

# KICK START FC

England & Wales · Charity number 1203577

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2023-06-15

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 11 Moyne Drive  
Ludgershall  
Andover  
Hampshire  
SP11 9GF

**Phone** 07359670642

**Email** [kickstartfc@hotmail.com](mailto:kickstartfc@hotmail.com)

**Website** [www.kickstartfc.org](http://www.kickstartfc.org)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE:1) THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN WILTSHIRE, HAMPSHIRE, AND THE SURROUNDING AREAS BY THE PROVISION OF FACILITIES FOR PLAYING FOOTBALL.(FOR THE PURPOSES OF THIS CLAUSE 'FACILITIES' MEANS LAND, BUILDINGS, EQUIPMENT, ACCESS TO COACHING AND ORGANISING SPORTING ACTIVITIES).2) THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH USING THE MEDIUM OF FOOTBALL AND BY PROVIDING ACCESS TO WORKSHOPS AND DISCUSSIONS COVERING A RANGE OF TOPICS RELATING TO MENTAL HEALTH, INCLUDING BUT NOT LIMITED TO COPING STRATEGIES MENTAL HEALTH AWARENESS AND SELF-CARE TECHNIQUES.

**Activities:** The promotion of community participation in healthy recreation in Wiltshire, Hampshire, and the surrounding areas by the provision of facilities for playing football. The preservation and protection of good mental health using the medium of football and by providing access to workshops and discussions covering a range of topics relating to mental health, including coping strategies.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability, Amateur Sport
- **Who:** Children/young People, The General Public/mankind

## Geography

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- **Area of benefit:** LOCAL
- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-05	£19,687	£13,936	-	-
2024-04-05	£13,459	£13,952	-	-

## Trustees

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Name	Role	Appointed
<b>Michael Cunningham</b>	Chair	
Adonis Tingzon		
Jayne Spanswick		
Jessica Stapley		
Vince Green		

**KICK START FC**

England & Wales - Charity number 1203577

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# Accounts

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# TRUSTEES ANNUAL REPORT

For the period of from 01/04/2024 to 01/04/2025

## Section A : Reference and administration details

Charity Name: **KICK START FC**

Registered Charity Number: **1203577**

Charity's Principal Address: **6 Central Street, Ludgershall, Nr Andover, Hants**

Postcode: **SP11 9RA**

Trustees:

Michael Cunningham - Chairperson

Jessica Stapley

Adonis Tingzon

Jayne Spanswick

Vince Green

## Section B : Structure, governance and management

Type of governing document: **Constitution**

How the charity is constituted: **CIO**

Trustee Selection Methods: **Appointed by trustees**

## Section C : Objectives and activities

Summary of the objects of the charity set out in its governing document:

1) The promotion of community participation in healthy recreation in Wiltshire, Hampshire, and the surrounding areas by the provision of facilities for playing football.

(For the purposes of this clause 'facilities' means land, buildings, equipment, access to coaching and organising sporting activities).

2) The preservation and protection of good mental health using the medium of football and by providing access to workshops and discussions covering a range of topics relating to mental health, including but not limited to coping strategies mental health awareness and self-care techniques.

Summary of the main activities undertaken for the public benefit in relation to these objects:

Service users are welcomed into a safe, inclusive environment where they can take part in football-based activities designed to support their wellbeing. Our sessions offer more than just physical exercise—they create opportunities for connection, build resilience, and empower individuals with tools to better manage their mental health.

Our football therapy sessions take place every Wednesday and Thursday at the Aspire Defence Astroturf in Tidworth and are facilitated by trained volunteers. Each session is thoughtfully designed to support people experiencing mental health challenges through structured football activities. Participants develop transferable skills such as communication, teamwork, leadership, and problem-solving, while also increasing physical activity and helping to reduce symptoms of stress, anxiety, and depression.

## Section D : Achievement and performance

The charity has hosted over 190 football therapy sessions for the benefit of over 220 service users with an increase coming from our Youth Football Therapy service. Our service has seen us recognised by our local Football Association for 'Grassroots Excellence'.

Our volunteers were recognised by our local town council for the work they do in our local community to support people with their mental health.


### **Section E : Financial review**

Brief statement on the charity's policy on reserves: **The charity operates a basic reserves policy to cover immediate expenses.**

Details of any funds materially in deficit: **None**

### **Section G : Declaration**

The trustees declare that they have approved the trustee's report above. Signed on behalf of charity's trustees.

Signature: 

Full name: **Michael Cunningham**

Position: **Chairperson**

Date: **25/02/2025**

## **RECEIPTS AND PAYMENTS ACCOUNTS**

For the period of from 01/04/2024 to 01/04/2025

**Kick Start FC**

**Registered Charity Number 1203577**

OUTGOINGS		
Expenditure		Total
Pitch Hire	£	5,987
Marketing	£	2,829
Equipment	£	455
Affiliation and Insurance	£	226
Events	£	1,943
Charity Activities	£	2,496
	<b>£</b>	<b>13,936</b>

INCOMINGS		
Incomings		Total
Charity Beneficiaries	£	8,977
Marketing	£	478
Service User Donations	£	1,117
Charity Activities	£	9,115
	<b>£</b>	<b>19,687</b>

TOTAL		
Account at 01/04/2024	£	2,758
Expenditure	£	13,936
Incomings	£	19,888
<b>Account at 01/04/2025</b>	<b>£</b>	<b>8,710</b>

Signed by one of two of the trustees on behalf of all trustees.

