

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:

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- 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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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;

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- 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)

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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**

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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)	<hr/> (1,284)	<hr/> 44
Profit/(loss) before tax	<hr/> (1,284) <hr/>	<hr/> 44 <hr/>

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>