

Sporting Wellness

England & Wales · Charity number 1186605

Details

Other names	SPORTING MINDS UK
Status	Registered
Legal form	CIO
Registered	2019-11-26
Register	View on the Charity Commission register

Contact

Address	4 The Appleyard Brewood Stafford ST19 9EN
Phone	03333355994
Email	hello@sportingwellness.org
Website	www.sportingwellness.org

Activities

Objects: FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF SPORTSPEOPLE WHO ARE CURRENTLY OR HAVE BEEN ACTIVE IN COMPETITIVE SPORT AND AS A RESULT OF COMPETITIVE PRESSURE IN THEIR CHOSEN SPORTS ARE AT RISK OF EXPERIENCING OR ARE EXPERIENCING POOR MENTAL HEALTH BY: -RAISING AWARENESS WITH SUCH PEOPLE, THE COMPETITIVE SPORTS COMMUNITY AND THE GENERAL PUBLIC OF POSITIVE MENTAL HEALTH AND MENTAL HEALTH SYMPTOMS IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF SOCIAL MEDIA CAMPAIGNS, PRESENTATIONS AND MENTAL HEALTH TRAINING AT SPORTS CLUBS -PROVIDING GRANT FUNDING TO ENABLE SPORTS PEOPLE AT RISK TO ACCESS THERAPY

Activities: Sporting Wellness provides professional mental health support to representative sportspeople over the age of 16, across all sports. We also raise awareness of the importance of positive mental health in sport via our events, digital channels, partnerships and the ambassador athletes we work with.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Charities Or Voluntary Bodies

Geography

- Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£82,265	£74,131	-	-
2023-12-31	£98,527	£82,840	-	-
2022-12-31	£77,567	£84,263	-	-
2021-12-31	£86,828	£80,521	-	-
2020-12-31	£74,135	£65,179	-	-

Trustees

Name	Role	Appointed
Christopher Palmer	Chair	2022-05-11
Antony Lea		2019-05-15
David Middleton		2019-05-15
Zoe Michelle Smeed		2021-08-17

Sporting Wellness

England & Wales - Charity number 1186605

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024
FOR
SPORTING WELLNESS**

Blackthorns
Chartered Accountants
Admiral House
Waterfront East
Brierley Hill
West Midlands
DY5 1XG

SPORTING WELLNESS

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

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SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of 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

Who we are

Sporting Wellness is a registered charity (registered number 1186605), and we exist to raise awareness and provide support to enable positive mental health in sports people aged sixteen and above. We exist to raise funds and receive donations for the benefit of representative, semi-professional, and professional young sports people via our support system.

Operational Structure

The charity continues to operate a number of small sub-committees; Operations, Finance, Marketing and Fundraising. The minutes to these meetings are distributed to the full trustee board.

The trustees have introduced a formal protocol for items of expenditure to be agreed by trustees and the Finance subcommittee.

What we aim to do

By a combination of raising new money and prudent use of our existing reserves, Sporting Wellness provides personal mental health support provided by our Healthcare Provider Health Assured. Athletes can request access to the support system via a simple questionnaire and responses to athletes are given very quickly.

Our future plans are to continue to increase our level of fund raising so as to continue to provide this service to an increasing number of athletes across as wide a range of sports as possible, throughout the UK and Republic of Ireland. The trustees' focus is on being a direct-to-athlete support provider via direct advertising and selected social media platforms.

Public benefit

The Trustees have complied with the duty in Section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit and in planning the activities for the year, have kept this in mind.

ACHIEVEMENT AND PERFORMANCE

How we funded our activities

We continue to raise funds via a combination of personal donations, specific fundraising activities and fundraising events, although alternative methods of funding aimed at building a more sustainable financial model were researched during the year.

FINANCIAL REVIEW

Reserves policy

The charity continues to operate a number of small sub-committees: Operations, Finance, Marketing and Fundraising. Minutes of these sub-committees are distributed to the full Trustee meeting for oversight.

All material expenditure is approved via the Finance sub-committee requiring sign off by two Trustees, to oversee that the charity operates always within its means.

Whilst we do not have a formal reserves policy, we seek to operate through the year with a cash reserve in excess of £25,000, being in excess of three months' operating costs - this level has been maintained throughout the year and through into 2025. We have no overdraft facility nor financial debts.

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2024

FINANCIAL REVIEW

Funds Received

During the year, funds received in the three main categories was as follows:

Private Donations 35%

Fund Raising Activities 21%

Black Tie Ball 25%

Universities 16%

Grants 3%

How we Spent Our Money

During the year, our funds were spent in the three main categories as follows:

Administration 57%

Athlete support 27%

Black Tie Ball 16%

Our Future Fund-Raising Plans

The inaugural and subsequent Black-Tie Balls have proven successful, generating significant funds to supplement donations and other events. The ball has been repeated as recently as March 2025 and reflecting on hugely positive feedback from an ever-evolving pool of attendees, we will aim to make this an annual event going forward.

The revenues sourced from provision of bespoke mental health support to young sportspeople affiliated with universities and sporting bodies continues to bring new revenues, again reducing reliance on donations.

FUTURE PLANS

Signing commercial agreements with UK universities and sporting bodies diversifies Sporting Wellness' revenue streams, with 12% of revenues coming from this source in the year, up from zero in 2022. Sporting Wellness continues to develop this revenue stream and the additional athlete support services of career and financial planning strengthen that offering.

The charity continued to further reduce its reliance on donations by again holding a Black Tie Ball at the Wolverhampton Wanderers Molineux stadium. Whilst we didn't repeat the exceptional funds raised of the previous year, the 2024 event broadened our revenue streams adding 12% of total revenues in the year and this event has now become a fixture in the local social calendar. Note - the March 2025 Ball raised c20% more than the previous year on account of a higher number of attendees - 184 versus 162 and with half attendees new to the event.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity was set up as a Charitable Incorporated Organisation under a Constitution dated 15 May 2019.

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

At the Trustee meeting held on 11th September 2023, the following Trustees extended their term of appointment for an additional two years - Antony Lea, David Middleton, Christopher Palmer to 26th November 2025 and Zoe Smeed to 1st October 2025.

Christopher Palmer's appointment as Chair runs for a three year term to November 2025.

In the current year, succession planning will be on the agenda of relevant Trustee meetings.

Key management remuneration

Callum Lea became the CEO of the charity on 11th May 2022. During the year ended 31 December 2024 remuneration was paid to him of £13,719 (2023 - £13,469) and expenses were re-imbursed during the year of £147 (2023 - £566)

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1186605

Principal address

4 The Appleyard
Dean Street
Brewood
Staffordshire
ST19 9EN

Trustees

A E Lea
C Palmer
D Middleton
Ms Z M Smeed

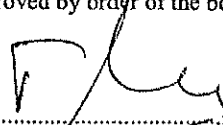
Independent Examiner

Blackthorns
Chartered Accountants
Admiral House
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Brierley Hill
West Midlands
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DONATION DETAILS

<https://www.sportingwellness.org/donate/>

Approved by order of the board of trustees on 11th July 2025 and signed on its behalf by:


.....
A E Lea Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SPORTING WELLNESS

Independent examiner's report to the trustees of Sporting Wellness

I report to the charity trustees on my examination of the accounts of Sporting Wellness (the Trust) for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

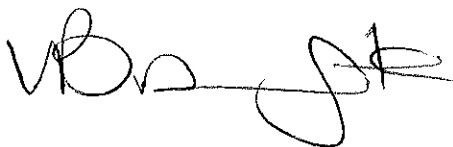
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



Victoria Brassington BA FCA

Blackthorns
Chartered Accountants
Admiral House
Waterfront East
Brierley Hill
West Midlands
DY5 1XG

11 July 2025

SPORTING WELLNESS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted fund £	Restricted fund £	31.12.24 Total funds £	31.12.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		82,265	-	82,265	98,527
EXPENDITURE ON					
Raising funds		54,331	-	54,331	58,563
Charitable activities					
Provision of therapy		19,800	-	19,800	24,277
Total		74,131	-	74,131	82,840
NET INCOME		8,134	-	8,134	15,687
RECONCILIATION OF FUNDS					
Total funds brought forward		23,904	350	24,254	8,567
TOTAL FUNDS CARRIED FORWARD		32,038	350	32,388	24,254

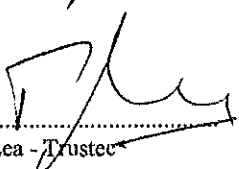
The notes form part of these financial statements

