

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

England & Wales · Charity number 1184242

## Details

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**Other names** STRONGMEN COMMUNITY INTEREST COMPANY

**Status** Registered

**Legal form** CIO

**Registered** 2019-07-03

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

## Contact

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Park Bottom  
Arundel  
BN18 0AA

**Phone** 08009150400

**Email** [hello@StrongMen.org.uk](mailto:hello@StrongMen.org.uk)

**Website** <https://strongmen.org.uk/>

## Activities

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**Objects:** TO RELIEVE THE MENTAL AND PHYSICAL HEALTH OF MEN RESIDENT IN ENGLAND AND WALES SUFFERING FROM BEREAVEMENT OR LOSS BY THE PROVISION OF SUPPORT FOR SUCH PERSONS.

**Activities:** Weekend Retreats and other services for bereaved men.

## Classification

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- **How:** Provides Services
- **What:** Disability
- **Who:** The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£329,615	£289,398	-	-
2024-04-05	£211,813	£201,282	-	-
2023-04-05	£214,917	£166,695	-	-
2022-04-05	£182,441	£118,136	-	-
2021-04-05	£53,248	£58,627	-	-

## Trustees

Name	Role	Appointed
Mark McDonald		2022-08-09
Martin Pugh		2019-09-24
Robert Thomas John Sadler		2026-04-13
Simon Gordon James Duff		2019-09-26

**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

England & Wales - Charity number 1184242

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# Accounts

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Charity registration number 1184242

**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	Mr S J Crowther Mr M Franchi Mr M McDonald Mr S G J Duff Mr M Pugh
<b>Charity number</b>	1184242
<b>Independent examiner</b>	Carpenter Box Amelia House Crescent Road Worthing West Sussex BN11 1RL
<b>Bankers</b>	Lloyds Bank plc 25 Gresham Street London EC2V 7HN
<b>Solicitors</b>	Rix & Kay Solicitors LLP 7 The Drive Brighton & Hove BN3 3JS

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# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

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# **STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

## **TRUSTEES' REPORT**

### **FOR THE YEAR ENDED 31 MARCH 2025**

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The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the CIO's constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

#### **Objectives and activities**

Our aim is to support men following bereavement. Grief can cause severe emotional and physical health conditions which are often overlooked and even ignored, especially in men. The charity offers various services including the Weekender where we host beneficiaries in remote locations such as Snowdonia, with the backdrop of camping, climbing mountains, activities (such as zip wiring, canyoning, mountain karting) whilst providing safe, secure environments for natural conversations to take place. Man2Man and Man2Man Extra Time are our one-to-one based support services delivered by volunteers or trained counsellors. Aftercare support is delivered for all our services including online meet-ups, Weekender Reunions or outdoor training courses and our annual Academy events, focusing on wellbeing.

#### *Public benefit*

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the CIO should undertake.

#### **Achievements and performance**

We have had our best year to date, driven by the focus of celebrating 5 years as a registered charity. We managed to increase our income by 53% with spending also increasing significantly, by 43%. Having moved into our office last year, our focus has been locally as well as nationally, allowing us to forge new partnerships locally, hosting events from HQ as well as out and about. The need for our services continues to increase significantly year on year, with the largest increase being for our 1:1 services; Man2Man and Man2Man Extra Time.

We have adapted the Weekenders to help continuation of support through specialist training courses, such as NNAS, as well as some overseas adventures such as Kilimanjaro. In addition to these established services, we have continued our annual Academy events where existing beneficiaries are retained through our aftercare support services.

We remain in a strong financial position and look towards appointing additional staff members through 2025 to help us spread the burden from existing staff, particularly our CEO. We have seen significant increases in our trained volunteers, which now number 37, helping us cover more diverse forms of loss in much greater numbers. It also allows Man2Man and Extra Time the opportunity to dovetail into each other, which has been very successful.

We have seen great success for our corporate fundraising initiative, Centurion Club, which was introduced to help relinquish the burden of trusts and grants and focus on the private sectors, through regular giving and sponsorship. This is something we are actively promoting throughout our networks and beyond.

As the charity has grown we have had to develop and increase our volunteer network, without whom we simply could not offer the support that we do. Our Man2Man volunteers are integral to the charity, and we recognise this with regular monthly supervision, CPD and training to help them develop and grow, not only as peer support volunteers, but also as people.

#### **Financial review**

Whilst we have seen significant increases in income, we have also seen similar increases in expenditure. We recognise how challenging the sector is at the moment, and work continues to diversify our income stream to help meet this need. Whilst we do not anticipate next year to be as successful in terms of income, we continue to operate with good reserves, furthermore, the relationships that have been formed allow us to increase awareness which generally brings revenue through fundraising, talks, merchandise sales and the like. Since the year-end we have also introduced our new campaign, Dead Dads Club, in June 2025 which is designed to help us reach new audiences in terms of age, demographic and culture. This, we believe, will help drive the charity forward over the coming years.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

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### *Reserves policy*

As mentioned above we still hold strong reserves, however, our base costs have increased significantly with the cost-of-living increase, the scaling of support, supporting our staff and volunteers, as well as the office and other overheads. With this factored in we have seen our reserves reduce from previous years, however we are expecting to maintain around 6-9 months subject to timing, so between £150,000 and £215,000. At 31 March 2025 reserves held totalled £212,798 (2024 - £172,581) of which £202,529 was unrestricted (2024 - £167,791) and £10,269 was restricted (2024 - £4,790).

### **Plans for future periods**

StrongMen has gone from strength to strength over the last 2-3 years, this has seen us invest in our staff, volunteers, services and beneficiaries. We have now embarked on major awareness campaigns, with last year's 'Climb Your Mountain' culminating in our ascent on Kilimanjaro. 2025 will see us lead a group of bereaved men to Toubkal in Morocco to continue to drive this forward. Dead Dads Club is very much at the forefront of our social media drive, and we appreciate how important this will be to the younger and more diverse communities.

Centurion Club continues to provide great opportunities for funding and awareness, enabling us to reach the private sector to help engage them across our platforms.

### **Structure, governance and management**

The CIO is a Charitable Incorporated Organisation, and is governed by a constitution for Charitable Incorporated Organisations dated 3 July 2019, when it was registered at the Charity Commission. The registered charity number is 1184242.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr S J Crowther  
Mr M Franchi  
Mr M McDonald  
Mr S G J Duff  
Mr M Pugh

### *Recruitment and appointment of trustees*

The Board of Trustees are responsible for appointing new trustees. New trustees are recruited based on their experience and expertise.

The trustees' report was approved by the Board of Trustees.



.....  
Mr S J Crowther  
Trustee



.....  
Mr M Pugh  
Trustee

Date: 26/09/2025 .....

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF STRONGMEN CHARITABLE INCORPORATED ORGANISATION

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I report to the trustees on my examination of the financial statements of Strongmen Charitable Incorporated Organisation (the CIO) for the year ended 31 March 2025.

