- Minimal but important spending on food refreshments after meetings or at social events – often as an incentive to attend focus groups at teatimes!

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MANWELL is not yet in a position to consider being able to invest in anything other than our own members' activities. However we remain profoundly committed to the principles of social value, social impact and ethical investment. To this end, we have already taken steps to align ourselves and our work with United Nations Sustainable Development Goal no. 3 – HEALTH and this commitment forms a key part of all funding bids and proposals we write. We have encountered only highly positive responses to that information from stakeholders, partner agencies and corporate interested parties across sectors.

Section F

Other optional information

Not applicable

Stuart St V Fitzgerald, Chair

6th December 2022

Manwell CIO

For the year ended 31st March 2021

Income

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

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Expenditure	0.00
Closing Balnace	0.00 Confirmed

Bank Statement	7,509.16
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Control	-7,509.16
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0.00 Sales
0.00 Interest
0.00 Contra
0.00 DCA
0.00 Travel
0.00 Motor
0.00 Grant
0.00 Donation
0.00
0.00
0.00

0.00 Suspense

<u>0.00</u> Total

0.00 Control

Expenditure

Notes

Date

Folio

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0.00

0.00 Motor
0.00 DCA
0.00 Cash
0.00 Insurance
0.00 Telephone
0.00 PSA
0.00 Bank
0.00 COS
0.00 Sundry
0.00 Contra
0.00 PAYE
0.00 Rent
0.00 Travel
0.00 Accountant
0.00 suspense

0.00 Total

0.00 Control

Manwell CIO

Profit & Loss Statement
For the year ended 31st March 2021

Prepared by: Anthony
Approved by: SMB

	Bank	DCA	Journal	Journal	2021	2020
Donations	3,618.40				3,618.40	13,000.00
Income from Activities	4,108.46				4,108.46	18,815.00
Total Income					<u>7,726.86</u>	<u>31,815.00</u>
Expenses						
Activities	705.60				705.60	36,133.00
Football Activities	1,507.98				1,507.98	2,605.00
Non Football Activities	501.92				501.92	845.00
Bank Charges	275.24				275.24	127.00
Gym Hire	2,000.00				2,000.00	208.00
PSA	314.79				314.79	0.00
Sundry	574.61				574.61	0.00
Suspense	0.00				0.00	0.00
Net Profit (Loss)					<u>1,846.72</u>	<u>-8,103.00</u>
Gross Profit					<u>1,846.72</u>	<u>-8,103.00</u>

Manwell CIO

Balance Sheet
For the year ended 31st March 2021

Fixed Asset

Equipment		354.00		354.00	354.00
-----------	--	--------	--	--------	--------

Current Asset

Bank	6,067.72			6,067.72	4,221.00
DCA				0.00	0.00
Cash				0.00	0.00
				<u>6,067.72</u>	<u>4,221.00</u>

Liabilities

Accrual				0.00	0.00
Trade Creditors		0.00		0.00	0.00
Bank Loans	0.00	0.00		0.00	0.00
				<u>0.00</u>	<u>0.00</u>

Net Asset & Liabilities				<u>6,421.72</u>	<u>4,575.00</u>
-------------------------	--	--	--	-----------------	-----------------

Capital

Profit & Loss	4,575.00		1,846.72	6,421.72	4,575.00
				<u>6,421.72</u>	<u>4,575.00</u>
Control				0.00	0.00

Manwell CIO**Trial balance****AutoHide is on**

Current year

Enter debits as + and credits as - [assets and expenses are debits]

£

PROFIT AND LOSS ACCOUNT

Turnover	Income from Activities	(4,108)
	Donations and legacies	(3,618)
Cost of sales	Purchases	5,880
	Decrease/increase	
	Subcontractors	
	Direct labour	
	Carriage	
	Discounts allowed	
	Commissions payable	
	Other direct costs	
Distribution costs	Distribution costs	
Employee costs	Wages and salaries	
	Directors' salaries	
	Pensions	
	Bonuses	
	Employer's NI	
	Temporary staff and recruitment	
	Staff training and welfare	
	Travel and subsistence	
	Motor expenses	
	Entertaining	
Premises costs	Rent	
	Rates	
	Service charges	
	Light and heat	
	Cleaning	
	Use of home	
General admin	Telephone and fax	
	Postage	
	Stationery and printing	
	Courier services	
	Information and publications	
	Subscriptions	
	Bank charges	
	Insurance	
	Equipment expensed	
	Equipment hire	
	Software	
	Repairs and maintenance	
	Depreciation	
	Amortisation of goodwill	
	Bad debts	
	Sundry expenses	
Legal and professional costs	Audit fees	
	Accountancy fees	
	Solicitors fees	
	Consultancy fees	
	Management fees	
	Advertising and PR	
	Other legal and professional	
Other operating income	Other operating income	
P/I on disposal	Land and buildings	
	Plant & machinery	

Manwell CIO**Trial balance****AutoHide is on**

Current year

Enter debits as + and credits as - [assets and expenses are debits]