SPORTING WELLNESS

STATEMENT OF FINANCIAL POSITION 31 DECEMBER 2024

	Notes	Unrestricted fund £	Restricted fund £	31.12.24 Total funds £	31.12.23 Total funds £
CURRENT ASSETS					
Debtors	6	1,671	-	1,671	2,175
Cash at bank		31,732	350	32,082	23,329
		<u>33,403</u>	<u>350</u>	<u>33,753</u>	<u>25,504</u>
CREDITORS					
Amounts falling due within one year	7	(1,365)	-	(1,365)	(1,250)
		<u>32,038</u>	<u>350</u>	<u>32,388</u>	<u>24,254</u>
NET CURRENT ASSETS					
		<u>32,038</u>	<u>350</u>	<u>32,388</u>	<u>24,254</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>32,038</u>	<u>350</u>	<u>32,388</u>	<u>24,254</u>
NET ASSETS					
		<u>32,038</u>	<u>350</u>	<u>32,388</u>	<u>24,254</u>
FUNDS					
Unrestricted funds	8			32,038	23,904
Restricted funds				350	350
TOTAL FUNDS					
				<u>32,388</u>	<u>24,254</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 11th July 2025 and were signed on its behalf by:


A E Lea - Trustee

The notes form part of these financial statements

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1. CIO INFORMATION

Sporting Minds UK was registered as a Charitable Incorporated organisation on 26 November 2019 and is governed by a constitution dated 15 May 2019. The charity is registered with The Charity Commission, registered number 1186605. The charity's principal address is 4 The Appleyard, Dean Street, Brewwood, Staffordshire, ST19 9EN.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared in Sterling and are rounded to the nearest £1.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included below:

The Fitton Trust -

The funds are provided to enable the production of ambassador publicity campaigns.

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2024

2. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going Concern

The trustees have, at the time of approving the financial statements, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future, thus they have adopted the going concern basis of accounting in preparing these financial statements.

Financial instruments

Basic financial liabilities, including trade and other debtors and creditors, bank loans and other loans 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 receipts or payments discounted at a market rate of interest.

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

Trustees' expenses

Trustee expenses paid for in the year ended 31st December 2024 were equal to £167.27 (£653.30 2023)

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.24	31.12.23
Trustees	4	4
Volunteer	5	5
	<hr/>	<hr/>
	9	9
	<hr/>	<hr/>

No employees received emoluments in excess of £60,000.

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2024

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	98,177	350	98,527
EXPENDITURE ON			
Raising funds	58,563	-	58,563
Charitable activities			
Provision of therapy	24,277	-	24,277
Total	<u>82,840</u>	<u>-</u>	<u>82,840</u>
NET INCOME	15,337	350	15,687
RECONCILIATION OF FUNDS			
Total funds brought forward	8,567	-	8,567
TOTAL FUNDS CARRIED FORWARD	<u>23,904</u>	<u>350</u>	<u>24,254</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.24 £	31.12.23 £
Prepayments	<u>1,671</u>	<u>2,175</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.24 £	31.12.23 £
Taxation and social security	15	-
Other creditors	<u>1,350</u>	<u>1,250</u>
	<u>1,365</u>	<u>1,250</u>

SPORTING WELLNESS

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

8. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	23,904	8,134	32,038
Restricted funds			
The Fitton Trust	350	-	350
TOTAL FUNDS	<u>24,254</u>	<u>8,134</u>	<u>32,388</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,265	(74,131)	8,134
TOTAL FUNDS	<u>82,265</u>	<u>(74,131)</u>	<u>8,134</u>

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	8,567	15,337	23,904
Restricted funds			
The Fitton Trust	-	350	350
TOTAL FUNDS	<u>8,567</u>	<u>15,687</u>	<u>24,254</u>

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2024

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	98,177	(82,840)	15,337
Restricted funds			
The Fitton Trust	350	-	350
TOTAL FUNDS	<u>98,527</u>	<u>(82,840)</u>	<u>15,687</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	8,567	23,471	32,038
Restricted funds			
The Fitton Trust	-	350	350
TOTAL FUNDS	<u>8,567</u>	<u>23,821</u>	<u>32,388</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	180,442	(156,971)	23,471
Restricted funds			
The Fitton Trust	350	-	350
TOTAL FUNDS	<u>180,792</u>	<u>(156,971)</u>	<u>23,821</u>

The Fitton Trust -

The Fitton Trust have provided grants to enable the making of ambassador films.

SPORTING WELLNESS

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024.

SPORTING WELLNESS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

	31.12.24	31.12.23
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	82,265	98,527
Total incoming resources	82,265	98,527
EXPENDITURE		
Raising donations and legacies		
Wages	13,719	13,469
Pensions	224	217
Insurance	771	699
Postage and stationery	209	401
Sundries	2	626
Travel expenses	-	566
Advertising and promotion	22,385	23,881
Legal and professional fees	1,829	1,200
Computer and website costs	1,288	4,208
Administration services	13,904	13,296
	54,331	58,563
Charitable activities		
Therapy fees	19,800	24,277
Total resources expended	74,131	82,840
Net income	8,134	15,687

This page does not form part of the statutory financial statements

Sporting Wellness

England & Wales - Charity number 1186605

Accounts

REGISTERED CHARITY NUMBER: 1186605

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023
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SPORTING WELLNESS

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SPORTING WELLNESS

CHAIRMAN'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

Welcome to our fourth annual report covering the twelve months up to 31st December 2023.

That period has seen the charity led focus on executing the strategy formulated and approved in the prior period to -

1. Streamline our operating model to reduce the charity's fixed costs, and simultaneously
2. Grow and diversify our revenue streams.

Together these two complementary goals enable Sporting Wellness to stabilise its operations towards a financially sustainable enterprise, more resilient to external shocks and thus more able to continue to support the mental wellbeing of young sportswomen and young sportsmen across the U.K.

Our purpose remains to raise awareness and provide support to enable positive mental health in young sportspeople aged 16 and above, free to those individual sportspeople we support. We continue to provide a network and a community in which young representative sportspeople can be open about mental health issues and we fund their one-to-one mental health support, under commercial contract with our healthcare provider, Health Assured.

Integral to this achievement was the continued development of the Founder into a commercially aware and increasingly mature Chief Executive, Callum Lea. Callum provided the original inspiration from which Sporting Wellness has its origins and his professional growth continues as Sporting Wellness itself matures.

Highlights would include provision of specialist support to 431 young athletes through 2023, which is a 28% reduction against the 605 athletes supported in 2022, during the peak of COVID crisis. It brings to 2,338 the total number of young sportspeople to whom we have provided individual support since our foundation in 2019, to the end of December 2023. A significant milestone was recorded during the year when we supported our 2,000th young sportswoman or sportsman. As expected, as mental health becomes a topic in regular conversation more young sportspeople feel able to share their personal situation. An indication of this growing awareness is that Sporting Wellness recently passed 50,000 followers on social media platforms, which is the medium of choice for our target young athletes to connect with Sporting Wellness.

We held in March 2023 our second Charity Ball at the Molineux Stadium home of Wolverhampton Wanderers Football Club. Building on the success of the previous year's inaugural ball, the Ball proved to be a significant fundraiser for the charity, with over 15% of our net annual funding being generated on one evening. The ball is likely to become annual event; it was repeated recently, in March 2024, again at Molineux Stadium, Wolverhampton. We thank our supporters and guests for their attendance and support at these occasions.

Our operating model continued to develop during the year to go beyond our founding focus to provide mental health support directly to individual athletes to now include the provision of bespoke mental health services to sporting bodies and educational institutes. We now have commercial contracts in place with the sports departments of ten educational institutions and additionally from three sports associations, across the UK. Each of these bodies has recognised that the provision of mental health support and the need for considered mental health awareness to be anchor provisions for their student athletes and members. We expect this to continue to grow in the future; providing as it does, useful diversification of our funding base and reduced reliance on individual donations and fundraising events.

On the cost side, Health Assured continues to be our professional service provider of choice. During recent weeks we have undertaken a survey of our athletes in respect of the timeliness and quality of support from HA and as trustees we are delighted to report an extremely high levels of satisfaction and recognised benefit from our targeted community of young sportswomen and young sportsmen.

Making Sporting Wellness a sustainable enterprise, able to provide reliable and well-funded support to young sportspeople, remains the focus of the trustees and fundraising remains a significant challenge.