#### Responsibilities and basis of report

As the trustees of the CIO you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the CIO's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

Since the CIO's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the CIO as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Robin Evans BA FCA CTA DChA

Carpenter Box  
Amelia House  
Crescent Road  
Worthing  
West Sussex  
BN11 1RL

Dated: 08/10/2025

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>Income from:</b>							
Donations and legacies	3	138,112	36,000	174,112	107,650	56,420	164,070
Charitable activities	4	44,814	18,189	63,003	4,711	4,993	9,704
Other trading activities	5	91,320	-	91,320	41,446	-	41,446
Investments	6	1,180	-	1,180	791	-	791
<b>Total income</b>		<u>275,426</u>	<u>54,189</u>	<u>329,615</u>	<u>154,598</u>	<u>61,413</u>	<u>216,011</u>
<b>Expenditure on:</b>							
Raising funds	7	55,409	-	55,409	50,080	2,476	52,556
Charitable activities	8	185,279	48,710	233,989	93,668	55,947	149,615
Total expenditure		<u>240,688</u>	<u>48,710</u>	<u>289,398</u>	<u>143,748</u>	<u>58,423</u>	<u>202,171</u>
<b>Net income and movement in funds</b>		34,738	5,479	40,217	10,850	2,990	13,840
<b>Reconciliation of funds:</b>							
Fund balances at 1 April 2024		<u>167,791</u>	<u>4,790</u>	<u>172,581</u>	<u>156,941</u>	<u>1,800</u>	<u>158,741</u>
<b>Fund balances at 31 March 2025</b>		<u><u>202,529</u></u>	<u><u>10,269</u></u>	<u><u>212,798</u></u>	<u><u>167,791</u></u>	<u><u>4,790</u></u>	<u><u>172,581</u></u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025		2024	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	13		5,972		7,941
Investments	14		3		3
			<u>5,975</u>		<u>7,944</u>
<b>Current assets</b>					
Debtors	16	25,460		7,460	
Cash at bank and in hand		200,651		178,783	
		<u>226,111</u>		<u>186,243</u>	
<b>Creditors: amounts falling due within one year</b>	17	19,288		21,606	
		<u>19,288</u>		<u>21,606</u>	
Net current assets			206,823		164,637
<b>Total assets less current liabilities</b>			<u>212,798</u>		<u>172,581</u>
<b>The funds of the CIO</b>					
Restricted income funds	19		10,269		4,790
Unrestricted funds			202,529		167,791
			<u>212,798</u>		<u>172,581</u>

The financial statements were approved by the trustees on 26/09/2025



Mr S J Crowther  
Trustee



Mr M Pugh  
Trustee

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

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### 1 Accounting policies

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's constitution, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The CIO is a Public Benefit Entity as defined by FRS 102.

The CIO has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The CIO has taken advantage of the exemption under section 139 of the Charities Act 2011 not to prepare consolidated accounts. The financial statements present information about the CIO as an individual entity and not about its group.

For the year ended 31 March 2024, the CIO prepared its accounts on a receipts and payments basis, as permitted under the Charities SORP (FRS 102) where gross income is below £250,000. Gross income exceeded £250,000 in the year ended 31 March 2025, therefore the accounts have been prepared on an accruals basis, which has required the comparative figures to be restated to also be on an accruals basis.

The financial statements are prepared in sterling, which is the functional currency of the CIO. Monetary amounts in these financial statements are rounded to the nearest £1.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the CIO has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### 1.4 Income

Income is recognised when the CIO is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the CIO has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

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### 1 Accounting policies

(Continued)

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

#### 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	5 year straight line basis
Motor vehicles	5 year straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the CIO. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

#### 1.8 Impairment of fixed assets

At each reporting end date, the CIO reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

#### 1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

#### 1.10 Financial instruments

The CIO has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the CIO's balance sheet when the CIO becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

### 1 Accounting policies

(Continued)

#### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

#### **Basic financial liabilities**

Basic financial liabilities, including creditors, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

#### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the CIO's contractual obligations expire or are discharged or cancelled.

#### 1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

#### 1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

### 2 Critical accounting estimates and judgements

In the application of the CIO's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

### 3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	128,112	-	128,112	107,650	1,000	108,650
Grants	10,000	36,000	46,000	-	55,420	55,420
	<u>138,112</u>	<u>36,000</u>	<u>174,112</u>	<u>107,650</u>	<u>56,420</u>	<u>164,070</u>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

### 4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>Income from charitable activities</b>						
Talks and presentations	6,000	-	6,000	4,691	-	4,691
Centurion Club	36,694	18,189	54,883	-	4,993	4,993
Other income	2,120	-	2,120	20	-	20
	<u>44,814</u>	<u>18,189</u>	<u>63,003</u>	<u>4,711</u>	<u>4,993</u>	<u>9,704</u>

### 5 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	81,686	37,246
Merchandise sales	9,634	4,200
Other trading activities	<u>91,320</u>	<u>41,446</u>

### 6 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	<u>1,180</u>	<u>791</u>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

### 7 Expenditure on raising funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>Fundraising and publicity</b>						
Staging fundraising events	44,629	-	44,629	40,926	-	40,926
Staff costs	8,875	-	8,875	3,750	-	3,750
	<u>53,504</u>	<u>-</u>	<u>53,504</u>	<u>44,676</u>	<u>-</u>	<u>44,676</u>
<b>Trading costs</b>						
Merchandise purchases	1,905	-	1,905	5,404	2,476	7,880
Total costs	<u>55,409</u>	<u>-</u>	<u>55,409</u>	<u>50,080</u>	<u>2,476</u>	<u>52,556</u>

### 8 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
<b>Direct costs</b>		
Staff costs	53,657	30,878
Direct costs	81,240	32,506
Travel	6,233	5,504
Motor expenses	13,743	18,168
	<u>154,873</u>	<u>87,056</u>
<b>Share of support and governance costs (see note 9)</b>		
Support	65,278	53,311
Governance	13,838	9,248
	<u>233,989</u>	<u>149,615</u>
<b>Analysis by fund</b>		
Unrestricted funds	185,279	93,668
Restricted funds	48,710	55,947
	<u>233,989</u>	<u>149,615</u>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

### 9 Support costs allocated to activities

	2025	2024
	£	£
Depreciation	1,969	1,129
Staff costs	20,275	16,210
Training	-	1,150
Printing and postage	576	387
Computer supplies	1,249	2,379
Advertising and website	10,723	12,324
Insurance	3,096	3,468
Telephone and internet	1,407	2,348
Professional services	3,236	2,875
General and office expenses	4,712	6,018
Office leasehold costs	18,035	5,023
Governance costs	13,838	9,248
	<u>79,116</u>	<u>62,559</u>
<b>Analysed between:</b>		
Charitable activities	<u>79,116</u>	<u>62,559</u>

Included within governance costs are fees paid to the Independent Examiner for the preparation and independent examination of the financial statements of £4,356 (2024 - £2,940).

### 10 Trustees

During the year £1,394 (2024 - £761) was reimbursed to two (2024 - one) trustees for travel and fundraising expenses incurred. No donations were received from any of the trustees in the current or comparative year, however £1,850 (2024 - £Nil) fundraising income was received from a business of which one of the trustees is a director.