£

Gain/loss on revaluation	Investments Fixed asset investments Current asset investments - listed Current asset investments - unlisted	
Income from investments	Income from investments	
Interest receivable	Interest receivable	
Interest payable	Interest payable	
	Non-equity dividends	
Taxation	Corporation tax	
	Corporation tax - prior year adjustments	
	Deferred tax	
Retained (profit)/loss		(1,846)
BALANCE SHEET		
Intangible FA	Cost - b/fwd Cost - additions Cost - disposals Amortisation - b/fwd Amortisation - provided in year Amortisation - disposals	
Land & buildings	Cost - b/fwd Cost - additions Cost - revaluation Cost - disposals Depn - b/fwd Depn - charge for the year Depn - revaluation Depn - disposals	
Plant & machinery	Cost - b/fwd Cost - additions Cost - disposals Depn - b/fwd Depn - provided in year Depn - disposals	
Motor vehicles	Cost - b/fwd Cost - additions Cost - disposals Depn - b/fwd Depn - provided in year Depn - disposals	
Investments in subsidiaries	B/fwd Additions Revaluation Disposals	
Other investments - listed	B/fwd Additions Revaluation Disposals	
Other investments - unlisted	B/fwd Additions	

Manwell CIO
Trial balance
AutoHide is on

Current year

Enter debits as + and credits as - [assets and expenses are debits]

£

	Revaluation	
	Disposals	
Stocks	Stocks	354
Debtors	Trade debtors	
	Due from group undertakings	
	Directors current account	0
	Other debtors	
Current asset investments	Listed	
	Unlisted	
Cash at bank	Cash at bank	6,066
Creditors less than 1yr	Overdrafts	
	Bank loans	
	Finance lease and HP contracts	
	Trade creditors	0
	Due to group undertakings	
	Corporation tax	
	Directors current account	
	Other taxes and social security	
	Proposed dividends	
	Accrued preference dividends	
	Non-equity preference shares	
	Other creditors	
Creditors greater than 1yr	Bank loans	
	Finance lease and HP contracts	
	Trade creditors	
	Due to group undertakings	
	Non-equity preference shares	
	Other creditors	
Deferred tax	B/fwd	
	Charged to the p/l account	
	Charged to other comprehensive income	
Share capital	B/fwd	
	Shares issued	
	Shares redeemed	
Share premium	B/fwd	
	On shares issued	
	Expenses of issue	
Revaluation reserve	B/fwd	
	Gain on revaluation of land and buildings	
	Deferred taxation arising on the revaluation of land and buildings	
Profit and loss account	B/fwd	(4,574)
	Equity dividends	0
Totals (all should be zero)		0
Rounding Difference		1

Manwell CIO		
Trial balance	AutoHide is on	Comparative
Enter debits as + and credits as -	[assets and expenses are debits]	£
		£
PROFIT AND LOSS ACCOUNT		
Turnover	Income from Activities	(18,815)
	Donations and legacies	(13,000)
Cost of sales	Purchases	39,918
	Decrease/increase	
	Subcontractors	
	Direct labour	
	Carriage	
	Discounts allowed	
	Commissions payable	
	Other direct costs	
Distribution costs	Distribution costs	
Employee costs	Wages and salaries	
	Directors' salaries	
	Pensions	
	Bonuses	
	Employer's NI	
	Temporary staff and recruitment	
	Staff training and welfare	
	Travel and subsistence	
	Motor expenses	
	Entertaining	
Premises costs	Rent	
	Rates	
	Service charges	
	Light and heat	
	Cleaning	
	Use of home	
General admin	Telephone and fax	
	Postage	
	Stationery and printing	
	Courier services	
	Information and publications	
	Subscriptions	
	Bank charges	
	Insurance	
	Equipment expensed	
	Equipment hire	
	Software	
	Repairs and maintenance	
	Depreciation	
	Amortisation of goodwill	
	Bad debts	
	Sundry expenses	
Legal and professional costs	Audit fees	
	Accountancy fees	
	Solicitors fees	
	Consultancy fees	
	Management fees	
	Advertising and PR	
	Other legal and professional	
Other operating income	Other operating income	
P/I on disposal	Land and buildings	
	Plant & machinery	

Manwell CIO		Comparative
Trial balance		
Enter debits as + and credits as - [assets and expenses are debits]		
	£	£
Gain/loss on revaluation	Investments Fixed asset investments Current asset investments - listed Current asset investments - unlisted	
Income from investments	Income from investments	
Interest receivable	Interest receivable	
Interest payable	Interest payable	
Taxation	Non-equity dividends Corporation tax Corporation tax - prior year adjustment Deferred tax	
Retained (profit)/loss		8,103
BALANCE SHEET		
Intangible FA	Cost - b/fwd Cost - additions Cost - disposals Amortisation - b/fwd Amortisation - provided in year Amortisation - disposals	
Land & buildings	Cost - b/fwd Cost - additions Cost - revaluation Cost - disposals Depn - b/fwd Depn - charge for the year Depn - revaluation Depn - disposals	
Plant & machinery	Cost - b/fwd Cost - additions Cost - disposals Depn - b/fwd Depn - provided in year Depn - disposals	
Motor vehicles	Cost - b/fwd Cost - additions Cost - disposals Depn - b/fwd Depn - provided in year Depn - disposals	
Investments in subsidiaries	B/fwd Additions Revaluation Disposals	
Other investments - listed	B/fwd Additions Revaluation Disposals	
Other investments - unlisted	B/fwd Additions	