As Chairman of Trustees, I would like to thank our Founder, my fellow Trustees, our associates, volunteers, donors, and fundraisers for their continued efforts during our fourth year as a charity. Sporting Wellness continues to grow and now has its operations anchored on a stable and well-governed footing.

SPORTING WELLNESS

CHAIRMAN'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

I hope you are inspired by our efforts to provide this vital support and help improve the lives of a wide range of representative sports people. If you would like to donate, details are at the end of this report. Your support is greatly appreciated and every £ helps.

Christopher Palmer
Chair of Trustees

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of 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

Who we are

Sporting Wellness is a registered charity (registered number 1186605), and we exist to raise awareness and provide support to enable positive mental health in sports people aged sixteen and above. We exist to raise funds and receive donations for the benefit of representative, semi-professional, and professional young sports people via our support system.

Operational Structure

The charity continues to operate a number of small sub-committees; Operations, Finance, Marketing and Fundraising. The minutes to these meetings are distributed to the full trustee board. The trustees have introduced a formal protocol for items of expenditure to be agreed by trustees and the Finance subcommittee.

What we aim to do

By a combination of raising new money and prudent use of our existing reserves, Sporting Wellness provides personal mental health support provided by our Healthcare Provider Health Assured. Athletes can request access to the support system via a simple questionnaire and responses to athletes are given very quickly.

Our future plans are to continue to increase our level of fund raising so as to continue to provide this service to an increasing number of athletes across as wide a range of sports as possible, throughout the UK and Republic of Ireland. The trustees' focus is on being a direct-to-athlete support provider via direct advertising and selected social media platforms.

Public benefit

The Trustees have complied with the duty in Section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit and in planning the activities for the year, have kept this in mind.

ACHIEVEMENT AND PERFORMANCE

How we funded our activities

We continue to raise funds via a combination of personal donations, specific fundraising activities and fundraising events, although alternative methods of funding aimed at building a more sustainable financial model were researched during the year.

FINANCIAL REVIEW

Reserves policy

The trustees would like to always hold cash reserves of at least three months' expenditure. This figure averaged around £25,000 during 2023, an increase on the previous period and which is deemed to be satisfactory. Reserves held at 31st December 2023 were £24,254 (2022 - £15,263), of which £350 were restricted funds (2022 - £Nil).

As stated in last year's report, if the reserve figure becomes considerably higher than the desired amount, then the trustees will sanction additional spending on marketing so as to reach out to a greater number of athletes within our target market, as a positive correlation between levels of advertising and request for support has been clearly established in earlier years. At the moment, that increase is not considered the best course of action.

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

FINANCIAL REVIEW

Funds Received

During the year, funds received in the three main categories was as follows:

Private Donations 29%

Fund Raising Activities 54%

Events 17%

How we Spent Our Money

During the year, our funds were spent in the three main categories as follows:

Administration 60%

Athlete support 27%

Black Tie Ball 13%

We saw a modest increase in administration costs (essentially salaries and fees) as we reduced our previous heavier reliance on third-party suppliers and contractors. Together these operating costs reduced significantly in 2023 to 38% from 51% previously. A drive for cost efficiency remains a core focus of our CEO and Operations Committee. In the year we had a one off repayment to HMRC of c£6k being Gift Aid that have been mistakenly claimed in 2022. This relates to a generous donation that we uncovered was from un-taxed income and thus ineligible for Gift Aid. We have tightened our process for processing donations and do not anticipate any recurrence.

Our Future Fund-Raising Plans

The inaugural and subsequent Black-Tie Balls have proven successful, generating significant funds to supplement donations and other events. The ball has been repeated as recently as March 2024 and reflecting on hugely positive feedback from an ever-evolving pool of attendees, we will aim to make this an annual event going forward.

The revenues sourced from provision of bespoke mental health support to young sportspeople affiliated with universities and sporting bodies continues to bring new revenues, again reducing reliance on donations.

FUTURE PLANS

During our recent Strategy Day, held in April 2024, it was agreed that we should investigate additional pillars of support, beyond our initial and continuing core focus of mental health support.

The Trustees see a number of additional avenues where the Charity can provide support to individual young sportswomen and young sportsmen under the broader scope of wellness, of these we are working on two currently - (1) transition support for young athletes potentially coming towards the end of their sporting career and (2) financial well-being. We are working with relevant specialists to consider how to develop the optimum partnerships in order to delivery in these additional support areas, whilst continuing to provide mental health support, which has been our bedrock service top date.

In addition, our team is considering how to put together compelling packages for the relevant governmental and corporate sources of potential grant funding. Success here would be a further broadening of our funding platform and add to the diversification of revenues.

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The charity was set up as a Charitable Incorporated Organisation under a Constitution dated 15 May 2019.

Induction and training of new trustees

At the Trustee meeting held on 11th September 2023, the following Trustees extended their term of appointment for an additional two years - Antony Lea, David Middleton, Christopher Palmer to 26th November 2025 and Zoe Smeed to 1st October 2025.

Christopher Palmer's appointment as Chair runs for a three year term to November 2025

In the current year, succession planning will be on the agenda of relevant Trustee meetings.

Key management remuneration

Callum Lea became the CEO of the charity on 11th May 2022. During the year ended 31 December 2023 remuneration was paid to him of £13,469 (2022 - £6,316) and expenses were re-imbursed during the year of £566 (2022 - £Nil)

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1186605

Principal address

4 The Appleyard
Dean Street
Brewood
Staffordshire
ST19 9EN

Trustees

A E Lea
C Palmer
D Middleton
Z M Smeed

Independent Examiner

Blackthorns
Chartered Accountants
Admiral House
Waterfront East
Brierley Hill
West Midlands
DY5 1XG

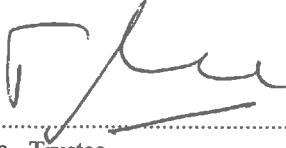
DONATION DETAILS

<https://www.sportingwellness.org/donate/>

SPORTING WELLNESS

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

Approved by order of the board of trustees on 12th July 2024 and signed on its behalf by:



.....
A E Lea - Trustee

SPORTING WELLNESS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted fund £	Restricted fund £	31.12.23 Total funds £	31.12.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		98,177	350	98,527	77,567
EXPENDITURE ON					
Raising funds		58,563	-	58,563	58,583
Charitable activities					
Provision of therapy		24,277	-	24,277	25,680
Total		82,840	-	82,840	84,263
NET INCOME/(EXPENDITURE)		15,337	350	15,687	(6,696)
RECONCILIATION OF FUNDS					
Total funds brought forward		8,567	-	8,567	15,263
TOTAL FUNDS CARRIED FORWARD		23,904	350	24,254	8,567


The notes form part of these financial statements

SPORTING WELLNESS

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2023**

	Notes	Unrestricted fund £	Restricted fund £	31.12.23 Total funds £	31.12.22 Total funds £
CURRENT ASSETS					
Debtors	6	2,175	-	2,175	2,339
Cash at bank		22,979	350	23,329	13,728
		<u>25,154</u>	<u>350</u>	<u>25,504</u>	<u>16,067</u>
CREDITORS					
Amounts falling due within one year	7	(1,250)	-	(1,250)	(7,500)
		<u>23,904</u>	<u>350</u>	<u>24,254</u>	<u>8,567</u>
NET CURRENT ASSETS					
		<u>23,904</u>	<u>350</u>	<u>24,254</u>	<u>8,567</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>23,904</u>	<u>350</u>	<u>24,254</u>	<u>8,567</u>
NET ASSETS					
		<u>23,904</u>	<u>350</u>	<u>24,254</u>	<u>8,567</u>
FUNDS					
Unrestricted funds	8			23,904	8,567
Restricted funds				350	-
TOTAL FUNDS					
				<u>24,254</u>	<u>8,567</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12th July 2024 and were signed on its behalf by:


.....
A E Lea - Trustee

The notes form part of these financial statements

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1. CIO INFORMATION

Sporting Minds UK was registered as a Charitable Incorporated organisation on 26 November 2019 and is governed by a constitution dated 15 May 2019. The charity is registered with The Charity Commission, registered number 1186605. The charity's principal address is 4 The Appleyard, Dean Street, Brewood, Staffordshire, ST19 9EN.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared in Sterling and are rounded to the nearest £1.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included below:

The Fitton Trust -

The funds are provided to enable the production of ambassador publicity campaigns.

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

2. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going Concern

The trustees have, at the time of approving the financial statements, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future, thus they have adopted the going concern basis of accounting in preparing these financial statements.

