

# **Manwell CIO (Charity Reg No. 1179644) Annual Report**

**1<sup>st</sup> April 2022 - 31<sup>st</sup> 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 4<sup>th</sup> 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:

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- 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.

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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.

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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**

**1<sup>st</sup> April 2022 - 31<sup>st</sup> 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

1<sup>st</sup> April 2022 - 31<sup>st</sup> March 2023

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

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

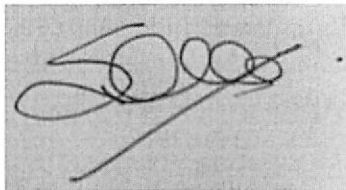
Primary spending has, as usual, been facility hire charges – eg football pitches; gyms; equipment including footballs etc

- 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

22<sup>nd</sup> April 2023

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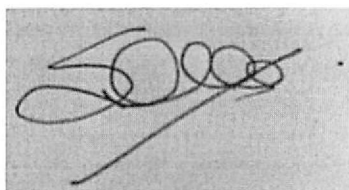
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## Section F

### Other optional information

Not applicable



Stuart St V Fitzgerald, Chair

22<sup>nd</sup> 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**

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

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

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

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

***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 2023**

<b>2 Employees</b>	<b>2023 Number</b>	<b>2022 Number</b>
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 2023***This schedule does not form part of the statutory accounts*

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Sales</b>	17,382	19,226
Cost of sales	(15,227)	(22,987)
<b>Gross profit/(loss)</b>	<u>2,155</u>	<u>(3,761)</u>
<b>Profit/(loss) before tax</b>	<u>2,155</u>	<u>(3,761)</u>

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	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Sales</b>		
Sales	<u>17,382</u>	<u>19,226</u>
<b>Cost of sales</b>		
Purchases	<u>15,227</u>	<u>22,987</u>
<b>Administrative expenses</b>		
	<u>-</u>	<u>-</u>