

Trustees' Report

Construction Sport Foundation

Financial Year: 1 April 2024 – 31 March 2025

Charity Registration Number: 1184412

1. Introduction

This Trustees' Report is prepared to summarise the key financial, operational and governance aspects of Construction Sport Foundation for the financial year ending 31 March 2025, drawing on the Charity Commission Annual Return 2025 and publicly available information about the charity's mission and activities. It is intended to provide assurance to trustees and stakeholders that the charity is governed in accordance with its charitable purposes and relevant regulatory requirements.

2. Mission and Activities

Construction Sport Foundation exists to **support the physical and mental health of construction workers**, recognising that long hours, transient work patterns, and work-related stress contribute to poor wellbeing and increased risk of mental health issues, including suicide. The charity uses **sport as a vehicle to build team cohesion, encourage social connection, and promote wellbeing**.

Construction Sport continues to provide a range of **mental health and wellbeing resources** on its website for users, covering topics such as stress, anxiety and depression — reflecting its focus on **awareness and prevention** of poor mental health outcomes.

This year Construction Sport partnered with Band of Brothers and On the Tools to initiate The Lost City campaign. The campaign seeks to combat the high suicide rate in construction (4x the national average) by raising £2.5 million for mental health support, using a "sports-based" approach with challenges like running 7k to fund therapy for 7,000 tradespeople, symbolizing the city they could have built. The campaign saw an uptick in direct referrals for mental health support for construction workers engaged with Construction Sport.

The Construction Sport podcast started airing this year also, to challenge stigma around mental health in the construction industry, raise awareness and foster connection. The podcast gives a platform to those working in the construction industry to discuss challenges and hopes. The podcasts have been listened to thousands of times already.

'Construction Industries Alert' was also developed this year. It is a platform where construction workers can access support; report concerns; notify industry of dangers; raise issues with supply chain; receive safety bulletins; access targeted training.

In addition to this, the Hundred Club continues to attract some the industry's top firms, ensuring that they have the information they need to keep their teams safer from the mental stresses associated with the work.

Construction Sport also carried out some of its largest fundraising and awareness raising activities to date, with rugby, football, community workouts, treks and runs implemented throughout the year, raising thousands of pounds for families in need.

Finally, this year, Construction Sport launched a film documenting its journey to challenge stigma and raise funds for families in need. The event filled the everyman cinema in London and raised further

awareness of the support available to those struggling with their mental health in the construction industry, as well as raising awareness of the risks apparent in the industry.

3. Financial Summary

For the year ending 31 March 2025:

- **Total Income:** £193,321 (entirely from donations and legacies).
- **Total Expenditure:** £237,448, resulting in a financial deficit for the period.
- **Payroll Costs:** £86,228.
- **No income from trading, grants, government contracts, or investment.**
- **No overseas income or spending.**
- **No trading subsidiaries operated.**

The excess of expenditure over income highlights the need for sustained focus on income diversification and fundraising strategy to ensure long-term sustainability. Trustees continue to monitor financial performance closely and ensure that reserves policies guide prudent resource management.

4. People and Capacity

The charity employed:

- **3 permanent employees**
- **3 employees on fixed-term contracts**
- **2 self-employed workers**

No employees received benefits exceeding £60,000. There were also **approximately 5 volunteers** (excluding trustees) engaged in supporting charitable activities within the UK.