

SPORTS Mental Health NI

Northern Ireland · Charity number 108221

Details

Status	Received
Registered	2021-10-18
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	8 Vermont Avenue Conlig Newtownards Bt23 7pf BT23 7PF
Phone	07801600164
Email	info@sportsmentalhealthni.org
Website	https://sportsmentalhealthni.org/

Activities

Purposes: The purposes of the charity are: To promote Mental Health and Well-being through sport. To raise awareness of mental health issues and break down the stigmas associated with them.

What the charity does: The advancement of health or the saving of lives

How the charity works: Advice/advocacy/information,Counselling/support,Sport/recreation

Who the charity helps: Children (5-13 year olds),General public,Men,Mental health,Parents,Women,Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£11,102	£12,343	£0	0

Trustees

Name	Role	Appointed
Miss Tricia Mckee		
Mr Chris Scott		
Mr Dean Gordon		
Mr Paul Magee		
Mr Ryan T Rice		
Tj		

SPORTS Mental Health NI

Northern Ireland - Charity number 108221

Accounts

SPORTS Mental Health NI

Northern Ireland - Charity number 108221

Accounts

**Sports Mental Health NI
STATEMENT OF ACCOUNTS
01/04/2023 o 31/03/2024**

	Income		Expenditure
Opening Bank Balance at 01.04.23		16271.68	
<u>Income</u>			<u>Running Costs</u>
Donations	7210.10		Counselling Services
			7195.00
			Bangor FC Project Expenses
			576.00
			Printing Costs
			500.00
			Training Balls
			119.96
			Poloshirts, Kits
			114.00
			Website
			110.22
			Admin Costs / NDCN Subscription
			40.50
Total Income	7210.10	Total Expenditure	8655.68
		Closing Bank Balance at 31.03.24	14826.10

Prepared by North Down Community Network from the information supplied by Sports Mental Health NI
We have found that this statement is an accurate reflection of the financial position of the Association @ 31.03.24 An Audit has not been carried out.

Maewu Killiogbeck

Signed: _____
Independent Examiner For and on behalf of
North Down Community Network

Dated: 24th February 2025

Signed: _____
Sports Mental Health NI

Dated: _____

SPORTS Mental Health NI

Northern Ireland - Charity number 108221

Annual report

SPORTS MENTAL HEALTH NI

Suicide Prevention Offering Recovery Through Sport

Annual Report and Audited Financial
Statements for the Year Ended 31st March
2024



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LEGAL AND ADMINISTRATION INFORMATION

SPORTS Mental Health NI (Suicide Prevention Offering Recovery Through Sport) is a charity registered with the Northern Ireland Charity Commission.

Trustees (who are also Directors for Companies House purposes)

Mr T. J. Young (Appointed October 2021)

Mr Paul Magee (Appointed October 2021)

Ms Tricia McKee (Appointed October 2021)

Mr Alan Robinson (Appointed October 2021)

Mr Christopher Scott (Appointed October 2021)

Mr Dean Gordon (Appointed October 2021)

Mr Ryan Rice (Appointed October 2021)

Company Secretary Ms Tricia McKee

Charity Number NIC108221

Principal Address 8 Vermont Avenue
Conlig
Newtownards
BT23 7PF
Northern Ireland

Bankers Ulster Bank NI
22 Frances Street
Newtownards
BT23 3DP

Independent Examiner Maeve Killingbeck
For and on behalf of
North Down Community Network
5 Castle Park Road
Bangor
BT20 4TF

FORWORD

SPORTS Mental Health NI – Annual Update

SPORTS – Suicide Prevention Offering Recovery Through Sport was founded in October 2018 at 1st Bangor Football Club by Team Manager TJ Young and Club Chairman Christopher Scott. After successfully establishing ourselves as a mental health initiative, we evolved into a registered charity in October 2021, rebranding as SPORTS Mental Health NI – Suicide Prevention Offering Recovery Through Sport. This name change was intended to provide a clearer identity as a dedicated mental health organisation.

As an established mental health charity, our primary objectives focus on raising awareness of mental health and suicide prevention. We achieve this through our social media platforms and active participation in community projects.

Mental Health Training and Future Plans

During this financial year, we faced challenges in delivering our mental health training sessions. Many of the football clubs that comprise a significant portion of our membership are now engaged in completing a Club Accreditation Award, which requires attendance at Irish Football Association (IFA)-led mental health awareness sessions.

