

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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- 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.

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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.*

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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;

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- 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.

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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.

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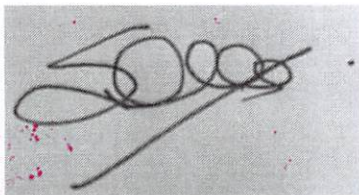
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- Other significant spending has included costs to facilitate our activities, eg: Kits and bibs, for teams
- A bespoke web portal designed to give all members easy access
- Some small investment in technology, web and app developments to facilitate 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>