None of the trustees (or any persons connected with them) received any remuneration or benefits from the CIO during the year.

### 11 Employees

The average monthly number of employees during the year was:

2025	2024
Number	Number
5	4
<u>5</u>	<u>4</u>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

11 Employees	(Continued)	
Employment costs	2025	2024
	£	£
Wages and salaries	89,497	56,626
Social security costs	1,781	-
Other pension costs	1,011	520
	<u>92,289</u>	<u>57,146</u>

There were no employees whose annual remuneration was more than £60,000.

### Remuneration of key management personnel

The aggregate remuneration of key management personnel during the year amounted to £47,408 (2024 - £31,539).

## 12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

## 13 Tangible fixed assets

	Computers	Motor vehicles	Total
	£	£	£
<b>Cost</b>			
At 1 April 2024	1,447	8,400	9,847
At 31 March 2025	<u>1,447</u>	<u>8,400</u>	<u>9,847</u>
<b>Depreciation and impairment</b>			
At 1 April 2024	1,066	840	1,906
Depreciation charged in the year	289	1,680	1,969
At 31 March 2025	<u>1,355</u>	<u>2,520</u>	<u>3,875</u>
<b>Carrying amount</b>			
At 31 March 2025	<u>92</u>	<u>5,880</u>	<u>5,972</u>
At 31 March 2024	<u>381</u>	<u>7,560</u>	<u>7,941</u>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

### 14 Fixed asset investments

			<b>Other investments</b>
<b>Cost or valuation</b>			
At 1 April 2024 & 31 March 2025			3
<b>Carrying amount</b>			
At 31 March 2025			3
At 31 March 2024			3
		<b>2025</b>	<b>2024</b>
Other investments comprise:	<b>Notes</b>	<b>£</b>	<b>£</b>
Investments in subsidiaries	15	3	3

### 15 Subsidiaries

Details of the CIO's subsidiaries at 31 March 2025 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held	
				Direct	Indirect
Strongmen UK Limited	Unit E, Arundel Court, Park Bottom, Arundel, BN18 0AA	Dormant	Ordinary	100.00	

### 16 Debtors

	<b>2025</b>	<b>2024</b>
<b>Amounts falling due within one year:</b>	<b>£</b>	<b>£</b>
Trade debtors	11,450	2,450
Other debtors	5,010	5,010
Prepayments and accrued income	9,000	-
	<u>25,460</u>	<u>7,460</u>

### 17 Creditors: amounts falling due within one year

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Trade creditors	3,623	7,635
Accruals and deferred income	15,665	13,971
	<u>19,288</u>	<u>21,606</u>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

#### 18 Retirement benefit schemes

##### Defined contribution schemes

The CIO operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the CIO in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £1,011 (2024 - £520).

#### 19 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024	Incoming resources	Resources expended	At 31 March 2025
	£	£	£	£
M2M	3,042	-	(3,042)	-
Climb Your Mountain	1,748	18,189	(19,937)	-
M2M - Extra Time	-	36,000	(25,731)	10,269
	<u>4,790</u>	<u>54,189</u>	<u>(48,710)</u>	<u>10,269</u>
	<u><u>4,790</u></u>	<u><u>54,189</u></u>	<u><u>(48,710)</u></u>	<u><u>10,269</u></u>
<b>Previous year:</b>	<b>At 1 April 2023</b>	<b>Incoming resources</b>	<b>Resources expended</b>	<b>At 31 March 2024</b>
	£	£	£	£
Weekender	800	29,000	(29,800)	-
M2M	-	27,420	(24,378)	3,042
Academy	1,000	-	(1,000)	-
Climb Your Mountain	-	4,993	(3,245)	1,748
	<u>1,800</u>	<u>61,413</u>	<u>(58,423)</u>	<u>4,790</u>
	<u><u>1,800</u></u>	<u><u>61,413</u></u>	<u><u>(58,423)</u></u>	<u><u>4,790</u></u>

#### 20 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024	Incoming resources	Resources expended	At 31 March 2025
	£	£	£	£
General funds	167,791	275,426	(240,688)	202,529
	<u>167,791</u>	<u>275,426</u>	<u>(240,688)</u>	<u>202,529</u>
	<u><u>167,791</u></u>	<u><u>275,426</u></u>	<u><u>(240,688)</u></u>	<u><u>202,529</u></u>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

#### 20 Unrestricted funds (Continued)

Previous year:	At 1 April 2023	Incoming resources	Resources expended	At 31 March 2024
	£	£	£	£
General funds	156,941	154,598	(143,748)	167,791
	<u>156,941</u>	<u>154,598</u>	<u>(143,748)</u>	<u>167,791</u>

#### 21 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
<b>Fund balances at 31 March 2025 are represented by:</b>			
Tangible assets	5,972	-	5,972
Investments	3	-	3
Current assets/(liabilities)	196,554	10,269	206,823
	<u>202,529</u>	<u>10,269</u>	<u>212,798</u>

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>Fund balances at 31 March 2024 are represented by:</b>			
Tangible assets	7,941	-	7,941
Investments	3	-	3
Current assets/(liabilities)	159,847	4,790	164,637
	<u>167,791</u>	<u>4,790</u>	<u>172,581</u>

#### 22 Operating lease commitments

##### Lessee

At the reporting end date the CIO had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2025 £	2024 £
Within one year	17,716	10,020
Between two and five years	22,653	19,205
	<u>40,369</u>	<u>29,225</u>

**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

England & Wales - Charity number 1184242

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# Accounts

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**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

**TRUSTEES' REPORT AND UNAUDITED ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2024**

**Carpenter Box**  
*Chartered Accountants*  
Amelia House  
Crescent Road  
Worthing  
West Sussex  
BN11 1RL

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## LEGAL AND ADMINISTRATIVE INFORMATION

---

<b>Trustees</b>	M Franchi M McDonald M Pugh S Duff S Crowther	(Appointed 8 January 2024)
<b>Charity number</b>	1184242	
<b>Principal address</b>	Unit E Arundel Court Park Bottom Arundel BN18 0AA	
<b>Independent examiner</b>	Mr R Evans BA FCA CTA DChA Amelia House Crescent Road Worthing West Sussex BN11 1RL	

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

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# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

---

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

### Objectives and activities

Our aim is to support men following bereavement. Grief can cause severe emotional and physical health conditions which are often overlooked and even ignored, especially in men. The charity offers various services including the Weekender where we host beneficiaries in remote locations such as Snowdonia, with the backdrop of camping, climbing mountains, activities (such as zip wiring, canyoning, mountain karting) whilst providing safe secure environments for natural conversations to take place. Man2Man and Man2Man Extra Time are our one-to-one based support services delivered by volunteers or trained counsellors. Aftercare support is delivered for all our services including online meet ups, the Weekender Reunion and annual Academy events.