Manwell CIO		Comparative
Trial balance		£
Enter debits as + and credits as - [assets and expenses are debits]		£
	Revaluation	
	Disposals	
Stocks	Stocks	354
Debtors	Trade debtors	
	Due from group undertakings	
	Directors current account	
	Other debtors	
Current asset investments	Listed	
	Unlisted	
Cash at bank	Cash at bank	4,220
Creditors less than 1yr	Overdrafts	
	Bank loans	
	Finance lease and HP contracts	
	Trade creditors	0
	Due to group undertakings	
	Corporation tax	
	Directors current account	
	Other taxes and social security	
	Proposed dividends	
	Accrued preference dividends	
	Non-equity preference shares	
	Other creditors	
Creditors greater than 1yr	Bank loans	
	Finance lease and HP contracts	
	Trade creditors	
	Due to group undertakings	
	Non-equity preference shares	
	Other creditors	
Deferred tax	B/fwd	
	Charged to the p/l account	
	Charged to other comprehensive income	
Share capital	B/fwd	
	Shares issued	
	Shares redeemed	
Share premium	B/fwd	
	On shares issued	
	Expenses of issue	
Revaluation reserve	B/fwd	
	Gain on revaluation of land and buildings	
	Deferred taxation arising on the revaluation of land and buildings	
Profit and loss account	B/fwd	(12,677)
	Equity dividends	
Totals (all should be zero)		0
Rounding Difference		

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Opening Balance
Income
Expenditure
Closing Balnace

Bank Statement

Control

2021

Detail

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Expenditure

Amount	Class	Notes	Date	Folio
104.67	Donations		*	
11.63	Donations		*	
58.15	Donations		15-Apr-23	
23.26	Donations		*	
46.52	Donations		*	
34.89	Donations		*	
23.26	Donations		*	
11.63	Donations		*	
11.63	Donations		*	
34.89	Donations		*	
46.52	Donations		*	
58.15	Donations		*	
34.89	Donations		*	
11.63	Donations		*	
23.26	Donations		*	
23.26	Donations		*	
58.15	Donations		*	
46.52	Donations		*	
11.63	Donations		*	
23.26	Donations		*	
11.63	Donations		*	
23.26	Donations		*	
46.52	Donations		*	
11.63	Donations		*	
11.63	Donations		*	
69.78	Donations		*	
93.04	Donations		*	
46.52	Donations		*	
23.26	Donations		*	
11.63	Donations		*	
34.89	Donations		*	
34.89	Donations		*	
34.89	Donations		*	
34.89	Donations		*	
46.52	Donations		*	
11.63	Donations		*	
11.63	Donations		*	
23.26	Donations		*	
34.89	Donations		*	
11.63	Donations		*	
58.15	Donations		*	
58.15	Donations		*	
11.63	Donations		*	
11.63	Donations		*	
23.26	Donations		*	
58.15	Donations		*	
23.26	Donations		*	
11.63	Donations		*	

104.67	Donations	*
11.63	Donations	*
46.52	Donations	*
34.89	Donations	*
23.26	Donations	*
23.26	Donations	*
34.89	Donations	*
23.26	Donations	*
23.26	Donations	*
58.15	Donations	*
1,000.00	Donations	*
58.54	Donations	*
320.00	Income from Activities	*
11.63	Donations	*
80.00	Income from Activities	*
240.00	Income from Activities	*
11.63	Donations	*
11.63	Donations	*
183.79	Income from Activities	*
11.63	Donations	*
11.63	Donations	*
23.26	Donations	*
81.41	Donations	*
511.72	Income from Activities	*
162.82	Donations	*
58.15	Donations	*
11.63	Donations	*
19.22	Income from Activities	*
11.63	Donations	*
265.00	Income from Activities	*
11.63	Donations	*
23.26	Donations	*
11.63	Donations	*
80.00	Income from Activities	*
11.63	Donations	*
80.00	Income from Activities	*
11.63	Donations	*
23.26	Donations	*
80.00	Income from Activities	*
14.31	Income from Activities	*
80.00	Income from Activities	*
80.00	Income from Activities	*
80.00	Income from Activities	*
80.00	Income from Activities	*
80.00	Income from Activities	*
240.00	Income from Activities	*
19.42	Income from Activities	*
85.00	Income from Activities	*
250.00	Income from Activities	*
11.63	Donations	*
80.00	Income from Activities	*
160.00	Income from Activities	*
1,000.00	Income from Activities	*
11.63	Donations	*
17.78	Donations	*
30.00	Donations	*
23.26	Donations	*

Suspense	*
Suspense	*
Suspense	*
Suspense	*
Suspense	*
Suspense	*
Suspense	*
Suspense	*
Suspense	*
Suspense	*

