



# 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
	£	13,952

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

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

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

Signature:



Full name: **Michael Cunningham**

Date: **04/02/2025**

OUTGOINGS		
Expenditure		Total
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>£ 13,952.42</b>

INCOMINGS		
Incomings		Total
<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>£ 13,459.32</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>