### Achievement and performance

We have had another successful year once again raising more than £200K in new funds, we have also continued seeing great need for our Weekender and Man2Man service, so much so that we introduced our new Man2Man Extra Time service at the end of 2023. This service is progressive and provides additional professional support under the guidance of counsellors. In addition to these established services, we have continued our annual Academy events where existing beneficiaries are retained through our aftercare support services. We remain in a strong financial position and have added to our directly-employed staff with the addition of Peter Hayward, our Operations Manager, and Louise Pearce, our Events and Fundraising Coordinator. We have also moved into our office in Arundel, West Sussex. We continue to train additional volunteers for Man2Man to meet the significant increase in demand and, rather than source this externally, it will be delivered by our Operations Manager.

### Financial review

Although conditions continue to be extremely difficult both in terms of fundraising and raising awareness, we have seen our income stream maintained. We have introduced our corporate fundraising initiative, Centurion Club, to help the charity become more sustainable without the reliance on foundations and grants which are proving extremely challenging. This initiative also allows us to reach out for corporate sponsorship for events.

Our Annual Fundraising event continues to provide good revenue streams as does our London Landmarks Half Marathom (LLHM) entry. This year we increased our fundraising when compared to last year and we hope for more still next year. We appreciate the need to diversify and split income targets across multiple revenue targets in order that we continue to raise the amount needed to meet the need of our beneficiaries as they increase in number.

### Reserves

We hold strong reserves into 2024/25. From early 2024, our base costs have increased significantly with the increase in staff, our office, the general increase in costs as well as the increased number of beneficiaries each month. Reserves carried forward into 2024/25 are expected to be equivalent to approximately 6 months' worth of expenditure, being £174,402 unrestricted funds and £4,381 restricted funds.

### Plans for the future

StrongMen has gone from strength to strength over the last 18 months with the change in leadership, this has seen us invest in our staff, services and beneficiaries. With this year being our 5 year anniversary as a registered charity we are hosting our beneficiaries at a special event in the Peak District. We are also embarking on our Weekender Kilimanjaro where 20 bereaved men will be climbing Africa's highest mountain, we are also using the event as a fundraiser to provide income for 2025's Weekenders. Our new service Man2Man Extra Time will continue to evolve and expand meeting the need of more complex conditions. We are confident our Centurion Club will enable us to seek and secure corporate funding as we have seen with our new Climb Your Mountain campaign.

### Other matters

The charity has a trading subsidiary, Strongmen UK Ltd. During the previous year the subsidiary operations were ceased and the subsidiary became inactive.

**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

**TRUSTEES' REPORT (CONT.)  
FOR THE YEAR ENDED 31 MARCH 2024**

---

**Structure, governance and management.**

The charity is governed by a constitution for Charitable Incorporated Organisations dated 3 July 2019, when it was registered at the Charity Commission. The registered charity number is 1184242.

The Board of Trustees are responsible for appointing new trustees. New trustees are recruited based on their experience and expertise.

The trustees who served during the year were:

- M Franchi (Appointed 8 January 2024)
- M McDonald
- M Pugh
- S Duff
- S Crowther

The trustees' report was approved by the Board of Trustees on 05/08/2024



**S Crowther**

Trustee



**M Pugh**

Trustee

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF STRONGMEN CHARITABLE INCORPORATED ORGANISATION

---

I report to the charity trustees on my examination of the accounts of Strongmen Charitable Incorporated Organisation (the CIO) for the year ended 31 March 2024.

### **Responsibilities and basis of report**

As the trustees of the CIO you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the CIO's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



### **Mr R Evans BA FCA CTA DChA**

Carpenter Box  
Amelia House  
Crescent House  
Worthing  
West Sussex  
BN11 1RL

Dated: 05/09/2024

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024	Total funds 2024	Unrestricted funds 2023 £	Restricted funds 2023	Total funds 2023
<b>Receipts</b>							
Donations		99,467	1,000	100,467	133,546	-	133,546
Fundraising		36,176	-	36,176	34,476	-	34,476
Merchandise sales		4,200	-	4,200	937	-	937
Gift aid		353	-	353	10,676	-	10,676
Grants		-	62,213	62,213	22,206	2,000	24,206
Talks and presentations		6,600	-	6,600	2,200	-	2,200
Interest received		791	-	791	-	-	-
Other		1,013	-	1,013	8,876	-	8,876
<b>Total receipts</b>		<b>148,600</b>	<b>63,213</b>	<b>211,813</b>	<b>212,917</b>	<b>2,000</b>	<b>214,917</b>
<b>Payments</b>							
Fundraising		41,665	-	41,665	24,291	-	24,291
Charitable activities	4	74,670	53,326	127,996	107,623	28,140	135,763
Other costs	5	26,115	5,506	31,621	6,523	118	6,641
<b>Total payments</b>		<b>142,450</b>	<b>58,832</b>	<b>201,282</b>	<b>138,437</b>	<b>28,258</b>	<b>166,695</b>
<b>Net movement in funds</b>		<b>6,150</b>	<b>4,381</b>	<b>10,531</b>	<b>74,480</b>	<b>(26,258)</b>	<b>48,222</b>
<b>Cash funds last year end at 1 April</b>		<b>168,252</b>	<b>-</b>	<b>168,252</b>	<b>93,772</b>	<b>26,258</b>	<b>120,030</b>
<b>Cash funds this year end at 31 March</b>		<b>174,402</b>	<b>4,381</b>	<b>178,783</b>	<b>168,252</b>	<b>-</b>	<b>168,252</b>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## STATEMENT OF ASSETS AND LIABILITIES FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
<b>Cash funds</b>						
Treasury account	68,611	4,381	72,992	168,252	-	168,252
Deposit Account	105,791	-	105,791	-	-	-
<b>Investment assets</b>						
Strongmen UK Limited	3	-	3	3	-	3
<b>Assets retained for charity's own use</b>						
Motor Vehicles	8,400	-	8,400	-	-	-
Computer equipment	1,447	-	1,447	1,447	-	1,447
<b>Total funds</b>	<b>184,252</b>	<b>4,381</b>	<b>188,633</b>	<b>169,702</b>	<b>-</b>	<b>169,702</b>

The accounts were approved by the Trustees on 05/08/2024



S Crowther

Trustee



M Pugh

Trustee

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE ACCOUNTS

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### 1 Transactions with Trustees

During the year £761 (2023 - £147) was reimbursed to trustees for expenses incurred. No donations were received from any of the trustees (2023 - £900). No other amounts were paid to, or received from, any of the trustees or any persons connected to them in either the current or comparative period.

### 2 Related party transactions

No transactions have taken place between the charity and its subsidiary company, Strongmen UK Limited, during the year.

During the previous year the charity made loans totalling £3,303 to, and were charged management fees of £5,000 by, Strongmen UK Limited. During the previous year the charity also received a donation of £1,947 from the subsidiary company.