7,726.86

4,221.00

7,726.86

5,880.14

6,067.72

6,067.72

0.00

3,618.40 Donations

4,108.46 Income from activities

0.00 Contra

0.00 DCA

0.00 Travel

0.00 Wages

0.00 Repairs

0.00 VAT

0.00 Loan

0.00 Refund

0.00

0.00

0.00 Suspense

7,726.86 Total

0.00 Control

Detail

Commission charges

Float Cash

Intuit

LeagueLobster

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Float Cash

paypal payment

Intuit

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Float Cash

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LeagueLobster

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Commission charges

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LeagueLobster

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Commission charges

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Float Cash

Intuit

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Commission charges
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schoolhire
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justgiving
paypal payment

6,067.72

Amount	Class	Notes
6.50	Bank	
58.80	Activities	
14.40	PSA	
12.48	Football	
18.00	Sundry	
25.00	PSA	
6.00	PSA	
58.80	Activities	
10.10	sundry	
14.40	PSA	
18.00	Sundry	
12.64	Football	
6.00	PSA	
14.40	PSA	
58.80	Activities	
10.10	sundry	
12.45	Football	
18.00	Sundry	
6.00	PSA	
14.40	PSA	
58.80	Activities	
92.99	PSA	
168.74	Bank	
320.00	Gym Hire	
12.16	Football	
18.00	Sundry	
6.00	PSA	
6.50	Bank	
15.00	non football activities	
14.40	PSA	
58.80	Activities	
10.54	sundry	
320.00	Gym Hire	
11.76	Football	
18.00	Sundry	
80.00	Gym Hire	
15.52	sundry	
6.00	non football activities	
15.50	Sundry	
28.52	Sundry	
6.50	Bank	
160.00	Gym Hire	
20.43	non football activities	
58.80	Activities	
14.40	PSA	
20.22	sundry	
12.00	Bank	
11.90	Football	

320.00 Gym Hire
40.00 non football activities
40.00 non football activities
100.00 non football activities
18.00 Sundry
360.00 Football
40.00 non football activities
40.00 non football activities
15.97 sundry
6.50 Bank
58.80 Activities
14.40 PSA
20.22 sundry
216.00 non football activities
240.00 Gym Hire
11.90 Football
18.00 Sundry
15.56 sundry
6.50 Bank
14.40 PSA
58.80 Activities
20.22 sundry
160.00 Gym Hire
11.64 Football
18.00 Sundry
15.23 sundry
126.83 non football activities
6.50 Bank
14.40 PSA
58.80 Activities
20.22 sundry
160.00 Gym Hire
11.41 Football
18.00 Sundry
15.06 sundry
137.52 non football activities
6.50 Bank
11.63 Bank
58.80 Activities
14.40 PSA
20.22 sundry
11.36 Football
18.00 Sundry
250.00 non football activities
14.88 sundry
2.47 non football activities
137.36 non football activities
6.50 Bank
24.37 Bank
14.40 PSA
58.80 Activities
20.22 sundry
213.86 non football activities
11.11 Football
18.00 Sundry
20.72 sundry
14.51 sundry

122.51	non football activities
6.50	Bank
58.80	Activities
14.40	PSA
20.22	sundry
240.00	Gym Hire
11.11	Football
18.00	Sundry
14.86	sundry
0.00	Suspense
5,880.14	

0.00	Motor
0.00	Corp Tax
705.60	activities
0.00	Insurance
2,000.00	Gym Hire
314.79	PSA
275.24	Bank
0.00	Travel
0.00	Repairs
574.61	Sundry
0.00	Contra
0.00	PAYE
0.00	COS
0.00	DCA
0.00	Heat
1,507.98	non football activities
501.92	Football
0.00	Accountant
0.00	Training
0.00	Bank Loan
0.00	Finance
0.00	Wages
0.00	suspense

5,880.14	Total

0.00 Control

Company
Type
Method
Version
Copyright

Cleared

Manwell CIO
Small company/FRS102
Trial balance to be entered manually
Last updated May 2017
VT Software Limited 2017

Notes/ Comments/ Outstanding points

For advice on using this workbook, click on the Template Instructions button at the right-hand end of the VT toolbar or choose the Topics command from the VT Final Accounts>Help menu.

This workbook is based on FRS 102 (as applied to small companies) and must be used for periods beginning on or after 1 January 2016. It can optionally be used for periods beginning on or after 1 January 2015.

The iXBRL tax computation in this workbook cannot be used for periods beginning before 1 April 2015 if the company is eligible for marginal rate relief.

May 2017

May 2017

May 2017

May 2017

Mar 2017

Mar 2017

Mar 2017

Mar 2017

Feb 2017

Feb 2017

Nov 2016

The audit report has been updated in accordance with the FRC Bulletin: *Compendium of illustrative auditor's reports on United Kingdom private sector financial statements for periods commencing on or after 17 June 2016*. Earlier adoption is allowed. However, the old audit report is still included in the template with the sheet name *AuditOld*. To use the old report, click the *Sheets* button in the *Print* or *Generate iXBRL File* dialogs

Fixed asset investment note. Revaluation line added

Current asset investment note added

Chartered Accountants' reports. Web reference and reference to 07/16 AAF updated

Notes to the accounts. The audit information note has been reformatted and tagged. Companies House now accept the on-line filing of small company audited filleted accounts. These do not contain an audit report but instead have an audit information note.

