



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1.4.2022 Period start date To Period end date 31.3.23

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	Confirmed

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	<p>Our volunteers continue to drive the charity forward with our Founder and have been involved in the design and delivery of activities since our formation.</p> <p>Volunteers have completed training in Football Leaders, Safeguarding, First Aid, Suicide Awareness, Fundraising, Events Management and Community Support Work.</p>
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>We have built a strong and supportive community in person and on line delivering the following activities:</p> <ul style="list-style-type: none"> - Football for wellbeing sessions (in person) - A monthly social activity including quizzes, scavenger hunts and live cookery - A programme of friendly 11 aside games vs Community Network members - Attendance and participation at external MH Tournaments <p>We continue to be partnered as foodbank voucher distributors across all areas.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

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

Other		
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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 - MHFW intends to implement a Reserves policy within the next 12 months
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	n/a
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		n/a

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Association Model Constitution
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	CIO

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	Appointment of charity trustees 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.
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		<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>
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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	40 Mariners Quay Aberavon Port Talbot SA12 6AN

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	Lee Jones	Trustee/Chair		
2	Tracey Davies	Secretary		
3	Rachel Wood	Trustee		
4	Melany Jarvis	Trustee		
5	Martyn Williams	Trustee		

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	N/A	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
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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

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

Keri Harris

Exemptions from disclosure

Reason for non-disclosure of key personnel details

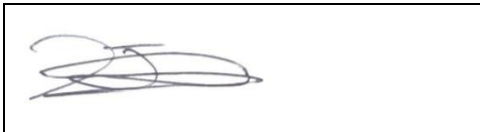
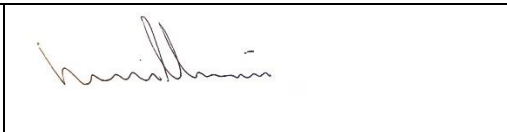
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Other optional information

Declarations

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

Signed on behalf of the charity’s trustees

Signature(s)		
Full name(s)	Lee Jones	Keri Harris
Position (eg Secretary, Chair, etc)	Chair	Founder & Project Facilitator
Date	30/1/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Mental Health Football in Wales

1190493

Receipts and payments accounts

CC16a

For the period
from

01/04/2022

To

31/03/2023


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 £
A1 Receipts					
Grant funding	27,012	-	-	27,012	38,130
Donations	4,620	-	-	4,620	2,459
Money returned to account	1,867	-	-	1,867	963
Memberships	465	-	-	465	-
Interest received	37	-	-	37	9
Sub total (Gross income for AR)	34,001	-	-	34,001	41,561
A2 Asset and investment sales, (see table).					
Sub total	-	-	-	-	-
Total receipts	34,001	-	-	34,001	41,561
A3 Payments					
Salary costs	29,365	-	-	29,365	28,549
Travel, accommodation and subsistence	2,974	-	-	2,974	5,130
Activities/event, kit and equipment	2,058	-	-	2,058	2,355
Venue and storage hire	3,308	-	-	3,308	2,177
PR and media costs	-	-	-	-	414
Office related costs	296	-	-	296	32
Membership and professional fees	2,510	-	-	2,510	245
IT and computer costs	299	-	-	299	359
Personal development training - members/participants	-	-	-	-	1,630
Bank charges	23	-	-	23	21
Sundry expenses	283	-	-	283	98
Sub total	41,116	-	-	41,116	41,010
A4 Asset and investment purchases, (see table)					
Sub total	-	-	-	-	-
Total payments	41,116	-	-	41,116	41,010
Net of receipts/(payments)	- 7,115	-	-	- 7,115	551
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	27,305	2,105	-	29,410	28,858
Cash funds this year end	20,190	2,105	-	22,295	29,410

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 £
B1 Cash funds		20,190	2,105	-
		-	-	-
		-	-	-
	Total cash funds	20,190	2,105	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		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
	Lee Jones	30/01/2024

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 2023 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
Woodfield House
Castle Walk
Neath
West Glamorgan
SA11 3LN

30 January 2024