Financial instruments

Basic financial liabilities, including trade and other debtors and creditors, bank loans and other loans 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 receipts or payments discounted at a market rate of interest.

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.23	31.12.22
Trustees	4	4
Volunteer	5	1
	<u>9</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	77,567	-	77,567
EXPENDITURE ON			
Raising funds	58,583	-	58,583
Charitable activities			
Provision of therapy	25,680	-	25,680
Total	<u>84,263</u>	<u>-</u>	<u>84,263</u>
NET INCOME/(EXPENDITURE)	(6,696)	-	(6,696)
RECONCILIATION OF FUNDS			
Total funds brought forward	15,263	-	15,263
TOTAL FUNDS CARRIED FORWARD	<u>8,567</u>	<u>-</u>	<u>8,567</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23 £	31.12.22 £
Prepayments	2,175	2,339

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23 £	31.12.22 £
Other creditors	1,250	7,500

8. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	8,567	15,337	23,904
Restricted funds			
The Fitton Trust	-	350	350
TOTAL FUNDS	<u>8,567</u>	<u>15,687</u>	<u>24,254</u>

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

8. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	98,177	(82,840)	15,337
Restricted funds			
The Fitton Trust	350	-	350
TOTAL FUNDS	<u>98,527</u>	<u>(82,840)</u>	<u>15,687</u>

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	15,263	(6,696)	8,567
TOTAL FUNDS	<u>15,263</u>	<u>(6,696)</u>	<u>8,567</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	77,567	(84,263)	(6,696)
TOTAL FUNDS	<u>77,567</u>	<u>(84,263)</u>	<u>(6,696)</u>

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

8. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	15,263	8,641	23,904
Restricted funds			
The Fitton Trust	-	350	350
TOTAL FUNDS	<u>15,263</u>	<u>8,991</u>	<u>24,254</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	175,744	(167,103)	8,641
Restricted funds			
The Fitton Trust	350	-	350
TOTAL FUNDS	<u>176,094</u>	<u>(167,103)</u>	<u>8,991</u>

The Fitton Trust -

The Fitton Trust have provided grants to enable the making of ambassador films.

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

SPORTING WELLNESS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	31.12.23	31.12.22
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	98,527	77,567
Total incoming resources	98,527	77,567
EXPENDITURE		
Raising donations and legacies		
Wages	13,469	6,316
Pensions	217	-
Insurance	699	670
Postage and stationery	401	191
Sundries	626	2,444
Travel expenses	566	1,353
Advertising and promotion	23,881	28,920
Legal and professional fees	1,200	1,250
Computer and website costs	4,208	1,894
Sponsorship	-	739
Commission payable	-	562
Administration services	13,296	14,244
	58,563	58,583
Charitable activities		
Therapy fees	24,277	25,680
Total resources expended	82,840	84,263
Net income/(expenditure)	15,687	(6,696)

This page does not form part of the statutory financial statements

Sporting Wellness

England & Wales - Charity number 1186605

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022
FOR
SPORTING WELLNESS**

Blackthorns
Chartered Accountants
Admiral House
Waterfront East
Brierley Hill
West Midlands
DY5 1XG

SPORTING WELLNESS

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SPORTING WELLNESS

CHAIRMAN'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2022

Foreword by The Chairman of Trustees of Sporting Wellness, Charity Number 1186605

Welcome to our third annual report covering the twelve months up to 31st December 2022. During the year we changed our name from Sporting Minds UK to Sporting Wellness, advising the Charities Commission on 17th May 2022, and with the change taking effect from 31st May 2022.

Our new name highlights our purpose to raise awareness and provide support to enable positive mental health in young sportspeople aged 16 and above, free to those individual sportspeople we support. We continue to provide a network and a community in which young representative sportspeople can be open about mental health issues and we fund their one-to-one mental health support, under commercial contract with our healthcare provider, Health Assured.

During the year to December 2022, Sporting Wellness faced and overcame challenges to its operating model. Those challenges will not be unique to Sporting Wellness and common perhaps to any enterprise that has faced the impact of the COVID crisis in the formative stages of its development. For Sporting Wellness, COVID reduced fundraising opportunities and brought increased demand from young sportspeople for the services we are dedicated to provide.

I am very pleased to report that the actions taken to stabilise our finances and make Sporting Wellness more resilient operationally going forward have proven effective. These are anchored on the transfer to a more efficient provision of professional support services and the reduction in outgoings for third-party contractors, stabilising the cost base. Despite these pressures, we built on the groundwork undertaken during our foundation years to make progress towards the more commercial approach to the organisation of the charity's activities that was confirmed at the Strategy Day in 2021.

Integral to this progression was the appointment as Chief Executive in May 2022 of Callum Lea, our founder. Callum provided the original inspiration and energy from which Sporting Wellness has its origins and, following his graduation from Oxford Brookes University, he accepted the offer to be our first employee, working two full days per week, alongside a reduced number of third-party contractors.

Highlights for the last year would include provision of specialist support to 605 athletes, which is a reduction against the 703 athletes supported in 2021, during the peak of COVID crisis, bringing to 1907 the total number of young sportspeople to whom we have provided individual support since our foundation in 2019. A significant milestone was recorded during the year when we supported our 1,500th athlete. As predicted, as mental health becomes a topic in regular conversation and more young sportspeople feel able to share their personal situation. An indication of this growing awareness is that Sporting Wellness recently passed 50,000 followers on social media platforms.

The past year we held in March 2022 our inaugural Black-Tie Ball at the Royal Air Force Museum in Cosford, which proved to be a significant fundraising event and was repeated in March 2023, at Molineux Stadium, Wolverhampton. Planning is advanced for a third Charity Ball scheduled for March 2024 and we thank our supporters and guests for their attendance and support at these occasions.

Our operating model was developed during the year to include the provision of bespoke mental health services to sporting bodies and educational institutes, that have each considered mental health awareness and support an anchor provision of their student athletes and members. Our first commercial contract was signed with Oxford Brookes University. We expect this aspect of our activities to continue to grow in the future; providing as it does, useful diversification of our funding base and reduced reliance on individual donations, which fell to 28% in the year from 42% of our income previously.

Making Sporting Wellness a sustainable enterprise, able to provide reliable and well-funded support to young sportspeople remains the focus of the trustees and fundraising remains a significant challenge.

As Chairman of Trustees, I would like to thank our founder, my fellow trustees, our associates, volunteers, donors, and fundraisers for their continued efforts during our third year as a charity. Sporting Wellness continues to grow and now has its operations anchored on a stable and well-governed footing.

SPORTING WELLNESS

CHAIRMAN'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2022

I hope you are inspired by our efforts to provide this vital support and help improve the lives of a wide range of representative sports people. If you would like to donate, details are at the end of this report. Your support is greatly appreciated and every £ helps.

Christopher Palmer

Chair of Trustees

30 October 2023

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of 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).

Post year end events

Additional contracts have been signed to provide bespoke mental health support services to student athletes and members of the University of Bath & Team Bath, the English Mixed Martial Arts Association, plus Swansea University & Sports Swansea and most recently also for Manchester Metropolitan University.

We expect the number of these contracts and the number of young sportspeople supported as a result to continue to grow. Our agreement with Health Assured provides significant capacity to continue to deliver this growth.

OBJECTIVES AND ACTIVITIES

Who we are

Sporting Minds UK is a registered charity (registered number 1186605), and we exist to raise awareness and provide support to enable positive mental health in young sports people aged sixteen and above. We exist to raise funds and receive donations for the benefit of representative, semi-professional, and professional young sports people via our support system.

Operational Structure

The charity continues to operate a number of small sub-committees; Operations, Finance, Marketing and Fundraising. The minutes to these meetings are distributed to the full trustee board.

The trustees have introduced a formal protocol for items of expenditure to be agreed by trustees and the Finance subcommittee.

What we aim to do

By a combination of raising new money and prudent use of our existing reserves, Sporting Wellness provides personal mental health support provided by our Healthcare Provider Health Assured. Athletes can request access to the support system via a simple questionnaire and responses to athletes are given very quickly.

Our future plans are to continue to increase our level of fund raising so as to continue to provide this service to an increasing number of athletes across as wide a range of sports as possible, throughout the UK and Republic of Ireland. The trustees' focus is on being a direct-to-athlete support provider via direct advertising and selected social media platforms.

Public benefit

The Trustees have complied with the duty in Section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit and in planning the activities for the year, have kept this in mind.