Accounting policies - Basis of preparation. The words *as applied to small entities by section 1A of the standard* added

Accounting policies - Investments. Wording expanded

Notes to the accounts. Other financial commitments note. The formula in the comparative column has been corrected

Tax computation. Expensive cars pool removed

Statement of changes in equity. *Profit for the financial year* text correctly automated

First release

Manwell CIO**Data not obtained from trial balance****AutoHide is on***Enter data in the white spaces Enter numbers as + unless indicated*

Current year

Units (eg £ or £000) *include a trailing sp*Company registration number Approval date of the accounts by the board Date of signing on the audit/accountants report Date of engagement letter (required for CA and ACCA reports)

Person signing directors' report:

Name of director Or, name of secretary Name of director signing balance sheet

Address of registered office:

Address line 1

Address line 2

City or town

County or region

Postcode

Unit 18 Century Building

Tower Street

Liverpool

L3 4BJ

Name of senior statutory auditor Name of auditors/accountants Type of firm (eg Chartered Accountants)

Address of auditors/accountants

Address line 1

Address line 2

City or town

County or region

Postcode

Unit 18

Century Building

Liverpool

Merseyside

L3 4BJ

Prior year adjustments (+ for a gain; - for a loss) Correction of prior year errors Effect of retrospective changes in accounting policies [More info on prior year adjustments](#)Average number of persons employed by the company Freehold land & buildings if revalued amounts shown in trial balance:

Manwell CIO**Data not obtained from trial balance****AutoHide is on***Enter data in the white spaces Enter numbers as + unless indicated*

Current year

cumulative depreciation based on cost

Historical cost of fixed asset investments

£

Investments in subsidiaries

Other investments

£

Amounts due after more than one year included in debtors

Amounts included in creditors falling due for payment
after more than five years:

£

Payable otherwise than by installment

Payable by installment

£

Secured bank loans included in creditors

Capital commitments:

£

contracted

Total future payments due under non-cancellable
operating leases

£

Comparative ace	
Number	-
£	

Comparative
£
£
£
£
£
£

Manwell CIO
Report and Accounts
31 March 2021

Manwell CIO
Filleterd Accounts
31 March 2021

Manwell CIO

Registered number:

1179644

Trustees' Report

The trustees present their report and accounts for the year ended 31 March 2021.

Principal activities

Trustees

The following persons served as trustees during the year:

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 24 February 2023 and signed on its behalf.

Director

Required if average number
of employees exceeds 250

Manwell CIO

Registered number:

1179644

Trustees' Report

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Manwell CIO

Registered number:

Trustees' Report

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Companies Act

Manwell CIO
Profit and Loss Account
for the year ended 31 March 2021

	2021 £
Turnover	7,726
Cost of sales	(5,880)
Err:511	1,846
Err:511	1,846
Err:511	1,846
Err:511	-
Err:511	1,846

2020
£

31,815

(39,918)

(8,103)

(8,103)

(8,103)

-

(8,103)

Manwell CIO**Registered number:**

1179644

Balance Sheet**as at 31 March 2021**

	Notes	2021	
		£	
Current assets			
Stocks	354		354
Cash at bank and in hand	6,066		4,220
	<u>6,420</u>		<u>4,574</u>
Err:511		6,420	
Err:511		<u>6,420</u>	
Capital and reserves			
Profit and loss account		6,420	
Shareholders' funds		<u>6,420</u>	

The trustees are satisfied that the company is entitled to exemption from the requirement for an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 477 of the Act.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has been delivered to the Registrar of Companies.

Director

Approved by the board on 24 February 2023

2020
£

4,574

4,574

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4,574

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Manwell CIO
Statement of Changes in Equity
for the year ended 31 March 2021

This statement is optional. It can be hidden un-ticking its box in the Workbook Properties dialog (second button on the VT toolbar).

	£	£	£
At 12 April 2019	-	12,677	12,677
Err:511		(8,103)	(8,103)
At 31 March 2020	-	4,574	4,574
At 1 April 2020	-	4,574	4,574
Err:511		1,846	1,846
At 31 March 2021	-	6,420	6,420

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Manwell CIO
Notes to the Accounts
for the year ended 31 March 2021

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard for Small Entities, issued by the Accounting and Reporting Board of the United Kingdom and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have been transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by reference to the ratio of the value of work performed to the total estimated contract costs.

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised for the tax receivable on the taxable loss of the current and past periods, to the extent that it is probable that the tax will be recovered. A deferred tax liability is recognised for all timing differences between the recognition of income and tax assessments. Unrelieved tax losses are recognised only to the extent that it is probable that they will be recovered against future taxable profits. Deferred tax assets are recognised only to the extent that it is probable that they will be recovered against future taxable profits. Deferred tax assets and liabilities are measured at the best estimate of the amount of tax payable or receivable in the future, based on the expected timing of the reversal of the timing difference, except where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2021