### 3 Operating lease commitments

At the year end the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases which fall due as follows:

	2024 £	2023 £
Within one year	10,020	21,995
Within two and five years	19,205	9,165
	<u>29,225</u>	<u>31,160</u>

### 4 Charitable activities

	2024 £	2023 £
Direct costs	24,704	25,892
Travel and subsistence	5,702	7,427
Training	1,150	1,647
Wages and salaries	57,146	50,975
Printing and postage	387	458
Computer supplies	2,564	2,371
Advertising and website	12,324	18,072
Insurance	3,504	2,818
Motor expenses	18,167	24,250
Telephone and internet	2,348	1,853
	<u>127,996</u>	<u>135,763</u>

### Analysis by fund

Unrestricted funds	74,670	107,623
Restricted funds	53,326	28,140
	<u>127,996</u>	<u>135,763</u>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE ACCOUNTS

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### 5 Other costs

	2024 £	2023 £
Merchandise purchases	7,880	301
Professional services	6,709	6,260
General and office expenses	6,999	80
Office leasehold costs	10,033	-
	<hr/> 31,621	<hr/> 6,641

### Analysis by fund

Unrestricted funds	26,115	6,523
Restricted funds	5,506	118
	<hr/> 31,621	<hr/> 6,641

**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

England & Wales - Charity number 1184242

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# Accounts

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Charity Registration No.1184242

**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

**TRUSTEES' REPORT AND UNAUDITED ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2023**

**Carpenter Box**  
*Chartered Accountants*  
Amelia House  
Crescent Road  
Worthing  
West Sussex  
BN11 1RL

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## LEGAL AND ADMINISTRATIVE INFORMATION

---

<b>Trustees</b>	M Pugh S Duff S Crowther M McDonald	(Appointed 9 August 2022)
<b>Charity number</b>	1184242	
<b>Principal address</b>	Amelia House Crescent Road Worthing West Sussex BN11 1RL	
<b>Independent examiner</b>	Mr R Evans BA FCA CTA DChA Amelia House Crescent Road Worthing West Sussex BN11 1RL	

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

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# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## TRUSTEES' REPORT

### FOR THE YEAR ENDED 31 MARCH 2023

---

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

#### **Objectives and activities**

Our aim is to support men following bereavement. Grief can cause severe emotional and physical health conditions which are often overlooked and even ignored, especially in men. The charity offers various services including the Weekender where we host beneficiaries in remote locations such as Snowdonia, with the backdrop of camping, climbing mountains, activities (such as zip wiring, canyoning, mountain karting) whilst providing safe secure environments for natural conversations to take place. Man2Man is our telephone-based peer support service where trained volunteers support beneficiaries based on shared experiences of loss. Aftercare support is delivered for all our services including online meet ups, the Weekender Reunion and annual Academy events.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's guidance on public benefit when reviewing the CIO's aims and objectives and planning future activities.

#### **Achievement and performance**

We have had a highly successful year raising more than £200K in new funds, we have also continued seeing great need for our Weekender and particularly Man2Man service. In addition to these established services, we have introduced annual Academy events where existing beneficiaries are retained through our aftercare support services. We remain in a strong financial position and have ambitious plans ahead for 2024 and beyond seeing the expansion of the Weekender service as well as introducing our Man2Man Extra Time professional counselling service. We continue to train additional volunteers for Man2Man to meet the significant increase in demand.

#### **Financial review**

Although conditions continue to be extremely difficult both in terms of fundraising and raising awareness, we have seen our income stream grow across all areas. We have invested into our Bare Yourself podcast to help drive awareness hosting guests including Jeff Brazier, Simon Thomas and Lawrence Dallaglio. We have employed our social media representative directly having been disappointed by the results achieved by external providers.

Our second Black-Tie event in September 2022 continued to provide a good revenue stream as well as maintain awareness within new demographics, we are looking to introduce more structured fundraising events having dipped our toe in the LLHM (London Landmark Half Marathon) event. We have also introduced our corporate fundraising initiative, Centurion Club to source funding through regular donations from the private sector rather than depending on larger grants. This remains a long-term project with realistic targets across the next 18-24 months.

With our 'Club 500 Elite Fundraising Club' now established we see regular events and donations for private individual fundraisers each month. Individual fundraisers are an integral part of our income and we remain committed to supporting them in any way we can.

#### **Reserves**

We hold strong reserves totalling £169,702 (2022: £130,554) into 2023, comprising unrestricted funds of £169,702 (2022: £109,273) and restricted funds of £nil (2022: £21,281). It is our policy to maintain a balance of unrestricted funds equivalent to a minimum of 6 months overhead costs as well as support services costs into the following financial year. We also ensure all contractual financial commitments are available including vehicles, premises and the like. Excess unrestricted funds will be used to support growth, as we will be moving into premises during the next financial year as well as employing additional staff to help us balance the charity and overall become more sustainable.

#### **Plans for the future**

The past 12 months have continued to provide challenges, however, with the evolution of the charity we now feel that the plans will balance the finances we have secured to help us expand our services, with the addition of our premises and the additional staff members we can continue to move the charity forwards. Our co-founder Dan Cross stepped down in June 2023. With the change in leadership, we have set ourselves ambitious targets through all sectors of the charity, allowing us to meet the additional demands, continued support of existing beneficiaries and develop the charity at pace with coherent strategies in place for the short, medium and long term.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## TRUSTEES' REPORT (CONT.) FOR THE YEAR ENDED 31 MARCH 2023

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### Other matters

The charity has a trading subsidiary, Strongmen UK Ltd. During the year the subsidiary operations were ceased and the subsidiary became inactive, with its residual profits donated to Strongmen Charitable Incorporated Organisation. See note 2 to the financial statements for further detail in respect of transactions with Strongmen UK Ltd.

### Structure, governance and management.

The charity is governed by a constitution for Charitable Incorporated Organisations dated 3 July 2019, when it was registered at the Charity Commission. The registered charity number is 1184242.

The Board of Trustees are responsible for appointing new trustees. New trustees are recruited based on their experience and expertise.

The trustees who served during the year were:

L Britton (Resigned 17 May 2022)  
S Crowther  
S Duff  
M McDonald (Appointed 9 August 2022)  
M Pugh

The trustees' report was approved by the Board of Trustees on

5/01/2024



S Crowther

Trustee



M Pugh

Trustee

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF STRONGMEN CHARITABLE INCORPORATED ORGANISATION

---

I report to the charity trustees on my examination of the accounts of Strongmen Charitable Incorporated Organisation (the CIO) for the year ended 31 March 2023.