ACHIEVEMENT AND PERFORMANCE

How we funded our activities

We continue to raise funds via a combination of personal donations, specific fundraising activities and fundraising events, although alternative methods of funding aimed at building a more sustainable financial model were researched during the year.

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

FINANCIAL REVIEW

Reserves policy

The trustees would like to always hold cash reserves of at least three months' expenditure. This figure averaged around £20,000 during 2022, an increase on the previous period and which is deemed to be satisfactory.

As stated in last year's report, if the reserve figure becomes considerably higher than the desired amount, then the trustees will sanction additional spending on marketing so as to reach out to a greater number of athletes within our target market, as a positive correlation between levels of advertising and request for support has been clearly established in earlier years. At the moment, that increase is not considered the best course of action.

How We Funded Our Activities

We continue to raise funds via a combination of personal donations, specific fundraising activities and fundraising events, although alternative methods of funding aimed at building a more sustainable financial model were researched during the year.

Funds Received

During the year, funds received in the five main categories was as follows:

Private Donations 28%

Fund Raising Activities 51%

Events 9%

Black-Tie Ball (new in 2022) 17%

Commercial contracts (new in 2022) 5%

How we Spent Our Money

During the year, our funds were spent in the three main categories as follows:

Administration 22%

Athlete support 49%

Ball costs 15%

The focus for the year was to reduce costs and this we identify for the first time those third-party costs on which the trustees have worked to reduce. Going forward, with these now reduced significantly, we are optimistic of reaching our desired 60% of income to be used to directly fund the provision of support to young sportspeople which is at the heart of our purpose.

Our Future Fund-Raising Plans

The inaugural Charity ball was a success, generating significant funds to supplement donations and other events. It was repeated in March 2023 and is scheduled also for March 2024.

The revenues sourced from provision of bespoke mental health support to young sportspeople affiliated with universities and sporting bodies continues to bring new revenues, again reducing reliance on donations.

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

FUTURE PLANS

During our first Strategy Day held in July 2021, it was agreed that we should set ambitious targets for athlete support, but also not close ourselves off from seeking strategic partnerships with alternative organisations if this is deemed beneficial for the athletes we aim to support.

We spent considerable time investigating one potential alliance but concluded the compromises required would dilute the benefits and that discussion ended amicably.

An alternate model to ensure operational resilience is taking shape nicely through the commercial partnerships entered into with an increasing number of universities and sporting bodies. We anticipate this to continue.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The charity was set up as a Charitable Incorporated Organisation under a Constitution dated 15 May 2019.

Recruitment and appointment of new trustees

The initial trustees were appointed on 15 May 2019 as follows:

Stewart Wilson Bett (Chair)	three years
Antony Lea	four years
David Middleton	two years
Christopher Palmer	two years

At the end of these terms the trustees may be re-appointed on the same basis as the new trustees.

Changes during the year are as follows:

Stewart Wilson Bett (Chair)	Retired 11th May 2022
David Middleton	Re-appointed for three years on 15th May 2021
Christopher Palmer	Re-appointed for three years on 15th May 2021
Zoe Smeed	Appointed for three years from 17th August 2021

New trustees must be appointed for a term of three years by resolution passed at a properly convened meeting of the charity trustees.

Induction and training of new trustees

Christopher Palmer, appointed for two years from 26th November 2019, re-appointed for a further two years from 26th November 2021 to November 2023. Mr Palmer was appointed Chair in 2022 for a three-year term.

Antony Lea, appointed for four years from 26th November 2019.

David Middleton, appointed for two years from 26th November 2019, re-appointed for a further two years from 26th November 2021.

Zoe Smeed, appointed for two years from October 2021

At the most recent Trustee meeting held on 11th September 2023, the following Trustees extended their term of appointment for an additional two years. - Antony Lea, David Middleton, Christopher Palmer and Zoe Smeed.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1186605

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

Principal address

4 The Appleyard
Dean Street
Brewood
Staffordshire
ST19 9EN

Trustees

A E Lea
C Palmer
S J D Wilson Bett (resigned 11.5.22)
D Middleton
Z M Smeed (appointed 17.8.22)

Independent Examiner

Blackthorns
Chartered Accountants
Admiral House
Waterfront East
Brierley Hill
West Midlands
DY5 1XG

DONATION DETAILS

<https://www.sportingwellness.org/donate/>

Approved by order of the board of trustees on 30 October 2023 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'A E Lea', written over a faint rectangular box.

A E Lea - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SPORTING WELLNESS

Independent examiner's report to the trustees of Sporting Wellness

I report to the charity trustees on my examination of the accounts of Sporting Wellness (the Trust) for the year ended 31 December 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



Victoria Brassington BA FCA

Blackthorns
Chartered Accountants
Admiral House
Waterfront East
Brierley Hill
West Midlands
DY5 1XG

30 October 2023

SPORTING WELLNESS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	31.12.22 Unrestricte d fund £	31.12.21 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		<u>77,567</u>	<u>86,828</u>
EXPENDITURE ON			
Raising funds		52,267	50,608
Charitable activities			
Provision of therapy		<u>31,996</u>	<u>29,913</u>
Total		<u>84,263</u>	<u>80,521</u>
NET INCOME/(EXPENDITURE)		(6,696)	6,307
RECONCILIATION OF FUNDS			
Total funds brought forward		15,263	8,956
TOTAL FUNDS CARRIED FORWARD		<u>8,567</u>	<u>15,263</u>

The notes form part of these financial statements

SPORTING WELLNESS

STATEMENT OF FINANCIAL POSITION 31 DECEMBER 2022

		31.12.22 Unrestricte d fund £	31.12.21 Total funds £
CURRENT ASSETS	Notes		
Debtors	6	2,339	11,609
Cash at bank		<u>13,728</u>	<u>15,471</u>
		16,067	27,080
CREDITORS			
Amounts falling due within one year	7	(7,500)	(11,817)
		—————	—————
NET CURRENT ASSETS		<u>8,567</u>	<u>15,263</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		8,567	15,263
		—————	—————
NET ASSETS		<u>8,567</u>	<u>15,263</u>
FUNDS	8		
Unrestricted funds		<u>8,567</u>	<u>15,263</u>
TOTAL FUNDS		<u>8,567</u>	<u>15,263</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 30 October 2023 and were signed on its behalf by:



A E Lea - Trustee

The notes form part of these financial statements

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. CIO INFORMATION

Sporting Minds UK was registered as a Charitable Incorporated organisation on 26 November 2019 and is governed by a constitution dated 15 May 2019. The charity is registered with The Charity Commission, registered number 1186605. The charity's principal address is 4 The Appleyard, Dean Street, Brewood, Staffordshire, ST19 9EN.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared in Sterling and are rounded to the nearest £1.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Going concern

The trustees have, at the time of approving the financial statements, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future, thus they have adopted the going concern basis of accounting in preparing these financial statements.

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

3. TRUSTEES' REMUNERATION AND BENEFITS

As of the 11th May 2022, The board of Trustees approved that Callum Lea should be appointed as CEO for Sporting Wellness.

A monthly remuneration of £1,000 (£12k Annually) has been agreed by the other Trustees and associates. They have also agreed that the role would be for a fixed term of three years and then reviewed.

Trustees' expenses

Expenses were refunded to a trustee during the year of £168 for travel, £107 for subsistence and £454 other.

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.22	31.12.21
Trustees	4	4
Volunteer	<u>1</u>	<u>-</u>
	<u>5</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestrict ed fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	<u>86,828</u>
EXPENDITURE ON	
Raising funds	50,608
Charitable activities	
Provision of therapy	<u>29,913</u>
Total	<u>80,521</u>
NET INCOME	6,307
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>8,956</u>
TOTAL FUNDS CARRIED FORWARD	<u>15,263</u>

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22	31.12.21
	£	£
Other debtors	-	9,550
Prepayments	<u>2,339</u>	<u>2,059</u>
	<u>2,339</u>	<u>11,609</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22	31.12.21
	£	£
Other creditors	<u>7,500</u>	<u>11,817</u>

8. MOVEMENT IN FUNDS

	At 1.1.22	Net movement in funds	At 31.12.22
	£	£	£
Unrestricted funds			
General fund	15,263	(6,696)	8,567
	<u>15,263</u>	<u>(6,696)</u>	<u>8,567</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	77,567	(84,263)	(6,696)
	<u>77,567</u>	<u>(84,263)</u>	<u>(6,696)</u>

Comparatives for movement in funds

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
Unrestricted funds			
General fund	8,956	6,307	15,263
	<u>8,956</u>	<u>6,307</u>	<u>15,263</u>

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	86,828	(80,521)	6,307
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>86,828</u>	<u>(80,521)</u>	<u>6,307</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	8,956	(389)	8,567
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>8,956</u>	<u>(389)</u>	<u>8,567</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	164,395	(164,784)	(389)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>164,395</u>	<u>(164,784)</u>	<u>(389)</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022.