2 Other information

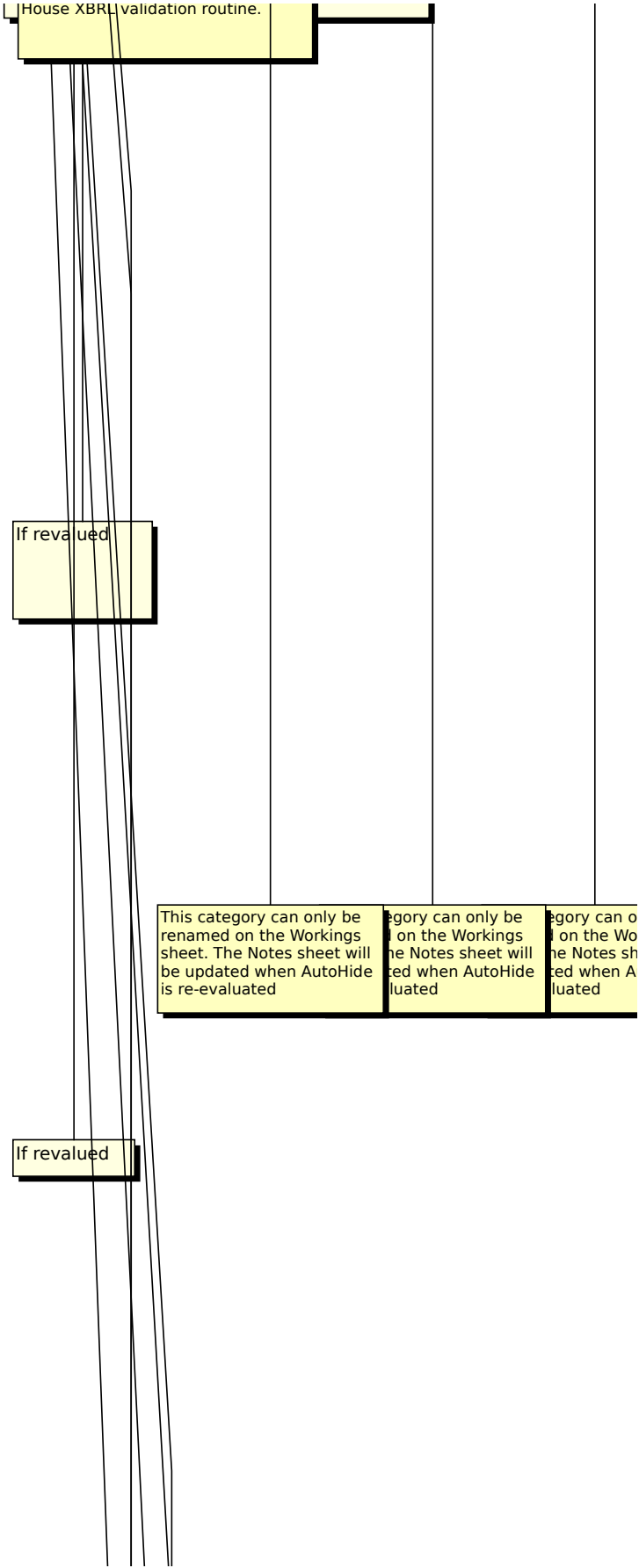
Manwell CIO is a private company limited by shares and incorporated in England. Its registered office is:
Unit 18 Century Building
Tower Street
Liverpool
L3 4BJ

This note is required when audited
filleted accounts are filed with
Companies House. See subsection 5B
of section 444 of the Companies Act
2006.

The date of the audit report is not
required by law in this note, but is
currently required by the Companies

Individual items
size or
does not
sent to
ss account
the profit

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2021



Manwell CIO
Notes to the Accounts
for the year ended 31 March 2021

Change to fair value if any investments revalued

If revalued

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2021

[illegible]

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2021

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See reproduction of
Company Law in FRS
102 Section 1A Appendix
C Para 31.

Manwell CIO
Notes to the Accounts
for the year ended 31 March 2021

Give particulars of material transactions that have not been concluded under normal market conditions with related parties. For full rules, see reproduction of Company Law in FRS 102 Section 1A Appendix C Para 35.

If the company is a subsidiary, the following information must be given in respect of the parent of the smallest group for which consolidated financial statements are drawn up of which the company is a member: the name of the parent and the address of its registered office.

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Manwell CIO**Detailed profit and loss account
for the year ended 31 March 2021***This schedule does not form part of the statutory accounts*

	2021 £
Sales	7,726
Cost of sales	(5,880)
Err:511	1,846
Err:511	1,846

2020
£

31,815

(39,918)

(8,103)

(8,103)

Manwell CIO**Detailed profit and loss account
for the year ended 31 March 2021***This schedule does not form part of the statutory accounts*

	2021
	£
Sales	
Donations and legacies	3,618
Income from Activities	4,108
	7,726
Cost of sales	
Purchases	5,880
Administrative expenses	
	-

2020
£

13,000

18,815

31,815

39,918

-

Manwell CIO**Data for corporation tax computation**

Please check the tax computation carefully. VT Software Limited accepts no responsibility or the correctness of the numbers, assumptions, tax rates and calculations in this template. You use this template and associated software entirely at your own risk. If in doubt, please consult a professional tax advisor.

Please note that the capital allowances sheet (CapAllow) provides a template for your own work which does not automatically calculate allowances.

You must click the Re-evaluate AutoHide button if any numbers in the tax computation are changed. If with data on may remain hidden if you do not.