### Responsibilities and basis of report

As the trustees of the CIO you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the CIO's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



**Mr R Evans BA FCA CTA DChA**  
Carpenter Box  
Amelia House  
Crescent House  
Worthing  
West Sussex  
BN11 1RL

Dated: 09/01/2024.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2023


	Notes	Unrestricted funds 2023 £	Restricted funds 2023	Total funds 2023	Unrestricted funds 2022 £	Restricted funds 2022	Total funds 2022
<b>Receipts</b>							
Donations		133,546	-	133,546	54,147	-	54,147
Fundraising		34,476	-	34,476	8,814	-	8,814
Merchandise sales		937	-	937	-	-	-
Gift aid		10,676	-	10,676	144	-	144
Grants		22,206	2,000	24,206	55,378	51,949	107,327
Talks and presentations		2,200	-	2,200	-	-	-
Other		8,876	-	8,876	12,009	-	12,009
<b>Total receipts</b>		<b>212,917</b>	<b>2,000</b>	<b>214,917</b>	<b>130,492</b>	<b>51,949</b>	<b>182,441</b>
<b>Payments</b>							
Fundraising		24,291	-	24,291	29,287	-	29,287
Charitable activities	4	107,623	28,140	135,763	57,775	25,634	83,409
Other	5	6,523	118	6,641	3,936	57	3,993
		138,437	28,258	166,695	90,998	25,691	116,689
Asset and investment purchases		-	-	-	1,447	-	1,447
<b>Total payments</b>		<b>138,437</b>	<b>28,258</b>	<b>166,695</b>	<b>92,445</b>	<b>25,691</b>	<b>118,136</b>
<b>Net of receipts/(payments)</b>		<b>74,480</b>	<b>(26,258)</b>	<b>48,222</b>	<b>38,047</b>	<b>26,258</b>	<b>64,305</b>
<b>Cash funds last year end at 1 April</b>		<b>93,772</b>	<b>26,258</b>	<b>120,030</b>	<b>55,725</b>	<b>-</b>	<b>55,725</b>
<b>Cash funds this year end at 31 March</b>		<b>168,252</b>	<b>-</b>	<b>168,252</b>	<b>93,772</b>	<b>26,258</b>	<b>120,030</b>

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## STATEMENT OF ASSETS AND LIABILITIES FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
<b>Cash funds</b>						
Treasury account	168,252	-	168,252	93,772	26,258	120,030
<b>Other assets</b>						
Loan balance due from Strongmen UK Limited	-	-	-	14,051	(4,977)	9,074
<b>Investment assets</b>						
Strongmen UK Limited	3	-	3	3	-	3
<b>Assets retained for charity's own use</b>						
Computer equipment	1,447	-	1,447	1,447	-	1,447
<b>Total funds</b>	<b>169,702</b>	<b>-</b>	<b>169,702</b>	<b>109,273</b>	<b>21,281</b>	<b>130,554</b>

The accounts were approved by the Trustees on 5/10/2024



S Crowther

Trustee



M Pugh

Trustee

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE ACCOUNTS

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### 1 Transactions with Trustees

During the year £147 (2022 - £210) was reimbursed to trustees for expenses incurred. No amounts were paid to close family members of trustees (2022: £1,450) for the provision of clinical services. A £900 donation (2022: £nil) was received from one of the trustees. No other amounts were paid to, or received from, any of the trustees or any persons connected to them in either the current or comparative period.

During the prior year, while they were also trustees of the charity, two former trustees received remuneration totalling £19,182 from the subsidiary company, Strongmen UK Limited, in which they were employees.

### 2 Related party transactions

During the year the charity made loans totalling £3,303 (2022 - £456) to, and were charged management fees of £5,000 (2022 - £nil) by, Strongmen UK Limited, the subsidiary company. The charity also received a donation of £1,947(2022 - £nil) from the subsidiary company.

At the reporting date, the charity was due £nil (2022 - £9,074) from Strongmen UK Limited. The amount due in the comparative period comprised a debtor of £14,051 represented by the unrestricted fund, and a liability of £4,977 represented by the restricted fund.

### 3 Operating lease commitments

At the year end the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases which fall due as follows:

	2023 £	2022 £
Within one year	21,995	21,995
Within two and five years	9,165	31,159
	<hr/> 31,160	<hr/> 53,154

### 4 Charitable activities

	2023 £	2022 £
Direct costs	25,892	6,166
Travel and subsistence	7,427	3,590
Training	1,647	750
Wages and salaries	50,975	28,355
Printing and postage	458	304
Computer supplies	2,371	1,398
Advertising and website	18,072	12,087
Insurance	2,818	2,951
Motor expenses	24,250	26,479
Telephone and internet	1,853	1,329
	<hr/> 135,763	<hr/> 83,409

### Analysis by fund

Unrestricted funds	107,623	57,775
Restricted funds	28,140	25,634
	<hr/> 135,763	<hr/> 83,409

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# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE ACCOUNTS

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### 5 Other costs

	2023 £	2022 £
Merchandise purchases	301	-
Professional services	6,260	3,537
General expenses	80	456
	<hr/> 6,641	<hr/> 3,993
 <b>Analysis by fund</b>		
Unrestricted funds	6,523	3,936
Restricted funds	118	57
	<hr/> 6,641	<hr/> 3,993

**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

England & Wales - Charity number 1184242

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# Accounts

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**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

**UNAUDITED TRUSTEES' REPORT AND ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2022**

**Carpenter Box**  
*Chartered Accountants*  
Amelia House  
Crescent Road  
Worthing  
West Sussex  
BN11 1QR

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## LEGAL AND ADMINISTRATIVE INFORMATION

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**Trustees** M Pugh  
S Duff  
S Crowther (Appointed 4 August 2021)  
M McDonald (Appointed 9 August 2022)

**Charity number** 1184242

**Principal address** Amelia House  
Crescent Road  
Worthing  
West Sussex  
BN11 1RL

**Independent examiner** Mr R Evans BA FCA CTA  
Amelia House  
Crescent Road  
Worthing  
West Sussex  
BN11 1RL

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# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

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# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

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

### **Objectives and activities**

The objects of the charity are to relieve the mental and physical health of men resident in England and Wales suffering from bereavement or loss. The charity provides various services including the Weekender where beneficiaries are hosted in beautiful remote locations (such as Snowdon) and participate in a series of physical activities whilst providing safe and secure environments for group and individual discussions. Covid restrictions have necessitated the charity to add their Man2Man telephone based peer support service as well as their digital platform (Our Network) and membership schemes. The trustees have had regard to guidance issued by the Charity Commission when relevant decisions are made.

### **Achievement and performance**

We have had a highly successful year raising more than £180K in new funds as well as reintroducing our Weekender events following the pandemic. We remain in a strong financial position and have plans in place to expand our services into 2023 and beyond. As well as re-activation of our Weekender events we have seen steady growth through our Man2Man service, with two further groups of volunteers completing their training.

In addition to these established services, we have also introduced our Academy events which will run annually allowing all members to attend, the first such event is scheduled for July 2022.

### **Financial review**

Although conditions continue to be extremely difficult both in terms of fundraising and raising awareness, we have seen our income stream grow across all areas. We have also invested in external specialists, Giraffe Social Media, to help develop our social media profile which remains our most effective platform to help raise awareness and all that goes with it. This represents significant investment, and we remain excited to see how this develops. We were delighted to finally run our Black Tie event in September 2021 which has been delayed due to the pandemic. We raised in excess of £11,000 even with the challenges involved in running this event. We have also introduced our first Golf Day in 2022 as well as the return of the Black Tie in 2022.

On a much more sombre note, our external fundraiser who had had great success in 2021-22 sadly passed away without warning. We anticipate this will significantly impact our income, however, we remain hopeful that the remaining team members can generate the funding in the future.

We introduced our 'Club 500 Elite Fundraising Club' last year which has proven successful. Individual fundraisers remain an integral part of our income and we remain committed to supporting them in any way we can.

