

**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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<b>Trustees</b>	M Pugh S Duff S Crowther M McDonald	(Appointed 4 August 2021) (Appointed 9 August 2022)
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<b>Charity number</b>	1184242
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<b>Principal address</b>	Amelia House Crescent Road Worthing West Sussex BN11 1RL
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<b>Independent examiner</b>	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

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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/>	<hr/>
	53,154	-
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