

**MENTAL HEALTH FOOTBALL IN WALES**

**ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2021**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 1.4.2020 Period start date To Period end date 31.3.21

Charity name: Mental Health Football in Wales

Charity registration number: 1190493

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote social inclusion and advancement of education for the public benefit by working with adults in Wales who are socially excluded on the grounds of experiencing mental health issues. To relieve the needs of such people and assist them to integrate into society.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Providing opportunity to play football in an inclusive, informal environment without judgement, encouraging and enabling people with lived experience of mental ill health to develop friendships, support networks and positive relationships with service providers</p> <p>Providing or co-ordinating opportunities for people with mental health issues to engage in education through accessing training and mentoring which meets their individual learning needs and aspirations.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>Confirmed</b>

## Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a

Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Mental Health Football in Wales' (MHFW) main activity is football in whatever form members chose, it is also focussed on supporting positive mental health and wellbeing and reducing the isolation that often comes hand in hand with poor mental health.</p> <p>Having been set up at the beginning of the Covid-19 pandemic as a response to the measures implemented to keep people safe, it was clear that there would be a delay in getting things going as far as real life games and tournaments were concerned and that time was used to plan with members, in readiness for the lifting of lockdown measures.</p> <p>We built a strong and supportive community on line and with the financial support of the National Lottery, the Moondance Foundation and the Community Foundation for Wales we delivered the following activities:</p> <ul style="list-style-type: none"> <li>- Football for wellbeing sessions (in person)</li> <li>- A daily drop in at our virtual clubhouse</li> <li>- Weekly song writing sessions</li> <li>- A weekly social activity including quizzes, scavenger hunts and live cookery</li> <li>- A benefits advice group</li> <li>- Women's social group</li> <li>- A group to share problems and explore solutions</li> <li>- X box and PlayStation FIFA tournaments</li> <li>- Children's activities</li> <li>- Women only fitness sessions</li> <li>- A criminology course</li> <li>- Daily song of the day in our group</li> <li>- A counselling service</li> <li>- And a weekly 'night out' at the bingo</li> </ul>

		<p>We also developed a website with a resource page full of downloadable resources and links to help with mental health and wellbeing.</p> <p>Our volunteer co-founders have, between them, completed training in Football Leaders, Safeguarding, First Aid, Suicide Awareness, Fundraising, Events Management and Community Support Work.</p> <p>We've partnered as foodbank voucher distributors.</p> <p>Although nothing is a substitute for face to face contact, we showed that we can still feel included, connected and supported in other ways.</p>
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#### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Activity	No of sessions	Time in Hours	Frequency of delivery	Avg No Participants at each session
		Clubhouse	86	86	Daily, Twice-weekly	7
		Song of the Day	25	4.5	Daily	9
		Song writing	12	12	Weekly	7
		Kidz Club	12	12	Weekly	9
		Women's Group	20	20	Weekly	8
		Abs Fab	20	15	Weekly	6
		Criminology with Mel	6	12	Weekly	9
		Problem Shared, Problem Halved	8	8	Weekly	7
		Bingo Night	22	33	Fortnightly	12
		Fifa Competitions (PS4 & Xbox)	12	18	Weekly	20
		Scavenger Hunts	12	12	Weekly	7
		Quiz Night	22	44	Fortnightly	12
		Cookery	18	27	Fortnightly	12
		Rocket League	12	18	Weekly	6
		Barnett's Wellbeing Workout	8	6	Weekly	3
		Benefits & Moneysaving Tips	8	8	Weekly	6
		Guest Speakers	8	12	Monthly	9
		Saturday Sports Hour	10	10	Weekly	7
		DIY & Maintenance	8	8	Fortnightly	7
		Forum Meetings	8	16	Monthly	12
		30 Braids	12	12	Weekly	5
		Warzone (PS4 & Xbox)	4	6	Weekly	4
		I Am Mine	10	25	Weekly	12
		True Crime	16	16	Weekly	7
		Le Pub	2	6	Monthly	14
		<b>Total</b>	<b>381</b>	<b>446.5</b>		



Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	As per financial statements
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Moondance Foundation Lottery Grant Funding Charitable Trust Donations Fundraising Activities by Charity Members
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	n/a
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Association Model Constitution</b>
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p><b>Appointment of charity trustees</b></p> <p>Apart from the first charity trustees, every trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.</p> <p>At every Annual General Meeting of the members of the CIO, one-third of the charity trustees shall retire from office. If the number of charity trustees is not three or a multiple of three, then the number nearest to one-third shall retire from office, but if there is only one charity trustee, he or she shall retire;</p> <p>The charity trustees to retire by rotation shall be those who have been longest in office since their last appointment or reappointment. If any trustees were last appointed or reappointed on the same day those to retire shall (unless they otherwise agree among themselves) be determined by lot;</p> <p>The vacancies so arising may be filled by the decision of the members at the annual general meeting; any vacancies not filled at the annual general meeting may be filled as provided in sub-clause (5) of this clause;</p> <p>The members or the charity trustees may at any time decide to appoint a new charity trustee, whether in place of a charity trustee who has retired or been removed in accordance with clause [15] (Retirement and removal of charity trustees), or as an additional charity trustee, provided that the limit specified in clause [12(3)] on the number of charity trustees would not as a result be exceeded.</p>

**Additional information (optional)**

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

**Reference and Administrative details**

Charity name	Mental Health Football In Wales
Other name the charity uses	MHFW
Registered charity number	1190493
Charity's principal address	69 Jersey Quay Aberavon Port Talbot



# Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rosa May-Harris	Chair		
2	Tracey Davies	Secretary		
3	Rachel Wood	Trustee		
4	Lee Jones	Trustee		
5	Martyn Williams	Trustee		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

## Corporate trustees – names of the directors at the date the report was approved

Director name		

## Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
n/a		

**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

**Additional information (optional)****Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address
n/a		

**Name of chief executive or names of senior staff members (Optional information)**

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**Exemptions from disclosure****Reason for non-disclosure of key personnel details**

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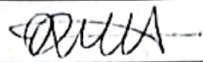
**Other optional information**

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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Rosa May-Harris	
Full name(s)	Rosa May-Harris	Rosa may - Harris
Position (eg Secretary, Chair, etc)	Chair	Chair
Date	6/4/2022	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Mental Health Football in Wales (MHFW)

1190493

## Receipts and payments accounts

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For the period  
from

01/04/2020

To

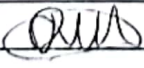
31/03/2021

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grant Funding	37,950	5,000	-	42,950	-
Donations	1,071	-	-	1,071	-
Interest Received	6	-	-	6	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>39,027</b>	<b>5,000</b>	<b>-</b>	<b>44,027</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>39,027</b>	<b>5,000</b>	<b>-</b>	<b>44,027</b>	<b>-</b>
<b>A3 Payments</b>					
Salary Costs	7,692	-	-	7,692	-
Travel, Accommodation & Subsistence	330	-	-	330	-
Event Kit & Equipment	1,327	-	-	1,327	-
Venue Hire	180	768	-	948	-
Grant Related Expenses	584	2,205	-	2,789	-
PR & Media Costs	-	-	-	-	-
Office Related Costs	158	-	-	158	-
Membership & Professional Fees	-	-	-	-	-
IT & Computer Costs	692	292	-	984	-
Personal Development Training - Members/Participants	786	-	-	786	-
Bank Charges	5	-	-	5	-
Sundry Expenses	-	-	-	-	-
Petty Cash	150	-	-	150	-
	-	-	-	-	-
<b>Sub total</b>	<b>11,904</b>	<b>3,265</b>	<b>-</b>	<b>15,169</b>	<b>-</b>
<b>Total payments</b>	<b>11,904</b>	<b>3,265</b>	<b>-</b>	<b>15,169</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>27,123</b>	<b>1,735</b>	<b>-</b>	<b>28,858</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>27,123</b>	<b>1,735</b>	<b>-</b>	<b>28,858</b>	<b>-</b>



## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Triodos Bank Account	27,123	1,735	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>27,123</b>	<b>1,735</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Rosa May-Harris	6/4/22	

## Mental Health Football in Wales

### Independent Examiner's Report For the Year Ended 31 March 2021

#### **Independent Examiner's Report to the Trustees of Mental Health Football in Wales**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 1 to 2.

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

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

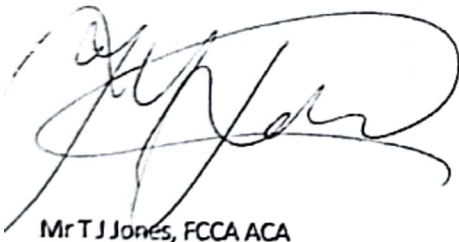
I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### **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 charity as required by section 130 of the Act; or
2. the accounts do not accord with those records

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



Mr T J Jones, FCCA ACA  
WBV Limited  
Chartered Accountants  
Third Floor  
Langdon House  
Langdon Road  
SA1 Swansea Waterfront  
Swansea  
SA1 8QY

16 March 2022