### **Reserves**

We hold strong reserves into 2022, this enables us to ensure the future of our 3 main services, as well as our staff, and other financial commitments over a 12-month period. Our long-term goal of the StrongMen Lodge remains and we hope that over time we can generate the income to make this reality.

### **Plans for the future**

Since we registered in 2019, we could not have foreseen the major challenges that were coming our way. Not just the pandemic but the significant cost of living crisis that impacts donations and fundraising. We are committed to ensuring our staff and beneficiaries remain the priority of our charity. We are looking to increase our core team in 2022-23 to help us deliver events and coordinate fundraising more effectively. We will be looking to increase and diversify some of our services, working with other charities and organisations to provide additional support. Our Weekender events remain our premium service, however, they remain challenging financially as well as professionally with significant administration and safe guarding requirements.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## TRUSTEES' REPORT (CONT.) FOR THE YEAR ENDED 31 MARCH 2022

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### Other matters

The charity has a trading subsidiary, Strongmen UK Limited, which incurred a loss in the period to 31 March 2022 of £6,690, and as at 31 March 2022 owed £9,074 to the charity. The Board of Trustees expect the subsidiary company to return to profitability, and repay the loan to the charity in the normal course of trading.

### Structure, governance and management.

The charity is governed by a constitution for Charitable Incorporated Organisations dated 3 July 2019, when it was registered at the Charity Commission. The registered charity number is 1184242.

The Board of Trustees are responsible for appointing new trustees. New trustees are recruited based on their experience and expertise.

The trustees who served during the year were:

D Cross	(Resigned 22 September 2021)
E Brynin	(Resigned 22 September 2021)
M Pugh	
S Duff	
L Britton	(Resigned 17 May 2022)
S Crowther	(Appointed 4 August 2021)

The trustees' report was approved by the Board of Trustees on

12 September 2022



S Crowther

Trustee



M Pugh

Trustee

# **STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

## **INDEPENDENT EXAMINER'S REPORT**

### **TO THE TRUSTEES OF STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

I report to the charity trustees on my examination of the accounts of Strongmen Charitable Incorporated Organisation (the CIO) for the period ended 31 March 2022.

#### **Responsibilities and basis of report**

As the trustees of the CIO you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the CIO's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



**Mr R Evans BA FCA CTA**

Carpenter Box  
Amelia House  
Crescent House  
Worthing  
West Sussex  
BN11 1RL

Dated: 03/10/2022

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

	Unrestricted funds 2022 £	Restricted funds 2022	Total funds 2022	Total funds 2021 £
<b>Receipts</b>				
Donations	15,864	-	15,864	13,746
Just Giving	38,283	-	38,283	-
Fundraising	8,814	-	8,814	10,459
Merchandise sales	-	-	-	4,755
Gift aid	144	-	144	270
Grants	55,378	51,949	107,327	19,860
Other	12,009	-	12,009	4,158
<b>Total receipts</b>	<b>130,492</b>	<b>51,949</b>	<b>182,441</b>	<b>53,248</b>
<b>Payments</b>				
Fundraising	28,737	-	28,737	1,284
Charitable activities	273	5,893	6,166	15,512
Travel and subsistence	2,825	765	3,590	413
Training	-	750	750	-
Merchandise purchases	-	-	-	7,010
Wages and salaries	18,345	10,010	28,355	17,783
Printing and postage	297	7	304	658
Bank charge	1	-	1	-
Computer supplies	1,344	54	1,398	994
Advertising and website costs	10,400	1,687	12,087	5,042
Refunds for events	-	-	-	5,500
Insurance	2,951	-	2,951	498
Professional services	3,537	-	3,537	3,933
General expenses	95	-	95	-
Motor expenses	20,957	5,522	26,479	-
Subscriptions	303	57	360	-
Telephone and internet	383	946	1,329	-
Other	550	-	550	-
	90,998	25,691	116,689	58,627
Asset and investment purchases	1,447	-	1,447	-
<b>Total payments</b>	<b>92,445</b>	<b>25,691</b>	<b>118,136</b>	<b>58,627</b>
<b>Net of receipts/(payments)</b>	<b>38,047</b>	<b>26,258</b>	<b>64,305</b>	<b>(5,379)</b>
<b>Cash funds last year end at 1 April</b>	<b>55,725</b>	<b>-</b>	<b>55,725</b>	<b>61,104</b>
<b>Cash funds this year end at 31 March</b>	<b>93,772</b>	<b>26,258</b>	<b>120,030</b>	<b>55,725</b>

All funds received and paid during the comparative period were unrestricted; there were no restricted funds during the comparative period.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2022

	Unrestricted funds 2022	Restricted funds 2022	Total funds 2022 £	Total funds 2021 £
<b>Cash funds</b>				
Treasury account	93,772	26,258	120,030	55,725
<b>Other assets</b>				
Loan balance due from Strongmen UK Limited	14,051	(4,977)	9,074	3,960
<b>Investment assets</b>				
Strongmen UK Limited	3	-	3	1
<b>Assets retained for charity's own use</b>				
Computer equipment	1,447	-	1,447	
<b>Total funds</b>	<u>109,273</u>	<u>21,281</u>	<u>130,554</u>	<u>59,686</u>

All funds received and paid during the comparative period were unrestricted, with no restricted funds at the comparative reporting date.

The accounts were approved by the Trustees on .....12 SEPTEMBER 2022



S Crowther

Trustee



M Pugh

Trustee

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE ACCOUNTS

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### 1 Payments to Trustees

During the period £210 (2021 - £526) was reimbursed to trustees for expenses incurred and a close family member of a trustee was paid £1,450 (2021: £805) for the provision of clinical services. No other amounts were paid to, or received from, any of the trustees or any persons connected to them in either the current or comparative period.

During their trusteeship with the charity, two former trustees received remuneration totalling £19,182 (2021 - £20,363) from the subsidiary company, Strongmen UK Limited, in which they were employees.

### 2 Related party transactions

During the year the charity has made loans totalling £456 (2021 - £6,300) to Strongmen UK Limited, the subsidiary company. Additionally, unrestricted funds amounting to £13,595 (2021 - £nil) have been received into the subsidiary bank account on behalf of the charity, and restricted funds amounting to £4,977 (2021 - £nil) have been paid from the subsidiary bank account on behalf of the charity; these amounts are not reflected in the Receipts and Payments Account on page 4.

At the reporting date, the charity was due £9,074 (2021 - £3,960) from Strongmen UK Limited, of which a debtor of £14,051 is represented by the unrestricted fund (2021 - £3,960) and a liability of £4,977 (2021 - £nil) is represented by the restricted fund.

### 3 Operating lease commitments

At the year end the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases which fall due as follows:

	2022	2021
	£	£
Within one year	21,995	-
Within two and five years	31,159	-
	<hr/> 53,154	<hr/> -

**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

England & Wales - Charity number 1184242

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# Accounts

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**STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

**UNAUDITED TRUSTEES' REPORT AND ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2021**

**Carpenter Box**  
*Chartered Accountants*  
Amelia House  
Crescent Road  
Worthing  
West Sussex  
BN11 1QR

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	D Cross E Brynin M Pugh S Duff L Britton
<b>Charity number</b>	1184242
<b>Principal address</b>	Amelia House Crescent Road Worthing West Sussex BN11 1QR
<b>Independent examiner</b>	Mr R Evans BA FCA CTA Amelia House Crescent Road Worthing West Sussex BN11 1QR

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# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

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# **STRONGMEN CHARITABLE INCORPORATED ORGANISATION**

## **TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2021**

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The charity was registered on 3 July 2019 and the trustees present their report and accounts for the period ended 31 March 2021.