SPORTING WELLNESS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

	31.12.22 £	31.12.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	<u>77,567</u>	<u>86,828</u>
Total incoming resources	77,567	86,828
EXPENDITURE		
Raising donations and legacies		
Trustees' expenses	-	730
Insurance	670	670
Postage and stationery	191	68
Sundries	2,444	754
Travel expenses	1,353	404
Advertising and promotion	28,920	20,119
Legal and professional fees	1,250	-
Computer and website costs	1,894	1,990
Sponsorship	739	1,135
Commission payable	562	331
Media liaison	-	7,650
Administration services	<u>14,244</u>	<u>16,757</u>
	52,267	50,608
Charitable activities		
Therapy fees	25,680	23,193
Applicant support costs	<u>6,316</u>	<u>6,720</u>
	<u>31,996</u>	<u>29,913</u>
Total resources expended	<u>84,263</u>	<u>80,521</u>
Net (expenditure)/income	<u>(6,696)</u>	<u>6,307</u>

This page does not form part of the statutory financial statements

Sporting Wellness

England & Wales - Charity number 1186605

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021
FOR
SPORTING WELLNESS**

Blackthorns
Chartered Accountants
Blackthorns House
80-82 Dudley Road
Lye
Stourbridge
West Midlands
DY9 8ET

SPORTING WELLNESS

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

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SPORTING WELLNESS

CHAIRMAN'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

Welcome to our second annual report covering the twelve months up to 31st December 2021.

We are a charity aiming to raise awareness and provide support to enable positive mental health in young sportspeople aged 16 and above. The removal of the upper age cap at 30 was removed due to an increase in the number of athletes applying for support who were over the age of 30. This amendment was approved by The Charity Commission on 31st May 2022. We continue to provide a network and community in which representative sportspeople can be open about mental health and fund one to one mental health support, provided by our healthcare providers, BUPA Healthcare and Health Assured.

The trustees made the decision to change healthcare provider to Health Assured on 1st June 2021. This decision was made mainly on economic grounds and the trustees would like to express their gratitude to BUPA Healthcare for their role in supporting Sporting Minds UK from inception.

I am very pleased to be reviewing a year in which we built on the groundwork undertaken during our first year. A total of 703 athletes were given access to specialist support, a significant increase on the 377 supported in the previous period. A significant milestone was recorded during November when we supported our 1000th athlete. As predicted, the rate of referrals continues to rise, and a significant increase is expected in 2022.

As the restrictions imposed by COVID 19 were gradually reduced, we were able to revert to some of our original fundraising ideas, and plan for the inaugural Black-Tie Ball, which took place in March 2022. However, due to the steep increase in the number of athletes availing themselves of our support system, costs increased and fund raising remains a significant challenge.

During the year we were delighted to welcome Zoe Smeed to our board of trustees. Zoe is a qualified solicitor and brings a broad range of experience. She quickly became integrated into the team and became fully involved in a number of important projects. In addition, Zoe's son Will is a well-known young professional athlete, who is a prominent ambassador helping raise awareness of our cause.

The year also brought the retirement of our associate, Beverley Ashton. Beverley played an absolutely pivotal role in both the inception of the charity and helping us become established in the mental health in sport space. We all wish Beverley a happy and fully deserved retirement.

As Chairman of Trustees, I would like to thank our founder, my fellow trustees, our associates, volunteers, donors, and fundraisers for their continued efforts during our second year as a charity.

I hope you are inspired by our efforts to provide this vital support and help improve the lives of a wide range of representative sports people. If you would like to donate, details are at the end of this report. Your support is greatly appreciated and every £ helps.

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of 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).

Post year end events

At the trustee meeting held on 11th May 2022, Stewart Wilson Bett stepped down from his role as both Chair of Trustees and a trustee. On behalf of the founder, his fellow trustees, and the associates, I would like to thank Stewart for his work on behalf of the charity over a period commencing well before the charity's inception.

After reviewing her CV, the trustees appointed Hannah Lea, Chartered Accountant, to take over Stewart's role as treasurer.

OBJECTIVES AND ACTIVITIES

Who we are

Sporting Minds UK is a registered charity (registered number 1186605), and we exist to raise awareness and provide support to enable positive mental health in young sports people aged sixteen and above. We exist to raise funds and receive donations for the benefit of representative, semi-professional, and professional young sports people via our support system.

Operational structure

The charity continues to operate a number of small sub-committees; Operations, Finance, Marketing and Fund Raising. These minutes to these meetings are distributed to the full trustee board.

The trustees introduced formal protocol for items of expenditure to be agreed by trustees and the Finance subcommittee.

What we aim to do

By a combination of raising new money and prudent use of our existing reserves, Sporting Wellness provides personal mental health support provided by our Healthcare Provider Health Assured. Athletes can request access to the support system via a simple questionnaire and responses to athletes are given very quickly.

Our future plans are to continue to increase our level of fundraising so as to continue to provide this service to an increasing number of athletes across as wide a range of sports as possible, throughout the UK and Republic of Ireland. The trustees do not believe providing training courses is a cost-effective method of reaching our target beneficiaries and decided to fully focus on being a direct to athlete support provider via direct advertising and selected social media platforms.

Public benefit

The Trustees have complied with the duty in Section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit and in planning the activities for the year, have kept this in mind.

ACHIEVEMENT AND PERFORMANCE

What we have achieved (Highlights from the year)

During the year, we have made the support service available to 703 athletes. This represents a significant increase on 2021.

As the charity became more established, we scaled back our appearances in mainstream media, but continue to have a prominent social media presence.

Our founder received a prestigious Point of Life award from the Prime Minister in February, and publicity from this award was used to continue to raise awareness of our cause.

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

ACHIEVEMENT AND PERFORMANCE

How we funded our activities

We continue to raise funds via a combination of personal donations, specific fundraising activities and fundraising events, although alternative methods of funding aimed at building a more sustainable financial model were researched during the year.

FINANCIAL REVIEW

Reserves policy

The trustees would like to always hold cash reserves of at least three months' expenditure. This figure averaged around £18,000 during 2021, which is deemed to be satisfactory.

As stated in last year's report, if the reserve figure becomes considerably higher than the desired amount, then the trustees will sanction additional spending on marketing so as to reach out to a greater number of athletes within our target market, as a positive correlation between levels of advertising and request for support has been clearly established during 2021

Funds Received

During the year, funds received in the three main categories was as follows:

Private donations 44% (2020 - 51%)

Fund raising activities 49% (2020 - 40%)

Events 7% (2020 - 9%)

How we Spent Our Money

During the year, our funds were spent in the three main categories as follows:

Administration 66% (2020 - 81%)

Provision of care 34% (2020 - 19%)

As anticipated, there was a significant increase in the proportion of our costs spent on care fees, due to the significant increase in referrals and a sharp increase in healthcare costs brought about by the change to Health Assured. It should be noted that costs would have been significantly higher if we had stayed with BUPA, and we were pleased to secure the Health Assured contract on a two-year deal finishing on 31st May 2023. The trustees anticipated a figure in excess of 60%, but are happy with the proportional spend at 34%, with a similar percentage anticipated for 2022.

Our Future Fund-Raising Plans

Our first black tie ball was held in March 2022, which was our most significant fund-raising event to date, and plans are already underway for the second ball in March 2023.

Our founder is working on a recurring giving programme called "The Huddle" which was launched in early 2022.

We also secured five places in the prestigious London Landmarks Half Marathon for April 2022 which raised significant funds.

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

FINANCIAL REVIEW

Our Future Plans

During our first Strategy Day held in July 2021, it was agreed that we should set ambitious targets for athlete support, but also not close ourselves off from seeking strategic partnerships with alternative organisations if this is deemed beneficial for the athletes we aim to support.

As such, we have entered into preliminary discussions aimed at forming a strategic partnership with Sporting Chance Clinic.

We believe such a partnership, coupled with the continued marketing of our unique support system will enhance our objective to become established as a leading mental health support facility within sport in the UK.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The charity was set up as a Charitable Incorporated Organisation under a Constitution dated 15 May 2019.

