

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

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?

- 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.

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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:

- 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

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.

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

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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;

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- 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.

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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.

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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	<hr/> (3,761)	<hr/> 1,847
Operating (loss)/profit	<hr/> (3,761)	<hr/> 1,847
(Loss)/profit on ordinary activities before taxation	<hr/> (3,761)	<hr/> 1,847
Tax on (loss)/profit on ordinary activities	-	-
(Loss)/profit for the financial year	<hr/> (3,761)	<hr/> 1,847

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	<hr/> (3,761)	<hr/> 1,847
(Loss)/profit before tax	<hr/> (3,761) <hr/>	<hr/> 1,847 <hr/>

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>