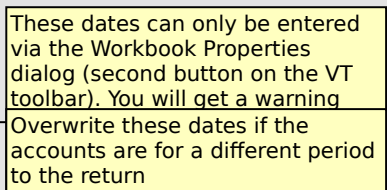
Tax reference (10 digits no spaces)	
First day of return/accounting period	4/1/2020
Last day of return/accounting period	3/31/2021
First day of period covered by statutory accounts	4/1/2020
Last day of period covered by statutory accounts	3/31/2021
Err:511	
Units	£
Profit /(loss) before tax per the accounts	£ 1,846
Disallowable expenses	£
Entertainment	-
Legal & professional fees	
Parking fines	
Depreciation and profit/(loss) on sale of assets	-
Other	
<i>Enter any further items directly into the adjustment of profits section on the TaxComp sheet</i>	
Donations	£
Qualifying donations to UK charities	
Other donations	
Non-trading income	£
Interest receivable	-
Property income	
Gain/(loss) on revaluation of investments	-
Franked investment income	-
Other income not taxable	
Other adjustments	£
Finance lease adjustments	

Leased cars	
Other operating lease adjustments	
	£
Dividends payable on non-equity shares included in interest payable	-
	£
Losses utilised	

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These dates can only be entered
via the Workbook Properties
dialog (second button on the VT
toolbar). You will get a warning
Overwrite these dates if the
accounts are for a different period
to the return

t

Manwell CIO
Corporation tax computation
Tax reference
Period beginning
Period ending
Accounts period beginning
Accounts period ending

Adjustment of trading profits

Err:511

Err:511

Taxable profits

Err:511	1,846
---------	-------

Err:511

Days in accounting period falling in each tax year

Tax year	Days falling in tax year
Err:511	Err:511
	<u>Err:511</u>

Corporation tax payable

Tax year	Taxable profit	Tax rate
Err:511	Err:511	Err:511
	<u>1,846</u>	

Corporation tax payable

0
1/04/20
31/03/21
1/04/20
31/03/21

£

1,846

1,846

£

1,846

1,846

Days in year

Err:511

Corp Tax
Err:511

Err:511

Total capital allowances

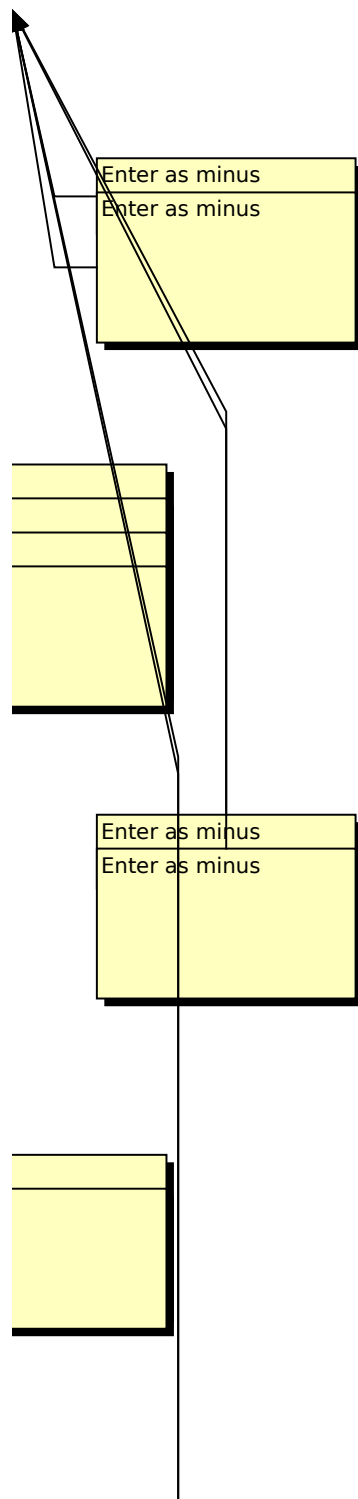
£

—

Enter as minus
Enter as minus

Manwell CIO
Capital allowances

Enter as minus
Enter as minus
Enter as minus
Enter as minus



Enter as minus	
Enter as minus	

Manwell CIO
Chargeable gains
Tax reference
Period beginning
Period ending

0
1/04/20
31/03/21

£

Gross chargeable gains

-

Allowable losses

-

Net chargeable gains

-

A computation of each gain or loss can be included below. The amounts should be tagged with the Set Tag (Comprehensive) button. In the Set Tag (Comprehensive) dialog, select 'Chargeable gains' from the drop down list at the top to see the available tags.

*l using the
le gains' in*

Formula driven text is placed here and then referred to by cells in the main body of the accounts

To indicate that the company has only one trustee, or that the sole trustee is female, click on the Workbook Properties button (second button on the VT toolbar)

Trustees report and balance sheet

The trustees present their report and accounts for the year ended 31 March 2021.

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

for the year ended 31 March 2021
for the period ended 31 March 2021
for the period from 1 April 2020 to 31 March 2021

for the year ended 31 March 2021
for the year ended 31 March 2021
year

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The trustees acknowledge their responsibilities for
complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

The following persons served as trustees during the year:

for the information of the trustees only

Statement of trustees responsibilities

The trustees are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the trustees to prepare accounts for each financial year.