Recruitment and appointment of new trustees

The initial trustees were appointed on 15 May 2019 as follows:

Stewart Wilson Bett (Chair)	three years
Antony Lea	four years
David Middleton	two years
Christopher Palmer	two years

At the end of these terms the trustees may be re-appointed on the same basis as new trustees.

Changes during the year are as follows:

Stewart Wilson Bett (Chair)	Retired 11th May 2022
David Middleton	Re-appointed for three years on 15th May 2021
Christopher Palmer	Re-appointed for three years on 15th May 2021
Zoe Smeed	Appointed for three years from 17th August 2021

New trustees must be appointed for a term of three years by resolution passed at a properly convened meeting of the charity trustees.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1186605

Principal address

4 The Appleyard
Dean Street
Brewood
Staffordshire
ST19 9EN

SPORTING WELLNESS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

Trustees

A E Lea
C Palmer
S J D Wilson Bett (resigned 11.5.22)
D Middieton
Z M Smeed (appointed 17.8.22)

Independent Examiner

Blackthorns
Chartered Accountants
Blackthorns House
80-82 Dudley Road
Lye
Stourbridge
West Midlands
DY9 8ET

CHANGE OF NAME

The charity passed a special resolution on 31 May 2022 changing its name from Sporting Minds UK to Sporting Wellness.

DONATION DETAILS

<https://www.sportingwellness.org/donate/>

Approved by order of the board of trustees on 21 October 2022 and signed on its behalf by:



.....
A E Lea - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SPORTING WELLNESS

Independent examiner's report to the trustees of Sporting Wellness

I report to the charity trustees on my examination of the accounts of Sporting Wellness (the Trust) for the year ended 31 December 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



Victoria Brassington BA FCA
Blackthorns
Chartered Accountants
Blackthorns House
80-82 Dudley Road
Lye
Stourbridge
West Midlands
DY9 8ET

Date: 24 October 2022

SPORTING WELLNESS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Year Ended 31.12.21 Unrestricted fund £	Period 26.11.19 to 31.12.20 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		86,828	74,135
EXPENDITURE ON			
Raising funds		50,608	50,901
Charitable activities			
Provision of therapy		29,913	14,278
Total		<u>80,521</u>	<u>65,179</u>
NET INCOME		6,307	8,956
RECONCILIATION OF FUNDS			
Total funds brought forward		8,956	-
TOTAL FUNDS CARRIED FORWARD		<u><u>15,263</u></u>	<u><u>8,956</u></u>

The notes form part of these financial statements

SPORTING WELLNESS

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2021**

	Notes	31.12.21 Unrestricted fund £	31.12.20 Total funds £
CURRENT ASSETS			
Debtors	6	11,609	2,962
Cash at bank		15,471	14,350
		<u>27,080</u>	<u>17,312</u>
CREDITORS			
Amounts falling due within one year	7	(11,817)	(8,356)
		<u>15,263</u>	<u>8,956</u>
NET CURRENT ASSETS			
		<u>15,263</u>	<u>8,956</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>15,263</u>	<u>8,956</u>
NET ASSETS			
		<u>15,263</u>	<u>8,956</u>
FUNDS			
Unrestricted funds	8	15,263	8,956
		<u>15,263</u>	<u>8,956</u>
TOTAL FUNDS			
		<u>15,263</u>	<u>8,956</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 21 October 2022, and were signed on its behalf by:



 A E Leal Trustee

The notes form part of these financial statements

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1. CIO INFORMATION

Sporting Minds UK was registered as a Charitable Incorporated organisation on 26 November 2019 and is governed by a constitution dated 15 May 2019. The charity is registered with The Charity Commission, registered number 1186605. The charity's principal address is 4 The Appleyard, Dean Street, Brewood, Staffordshire, ST19 9EN.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared in Sterling and are rounded to the nearest £1.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Going concern

The trustees have, at the time of approving the financial statements, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future, thus they have adopted the going concern basis of accounting in preparing these financial statements.

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the period ended 31 December 2020.

Trustees' expenses

Expenses were refunded to a trustee during the year of £168 for travel, £107 for subsistence and £454 other.

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

	Year Ended 31.12.21	Period 26.11.19 to 31.12.20
Trustees	4	4

No employees received emoluments in excess of £60,000.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	74,135
EXPENDITURE ON	
Raising funds	50,901
Charitable activities	
Provision of therapy	14,278
Total	65,179
NET INCOME	8,956
TOTAL FUNDS CARRIED FORWARD	8,956

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	31.12.21	31.12.20
	£	£
Other debtors	9,550	2,962
Prepayments	2,059	-
	<u>11,609</u>	<u>2,962</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	31.12.21	31.12.20
	£	£
Other creditors	11,817	8,356
	<u>11,817</u>	<u>8,356</u>

8. MOVEMENT IN FUNDS		Net movement in funds	At
	At 1.1.21	in funds	31.12.21
	£	£	£
Unrestricted funds			
General fund	8,956	6,307	15,263
	<u>8,956</u>	<u>6,307</u>	<u>15,263</u>
TOTAL FUNDS	<u>8,956</u>	<u>6,307</u>	<u>15,263</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	86,828	(80,521)	6,307
	<u>86,828</u>	<u>(80,521)</u>	<u>6,307</u>
TOTAL FUNDS	<u>86,828</u>	<u>(80,521)</u>	<u>6,307</u>

Comparatives for movement in funds

	Net movement in funds	At
	in funds	31.12.20
	£	£
Unrestricted funds		
General fund	8,956	8,956
	<u>8,956</u>	<u>8,956</u>
TOTAL FUNDS	<u>8,956</u>	<u>8,956</u>

SPORTING WELLNESS

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2021

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	74,135	(65,179)	8,956
TOTAL FUNDS	<u>74,135</u>	<u>(65,179)</u>	<u>8,956</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.

SPORTING WELLNESS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	Year Ended 31.12.21 £	Period to 31.12.20 £	26.11
INCOME AND ENDOWMENTS			
Donations and legacies			
Donations	86,828	74,135	
Total incoming resources	<u>86,828</u>	<u>74,135</u>	
EXPENDITURE			
Raising donations and legacies			
Trustees' expenses	730	535	
Insurance	670	665	
Postage and stationery	68	685	
Sundries	754	644	
Travel expenses	404	294	
Advertising and promotion	20,119	15,364	
Legal and professional fees	-	720	
Computer and website costs	1,990	2,978	
Sponsorship	1,135	500	
Commission payable	331	198	
Media liaison	7,650	9,000	
Administration services	16,757	19,318	
	<u>50,608</u>	<u>50,901</u>	
Charitable activities			
Therapy fees	23,193	9,452	
Applicant support costs	6,720	4,826	
	<u>29,913</u>	<u>14,278</u>	
Total resources expended	<u>80,521</u>	<u>65,179</u>	
Net income	<u>6,307</u>	<u>8,956</u>	

This page does not form part of the statutory financial statements

Sporting Wellness

England & Wales - Charity number 1186605

Accounts

REGISTERED CHARITY NUMBER: 1186605

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020
FOR
SPORTING MINDS UK**

Blackthorns
Chartered Accountants
Blackthorns House
80-82 Dudley Road
Lye
Stourbridge
West Midlands
DY9 8ET

SPORTING MINDS UK

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FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020**

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SPORTING MINDS UK

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020**

TRUSTEES

A E Lea
C Palmer
S J D Wilson Bett
D Middleton

PRINCIPAL ADDRESS

4 The Appleyard
Dean Street
Brewood
Staffordshire
ST19 9EN

REGISTERED CHARITY NUMBER 1186605

INDEPENDENT EXAMINER

Blackthorns
Chartered Accountants
Blackthorns House
80-82 Dudley Road
Lye
Stourbridge
West Midlands
DY9 8ET

SPORTING MINDS UK

CHAIRMAN'S REPORT FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020

Welcome to our first annual report covering the period up to 31st December 2020.

We are a charity aiming to raise awareness and provide support to enable positive mental health in young sportspeople aged 16 to 30. We provide a network and community in which representative young sportspeople can be open about mental health and fund one to one mental health support provided by our healthcare provider, BUPA Healthcare.

I am delighted to be reviewing a very successful first year, in which 377 young athletes were given access to BUPA Healthcare's specialist support. The rate of referrals has continued to rise, and we expect to support a number well in excess of this figure during 2021.

