

## Money spent and received by Go Again Wellbeing CIO

21/11/2022 - 20/11/2023

### Paid out:

21.11.23 £100 to RB (Trustee) for Professional Mental Health Support

21.11.23 £150 to JK to provide a mental health presentation.

30.10.23 £50 each on expenses for private psychotherapist KL and mental health professional RB.

19.10.23 - £30 Website maintenance

12.10.23 £150 for Sport Psychology input

5.10.23 - £20.99 expenses for mental health football tournament.

3.10.23 - £140 for Sport Psychology input

25.9.23 - £33.95 - Trophy for mental health football tournament.

22.9.23 - £240 to Willow Grove Consultants to provide professional mental health support.

22.9.23 - £200 tax payment from when GA was a CIC

21.9.23 - £40 to cover expenses for travel.

20.9.23 - £60 for 3 Peaks registration/certificates

18.9.23 £30 website maintenance and £50 for TRM Psychotherapy 1:1 support for athlete.

8.9.23 £50 to TRM Psychotherapy £94.25 to HMRC for tax when a CIC

5.9.23 £50 to TRM Psychotherapy

30.8.23 £390 to TRM Psychotherapy/Willow Grove Consultants and Connect Sport Psychology

25.8.23 £340 to TRM Psychotherapy to support individual athletes.

11.8.23 £50 to TRM Psychotherapy

10/11th July to RB £159 (Trustee) for professional mental health support.

3.7.23 £23.80 to TRM Psychotherapy

30.6.23 £150 to Connect Sport Psychology

19.6.23 -£30 website

1.6.23 £200 to Connect Sport Psychology

24.5.23 £5 to TRM Psychotherapy

23.5.23 £163 - Kieron Lee Sport Psychology

22.5.23 - £30 Website

18.5.23 £770 to ES/TRM Psychotherapy and Mastering the Mind

11.5.23 - £430 TRM Psychotherapy and Connect Sport Psychology

5.5.23 £260 to ES/TRM Psychotherapy mental health presentations

28.4.23 £50 to TRM Psychotherapy

24.4.23 £160 to TRM Psychotherapy

21.4.23 £150 Ebony Scammel MH presentation

14.4.23 £30 to Ebony Scammel £30 website

13.4.23 £30 to TRM

11.4.23 KL psychotherapy £100. MW Psychotherapist £180. TRM £250. Ebony Scammel £240

5.4.23 £200 TRM/ES presentations

30.3.23 £50 TRM

29.3.23 - £50 to TRM £650 to Connect Sport Psychology

20.3.23 £50 to TRM

17.3.23 £350.07 for Graphic Design and expenses to BS (Trustee)

15.3.23 £100 to AK and £100 RB for MH presentation Both trustees.

9.3.23 - £150 to TRM Psychotherapy £100 Ebony Scammel for presentations £30 for website

6.3.23 £50 to TRM

3.3.23 £115 to Kieron Lee Psychology

2.3.23 £150 to Mastering the Mind and £50 to TRM

28.2.23 £450 to Connect Sport Psychology

24.2.23 £100 to TRM £150 to Ebony Scammel £200 to HMRC for previous tax payment.

21.2.23 £150 to TRM

13.2.23 £41.30 to volunteer fundraisers at MFC

9.2.23 £50 to TRM

8.2.23 £30 website BS £50 expenses (trustee)

3.2.23 £50 TRM £50 Willow Grove £100 to Kieron Lee Psychology

30.1.23 £400 to Connect Sport Psychology £200 to Mastering the Mind Ebony Scammel £90 Kieran Lee Psychology £232.50

25.1.23 KL Psychotherapy £232.50 Ebony Scammel £170 MH presentations

19.1.23 - expenses to BS (trustee) £160.88

9.1.23 £250 for mental health sessions to RB (Trustee)

6.1.23 - £30 Mike Carroll website costs

3.1.23 - £100 to Mastering the Mind Psychology

19.2.22 £200 to Connect Sport Psychology

15.12.22 - £60 to Adam Drury for charity match officiating.

9.12.23 - £30 to Mike Carroll for website

7.12.22 £200 to BS (Trustee) Graphic Design costs

2.12.22 £100 to Mastering the Mind Psychology

29.11.22 £312 to Connect Sport Psychology

28.12.22 £60 to Ebony Scammel (counsellor) and expenses to BS (trustee) £58.83

25.11.23 £60 to TRM Psychology

24.11.22 £160 to TRM £80 to ES (counsellor) presentations

21.11.22 -£50 to ES (counsellor) for presentation

Money received

Donations from:

20.11.23 G&S Sports £250

8.9.23 Sported Foundation £500

17.8.23 Morecambe FC £150 - Golf event

17.8.23 £87.52 donation from golf event

2.8.23 - <sup>TM</sup> -£140 - Golf event donation

13.7.23 - Amanda M - £864.42 from golf day +98p paypal

6.7.23 - card donations golf day £94.90

8.6.23 - Card donations Stripe £85.39 football event

16.5.23 - Easy fundraising £16.85

11.5.23 - Stripe card donation £94.90

23.3.23 Stripe Payment £955.80

6.3.23 - Stripe payment £4.58

20.2.23 - Paypal inc £245.62

16.2.23 - SJP CH FOUND B £1000

15.2.23 TRM Psychotherpy £58.37 Ben Gericitano fundraising run - £1594.12

14.2.23 - Easy fundraising £18.72

8.2.23 - STFC Bucket collection £380.93 Card donations £64.32

23.12.22 £15 donation from Simon Hillyard

14.12.22 £5000 from ORR MACK FOUND L

22.11.22 - £15.54 Easy Fundraising