Under that law the trustees have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Trustees report and balance sheet

Under company law the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

In preparing these accounts, the trustees are required to:

select suitable accounting policies and then apply them consistently;
make judgements and estimates that are reasonable and prudent;
prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Accountants and auditors reports

We have audited the accounts of Manwell CIO for the year ended 31 March 2021 which comprise

the Profit and Loss Account, the Balance Sheet, the Statement of Changes in Equity

and the related notes

and notes to the accounts, 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, including

FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

give a true and fair view of the state of the company's affairs as at

31 March 2021 and of its profit for the year then ended;

As explained more fully in the Statement of trustees' Responsibilities, the trustees are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view. Our responsibility is to audit and express an opinion on the accounts in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

In our opinion, based on the work undertaken in the course of the audit, the information given in the trustees' Report for the financial year for which the accounts are prepared is consistent with the accounts and has been prepared in accordance with applicable legal requirements.

In accordance with your instructions, we have prepared the accounts which comprise

from the accounting records of the company and on the basis of information and explanations you have given to us.

You consider that the company is exempt from an audit for the year ended 31 March 2021.

Trustees report and balance sheet

You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

financial year
financial year.

In accordance with the engagement letter dated 30 December 1899
, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the accounts of the company which comprise
from the accounting records and information and explanations you have given to us.

You have acknowledged on the balance sheet as at 31 March 2021
your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

You consider that the company is exempt from the statutory requirement for an audit for the

year.

We have reviewed the accounts of Manwell CIO for the year ended 31 March 2021, which comprise

This report is made solely to the Company's trustees, as a body, in accordance with the terms of our engagement letter dated 30 December 1899.

Our review has been undertaken so that we might state to the company's trustees those matters we have agreed with them in our engagement letter and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's trustees as a body for our work, for this report or the conclusions we have formed.

so as to give a true and fair view of the state of the Company's affairs as at 31 March 2021, and of its profit for the year then ended;

ACCA report

This report is made solely to the Board of trustees of Manwell CIO, as a body, in accordance with the terms of our engagement letter dated 30 December 1899.

Our work has been undertaken solely to prepare for your approval the accounts of Manwell CIO and state those matters that we have agreed to state to the Board of trustees of Manwell CIO, as a body, in this report

in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/factsheet163>.

in accordance with ICAEW Technical Release 07/16 AAF.

To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Manwell CIO and its Board of trustees as a body for our work or for this report.

Trustees report and balance sheet

It is your duty to ensure that Manwell CIO has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Manwell CIO.

You consider that Manwell CIO is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Manwell CIO.

For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the

Manwell CIO
Workings
at 31 March 2021

Intangible fixed assets previous years

£

Goodwill:

Cost

B/fwd	-
Additions	-
Disposals	-
C/fwd	-

Amortisation

B/fwd	-
Provided during the year	-
On disposals	-
C/fwd	-

Net book value -

Net book value b/fwd per current year trial balance -

The workings below form the basis for the Fixed asset note. Whenever AutoHide is turned on or off the appropriate columns below are re-copied to the Notes sheet.

Tangible fixed assets

**Land and
buildings
£**

This category can be renamed on the Workings sheet. The Notes should be updated when A is re-evaluated

Cost

B/fwd	-	-	-
Additions	-	-	-
Surplus on revaluation	-	-	-
Disposals	-	-	-
C/fwd	-	-	-

Depreciation

B/fwd	-	-	-
Charge for the year	-	-	-
Surplus on revaluation	-	-	-
On disposals	-	-	-
C/fwd	-	-	-

Net book value

C/fwd	-	-	-
B/fwd	-	-	-

Tangible fixed assets previous year

**Land and
buildings**

**Plant and
machinery
etc**

**Motor
vehicles**

	£	£	£
Cost			
B/fwd	-	-	-
Additions	-	-	-
Surplus on revaluation	-	-	-
Disposals	-	-	-
C/fwd	-	-	-
Depreciation			
B/fwd	-	-	-
Charge for the year	-	-	-
Surplus on revaluation	-	-	-
On disposals	-	-	-
C/fwd	-	-	-
Net book value	-	-	-

The workings below form the basis for the Investments note. Whenever AutoHide is or off the appropriate columns below are re-copied to the Notes sheet.

Investments

	Investments in subsidiary undertakings £	Other investments £
Cost		
B/fwd	-	-
Additions	-	-
Revaluation	-	-
Disposals	-	-
C/fwd	-	-
Historic cost		
B/fwd	-	-
C/fwd	-	-

Investments previous year

	Investments in subsidiary undertakings £	Other investments £
Cost		
B/fwd	-	-
Additions	-	-
Revaluation	-	-
Disposals	-	-
C/fwd	-	-
Deferred tax		Current year £
B/fwd		-

Charged to profit and loss	-
Charged to other comprehensive income	-
	-

turned on

This category can only be
renamed on the Workings
sheet. The Notes sheet will
be updated when AutoHide
is re-evaluated

-
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Total

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turned on

**Total
£**

-
-
-
-

-

**Total
£**

-
-
-
-

-

**Comp year
£**

-