### **Objectives and activities**

The objects of the charity are to relieve the mental and physical health of men resident in England and Wales suffering from bereavement or loss. The charity provides various services including the Weekender where beneficiaries are hosted in beautiful remote locations (such as Snowdon) and participate in a series of physical activities whilst providing safe and secure environments for group and individual discussions. Covid restrictions have necessitated the charity to add their Man2Man telephone based peer support service as well as their digital platform (Our Network) and membership schemes. The trustees have had regard to guidance issued by the Charity Commission when relevant decisions are made.

### **Achievement and performance**

Whilst we have been unable to run any of our Weekender camps, interest remains high. All being well (with Covid restrictions), our next Weekender will run between 20-22 August 2021. With four scheduled for 2022, all of the places for these camps are filled (equating to 125 men).

Our Man2Man service, introduced on 1 October 2020 has launched successfully, all measures are scored through the recognised GAD 7 and PHQ 9 method of assessing anxiety disorder and depression. Of the first six men to complete the service, the clinical summary is detailed below;

Across all six participants it is evident that the Man2Man peer support program has had a significant impact on all of their presentations of depression and low mood, there has been a decrease in all of their self-reported scores. For all of those participants that began the intervention falling within the clinical range on the questionnaires, they all completed the intervention no longer requiring any further therapeutic intervention to support with their mental health. This is a huge shift in only six weeks. For those participants who scored themselves almost at the top of each scale reporting some concerning mental health symptoms, it would be expected those individuals would need to engage in long term therapy to reduce those symptoms. For Strongmen to achieve these outcomes within six weeks is outstanding, if this service could be an ongoing offer from StrongMen I believe it is going to have a meaningful impact on the mental health of thousands bereaved men.

This service continues to run at capacity with the current level of available trained volunteers and funding, plans for the near future are to increase this availability through the upcoming Weekender beneficiaries.

### **Financial review**

Whilst expenditure exceeded income for this year we remain in a positive financial position with cash funds of £55,725 (2020 - £61,104). We have recently commissioned an independent funding professional who is actively submitting grant applications, an area we had previously been weak in exploiting. Furthermore our increased focus on independent fundraisers through our 'Club 500 Elite Fundraising' initiative is designed to secure the short and long term commitment of our incredible fundraisers. Coupled with that we have launched in June 2021 our #Bare Yourself campaign which will run annually to boost awareness and funds for StrongMen and includes numerous high profile celebrities and professionals.

### **Reserves**

As with last year we hold at least £40k in reserve for two Weekender camps and one years salary for our Peer Support Administrator, Pritee Almeida. The Black Tie event remains on our schedule for September 2021 and we retain a minimum of £15k for any liability due to possible Covid restrictions and the further delay and possible cancellation of the event.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## TRUSTEES' REPORT (CONT.) FOR THE YEAR ENDED 31 MARCH 2021

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### Plans for the future

As you can see above our ambitious plans for the future remain in place and on target. The coming two years require our significant investment both financially and professionally to secure the charity's future through the foundations outlined above. Key to this is securing a core team which includes Efrem Brynin and Daniel Cross as full time leaders within the charity.

### Structure, governance and management.

Strongmen is governed by a constitution for Charitable Incorporated Organisations dated 3 July 2019, when it was registered at the Charity Commission. The registered charity number is 1184242.

The Board of Trustees are responsible for appointing new trustees. New trustees are recruited based on their experience and expertise.

The trustees who served during the year were:

D Cross  
E Brynin  
M Pugh  
S Duff  
L Britton

The trustees' report was approved by the Board of Trustees on 6/7/21

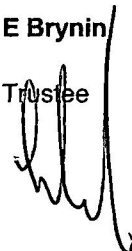
D Cross

Trustee



E Brynin

Trustee



# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF STRONGMEN CHARITABLE INCORPORATED ORGANISATION

I report to the charity trustees on my examination of the accounts of Strongmen Charitable Incorporated Organisation (the CIO) for the period ended 31 March 2021.

#### **Responsibilities and basis of report**

As the trustees of the CIO you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the CIO's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



#### **Mr R Evans BA FCA CTA**

Carpenter Box  
Amelia House  
Crescent House  
Worthing  
West Sussex  
BN11 1QR

Dated: 14/07/2021.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
<b>Receipts</b>		
Donations	13,746	41,853
Fundraising	10,459	33,872
Merchandise sales	4,755	5,892
Gift aid	270	-
Grants	19,860	-
Other	4,158	459
<b>Total receipts</b>	<b>53,248</b>	<b>82,076</b>
<b>Payments</b>		
Fundraising	1,284	8,142
Charitable activities	15,512	6,766
Travel and subsistence	413	1,074
Grants and donations	-	620
Merchandise purchases	7,010	2,368
Wages and salaries	17,783	-
Printing and postage	658	31
Bank charge	-	-
Computer supplies	994	-
Advertising and website costs	5,042	1,424
Refunds for events	5,500	-
Insurance	498	507
Professional services	3,933	40
<b>Total payments</b>	<b>58,627</b>	<b>20,972</b>
<b>Net of receipts/(payments)</b>	<b>(5,379)</b>	<b>61,104</b>
<b>Cash funds last year end at 1 April</b>	<b>61,104</b>	<b>-</b>
<b>Cash funds this year end at 31 March</b>	<b>55,725</b>	<b>61,104</b>

All funds received and paid during the period were unrestricted; there were no restricted funds during the period.

# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2021

---

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
<b>Cash funds</b>		
Treasury account	55,725	61,104
<b>Other assets</b>		
Loan balance due from Strongmen UK Limited	3,960	-
<b>Investment assets</b>		
Strongmen UK Limited	1	-
<b>Total funds</b>	<u>59,686</u>	<u>61,104</u>

All funds received and paid during the period were unrestricted, with no restricted funds at the reporting date.

The accounts were approved by the Trustees on 6/7/21

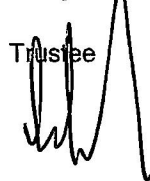
**D Cross**

Trustee



**E Brynin**

Trustee



# STRONGMEN CHARITABLE INCORPORATED ORGANISATION

## NOTES TO THE ACCOUNTS

---

### **1 Payments to Trustees**

During the period £526 (2020 - £1,349) was reimbursed to trustees for expenses incurred. No remuneration was paid to any of the trustees or any persons connected to them. During the period £nil (2020 - £996) of donations were received from the trustees.

### **2 Related party transactions**

During the year the charity loaned Strongmen UK Limited, a subsidiary, £6,300 and received repayments of £2,340. At the year end the charity was owed £3,960 from the subsidiary.