Our support service was launched on 20th January 2020, which means most of our existence has been under the influence of COVID 19. The resulting challenges meant we were unable to pursue our objectives on training and faced formidable fund-raising challenges, which were overcome by adapting to online opportunities and the incredible work undertaken by various individual fundraisers.

Your donations make our work possible, and for this we are extremely grateful. When an athlete gains access to support system, their family and friends also benefit indirectly, meaning we are helping a larger number of people

As Chairman of Trustees, I would like to thank our founder, my fellow trustees, our associates, volunteers, donors, and fundraisers for their hard work during our first year as a charity.

I hope you are inspired by our efforts to support young athletes. If you would like to donate, details are at the end of this report. Your support is greatly appreciated and every £ helps.

SPORTING MINDS UK

REPORT OF THE TRUSTEES FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020

The trustees present their report with the financial statements of the charity for the period 26 November 2019 to 31 December 2020. The trustees have adopted the provisions of 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

Who we are

Sporting Minds UK is a registered charity (registered number 1186605), and we exist to raise awareness and provide support to enable positive mental health in young sports people aged sixteen to thirty. We exist to raise funds and receive donations for the benefit of representative, semi-professional, and professional young sports people via our support system.

What we aim to do

By a combination of raising new money and prudent use of our existing reserves, Sporting Minds UK provides personal mental health support provided by our Healthcare Provider BUPA Healthcare. Athletes can request access to the support system via a simple questionnaire and responses to athletes are given very quickly.

Our future plans are to continue to increase our level of fund raising so as to continue to provide this service to young athletes throughout the UK and Republic of Ireland. COVID 19 has meant the charity has been unable to provide training course for mental health first aider qualifications. The trustees continue to monitor whether this is an effective method of reaching our target beneficiaries, taking particular account of the high number of athletes utilising the support service as a result of direct advertising on various social media platforms.

Public benefit

The Trustees have complied with the duty in Section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit and in planning the activities for the year, have kept this in mind.

ACHIEVEMENT AND PERFORMANCE

What we have achieved (Highlights from the year)

During the year, we have introduced the support system via BUPA Healthcare and made this service available to 377 young athletes. This is very much in keeping with our founder's vision when setting up the charity.

We have also helped to raise mental health awareness amongst our target audience via a prominent social media presence and several media appearances by our founder, including Talksport, ITV News and CNN. Press articles in publications such as The Sunday Telegraph and The Cricketer have been well received and been vital in making athletes aware that we are available to support them.

How we funded our activities

A combination of personal donations, specific fundraising activities undertaken by individuals and fundraising events made up the bulk of our fundraising activities.

FINANCIAL REVIEW

Reserves policy

The trustees would like to always hold cash reserves of at least three months' expenditure. This figure is expected to average £25,000 during 2021 but will be monitored via trustee board meetings.

If the reserve figure becomes considerably higher than the desired amount, then the trustees will sanction additional spending on marketing so as to reach out to a greater number of athletes within our target market.

SPORTING MINDS UK

REPORT OF THE TRUSTEES FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020

FINANCIAL REVIEW

Funds received

During the year, funds received in the three main categories was as follows:

Private Donations 54%

Fund Raising Activities 30%

Events 12%

How we spent our money

During the year, our funds were spent in the three main categories as follows:

Administration 40%

Care Fees 25%

Set Up Costs 14%

The trustees anticipate that there will be a significant increase in the proportion of our costs spent on care fees, due to the sharp increase in referrals and our Healthcare providers being in possession of data enabling them price with a greater degree of accuracy. During 2021, the trustees anticipate the percentage of total expenditure spent on care fees to be more than 60%.

Our future fund-raising plans

It is hoped that we will be able to hold traditional fund-raising events, and we plan to hold our first black tie ball, probably in early 2022.

We have commissioned work on a prospectus explaining our achievements to date and our intentions. This is to be used to target commercial partners.

We will continue to encourage individual fund-raising events and will apply for various grants and Government funding where appropriate.

Our future plans

We aim to continue to raise further funds so as to support an increasing number of athletes as per our objectives. By doing this, it is our intention to become established as a leading mental health support facility within sport in the UK.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The charity was set up as a Charitable Incorporated Organisation under a Constitution dated 15 May 2019.

SPORTING MINDS UK

REPORT OF THE TRUSTEES FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The initial trustees were appointed on 15 May 2019 as follows:

Stewart Wilson Bett (Chair)	three years
Antony Lea	four years
David Middleton	two years
Christopher Palmer	two years

At the end of these terms the trustees may be re-appointed on the same basis as new trustees.

New trustees must be appointed for a term of three years by resolution passed at a properly convened meeting of the charity trustees.

COMMENCEMENT OF ACTIVITIES

The activities of the charity commenced on 26 November 2019.

Approved by order of the board of trustees on 22 August 2021 and signed on its behalf by:



S J D Wilson Bett - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SPORTING MINDS UK

Independent examiner's report to the trustees of Sporting Minds UK

I report to the charity trustees on my examination of the accounts of Sporting Minds UK (the Trust) for the period 26 November 2019 to 31 December 2020.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

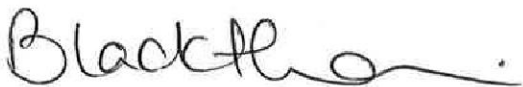
I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



Victoria Brassington BA FCA
Blackthorns
Chartered Accountants
Blackthorns House
80-82 Dudley Road
Lye
Stourbridge
West Midlands
DY9 8ET

23 August 2021

SPORTING MINDS UK

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020**

	Notes	Unrestricted fund £
INCOME AND ENDOWMENTS FROM		
Donations and legacies		74,135
EXPENDITURE ON		
Raising funds		50,901
Charitable activities		
Provision of therapy		14,278
Total		<u>65,179</u>
NET INCOME		<u>8,956</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>8,956</u></u>

The notes form part of these financial statements


SPORTING MINDS UK

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2020**

	Notes	Unrestricted fund £
CURRENT ASSETS		
Debtors	4	2,962
Cash at bank		14,350
		<u>17,312</u>
CREDITORS		
Amounts falling due within one year	5	(8,356)
		<u>8,956</u>
NET CURRENT ASSETS		
		<u>8,956</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>8,956</u>
NET ASSETS		<u>8,956</u>
FUNDS	6	
Unrestricted funds		8,956
TOTAL FUNDS		<u>8,956</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 22 August 2021 and were signed on its behalf by:


A E Lea - Trustee


S J D Wilson Bett - Trustee

The notes form part of these financial statements

SPORTING MINDS UK

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020

1. CIO INFORMATION

Sporting Minds UK was registered as a Charitable Incorporated organisation on 26 November 2019 and is governed by a constitution dated 15 May 2019. The charity is registered with The Charity Commission, registered number 1186605. The charity's principal address is 4 The Appleyard, Dean Street, Brewood, Staffordshire, ST19 9EN.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared in Sterling and are rounded to the nearest £1.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Going concern

The trustees have, at the time of approving the financial statements, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future, thus they have adopted the going concern basis of accounting in preparing these financial statements.

SPORTING MINDS UK

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 December 2020.

Trustees' expenses

Travel expenses of £397 were repaid to a trustee during the period.

4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Other debtors	£ 2,962
---------------	------------

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Other creditors	£ 8,356
-----------------	------------

6. MOVEMENT IN FUNDS

	Net movement in funds £	At 31.12.20 £
Unrestricted funds		
General fund	8,956	8,956
TOTAL FUNDS	<u>8,956</u>	<u>8,956</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	74,135	(65,179)	8,956
TOTAL FUNDS	<u>74,135</u>	<u>(65,179)</u>	<u>8,956</u>

SPORTING MINDS UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 December 2020.

SPORTING MINDS UK

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD 26 NOVEMBER 2019 TO 31 DECEMBER 2020

	£
INCOME AND ENDOWMENTS	
Donations and legacies	
Donations	74,135
Total incoming resources	<u>74,135</u>
EXPENDITURE	
Raising donations and legacies	
Trustees' expenses	535
Insurance	665
Postage and stationery	685
Sundries	644
Travel expenses	294
Advertising and promotion	15,364
Legal and professional fees	720
Computer and website costs	2,978
Sponsorship	500
Commission payable	198
Media liaison	9,000
Administration services	19,318
	<u>50,901</u>
Charitable activities	
Therapy fees	9,452
Applicant support costs	4,826
	<u>14,278</u>
Total resources expended	<u>65,179</u>
Net income	<u><u>8,956</u></u>

This page does not form part of the statutory financial statements