Signature:



Full name: **Michael Cunningham**

Date: **25/02/2025**

**KICK START FC**

England & Wales - Charity number 1203577

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# Accounts

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# TRUSTEES ANNUAL REPORT

For the period of from 16/06/2023 to 05/04/2024

## Section A : Reference and administration details

Charity Name: **KICK START FC**

Registered Charity Number: **1203577**

Charity's Principal Address: **6 Central Street, Ludgershall, Nr Andover, Hants**

Postcode: **SP11 9RA**

Trustees:

Michael Cunningham - Chairperson

Jessica Stapley

Adonis Tingzon

Jayne Spanswick

Vince Green

## Section B : Structure, governance and management

Type of governing document: **Constitution**

How the charity is constituted: **CIO**

Trustee Selection Methods: **Appointed by trustees**

## Section C : Objectives and activities

Summary of the objects of the charity set out in its governing document:

1) The promotion of community participation in healthy recreation in Wiltshire, Hampshire, and the surrounding areas by the provision of facilities for playing football.

(For the purposes of this clause 'facilities' means land, buildings, equipment, access to coaching and organising sporting activities).

2) The preservation and protection of good mental health using the medium of football and by providing access to workshops and discussions covering a range of topics relating to mental health, including but not limited to coping strategies mental health awareness and self-care techniques.

Summary of the main activities undertaken for the public benefit in relation to these objects:

Service users are welcomed to the group and introduced to other service users to help establish social connections. Our football therapy sessions run every Wednesday and Thursday at the Aspire Defence Astroturf in Tidworth where the football pitch is provided as a safe space for service users. All football therapy sessions are facilitated by trained volunteers that design football therapy sessions that help support those with mental health challenges. These include learning transferable skills such as communication, team-work, leadership and problem solving. There also encourage service users to get active, and help relieve symptoms of depression, stress and anxiety.

## **Section D : Achievement and performance**

The charity has welcomed hosted over 180 football therapy sessions for the benefit of over 150 service users. Our service has seen us awarded the Charlton Baker Grassroots Excellence award via our local Football Association for 'Healthy Club of the year' and the 'Inclusive football and community' award.

We were also recognised by our local town council for the work we do in our local community to support people with their mental health.

## **Section E : Financial review**

Brief statement on the charity's policy on reserves: **The charity operates a basic reserves policy to cover immediate expenses.**

Details of any funds materially in deficit: **None**

## **Section G : Declaration**

The trustees declare that they have approved the trustee's report above. Signed on behalf of charity's trustees.

Signature:



Full name: **Michael Cunningham**

Position: **Chairperson**

Date: **04/02/2025**

## **RECEIPTS AND PAYMENTS ACCOUNTS**

For the period of from 16/06/2023 to 05/04/2024

**Kick Start FC**  
**Registered Charity Number 1203577**

OUTGOINGS		
Expenditure		Total
Pitch Hire	£	6,228
Marketing	£	1,357
Equipment	£	117
Affiliation and Insurance	£	382
Events	£	2,964
Charity Activities	£	2,904
	<b>£</b>	<b>13,952</b>

INCOMINGS		
Incomings		Total
Charity Beneficiaries	£	7,714
Marketing	£	690
Service User Donations	£	279
Charity Activities	£	4,776
	<b>£</b>	<b>13,459</b>

TOTAL		
Account at 15/06/2023	£	3,884
Expenditure	£	13,952
Incomings	£	13,459
<b>Account at 04/04/2024</b>	<b>£</b>	<b>3,391</b>

Signed by one of two of the trustees on behalf of all trustees.

Signature:



Full name: **Michael Cunningham**

Date: **04/02/2025**

<b>OUTGOINGS</b>		
<b>Expenditure</b>		<b>Total</b>
Pitch Hire	£	6,227.50
Marketing	£	1,357.10
Equipment	£	117.47
Affiliation and Insurance	£	382.20
Events	£	2,964.00
Charity Activities	£	2,904.15
	<b>£</b>	<b>13,952.42</b>

<b>INCOMINGS</b>		
<b>Incomings</b>		<b>Total</b>
<b>Charity Beneficiaries</b>	£	7,714.32
<b>Marketing</b>	£	690.00
<b>Service User Donations</b>	£	279.00
<b>Charity Activities</b>	£	4,776.00
	<b>£</b>	<b>13,459.32</b>

<b>TOTAL</b>		
Account at 15/06/2023	£	3,884
Expenditure	£	13,952
Incomings	£	13,459
<b>Account at 04/04/2024</b>	<b>£</b>	<b>3,391</b>