While the IFA's *Ahead of the Game* programme is an excellent introduction to mental health awareness and a positive step forward, it has necessitated a reassessment of our training approach and target audience. Our Training Coordinator, Andrea Kearns, has proposed several new ideas, and we look forward to developing these initiatives further in the coming months.

Key Projects: Mental Health Awareness at Bangor FC

One of our major achievements this year was the successful implementation of a mental health awareness campaign at Bangor FC. As a forward-thinking club committed to supporting its members and promoting positive mental health, Bangor FC provided an ideal platform for our initiative. We were proud to contribute by installing mental health signage in the home changing room, reinforcing our charity's presence while reaching a broad audience of players throughout the season.

Beyond Bangor FC, the club's facilities are utilised by The South Belfast Youth League and various school football associations. We are deeply grateful to the Bangor FC board for allowing us to use their changing rooms as a focal point for mental health awareness.

Financial Support and Community Contributions

This year, we were unable to secure government grants. However, we are incredibly grateful for the generous donations from individuals who have supported our cause. Their contributions have been instrumental in sustaining our counselling and therapy sessions, which remain a core component of our mission. On behalf of myself and the entire team, we extend our heartfelt thanks to everyone who has contributed.

SPORTS Mental Health NI – Annual Update

SPORTS – Suicide Prevention Offering Recovery Through Sport was founded in October 2018 at 1st Bangor Football Club by Team Manager TJ Young and Club Chairman Christopher Scott. After successfully establishing ourselves as a mental health initiative, we evolved into a registered charity in October 2021, rebranding as SPORTS Mental Health NI – Suicide Prevention Offering Recovery Through Sport. This name change was intended to provide a clearer identity as a dedicated mental health organization.

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Conclusion

Despite the challenges faced this year, we take great pride in the increased delivery of counselling sessions. This highlights both the positive impact of our work and the significant demand for mental health support within the community. Moving forward, we remain committed to expanding our outreach, refining our training initiatives, and continuing to provide essential mental health services to those in need.

I want to thank all the Trustees for your continued commitment and support and I look forward to what we can deliver on in 2024/2025.

Thank you

TJ Young
Chairperson
SPORTS Mental Health NI
Suicide Prevention Offering Recovery Through Sport

**Trustees Annual Report (incorporating the Directors Report)
Year ended March 2024**

The Trustees, who are also the directors for the purpose of company law, present their report and the unaudited financial statements of the charity for the year ending March 2024

Structure Governance and Management

The charity is a company limited by guarantee with charitable status granted by HM Revenue and Customs. The company is registered with the Charity Commission for Northern Ireland under membership number NIC108221.

It is managed by a board of Directors (or Trustees) who are listed below. All Trustees are volunteers and there are no paid employees of the charity.

<i>TJ Young</i>	<i>Alan Robinson</i>	<i>Christopher Scott</i>
<i>Dean Gordon</i>	<i>Tricia McKee</i>	<i>Ryan Rice</i>

Introduction: As trustees of SPORTS Mental Health NI, we are pleased to present our annual report for the financial year ending 31st March 2024.

This report aims to provide our stakeholders with an overview of the charity's activities, achievements, financial performance, and future outlook.

Vision and Objectives: SPORTS Mental Health NI are committed to empowering sports clubs to promote mental health and well-being amongst their members and communities.

We do this through:

1. Mental Health & Suicide Awareness
2. Personal & Community Development.
3. Accessing Support

Activities and Achievements: During the past year, SPORTS Mental Health NI has continued to do great work carrying on the theme of last year. Some key highlights included.

- **Mental Health Awareness Campaigns.** We have continued to promote our work more on our social media platforms. We have grown our followers and increased our outreach.

In 2023 we delivered and completed our Mental Health Awareness campaign with Bangor FC. Last year we had worked alongside youth teams at Bangor FC and other local football clubs by creating a piece of art that is now a permanent fixture in the Home end of the stand behind the goal. This was warmly appreciated by the club.

We took our efforts a step further by focusing on the home changing rooms, where we have designed and displayed signage to raise awareness—not only for our own charity but also for other vital mental health services. This initiative is a significant milestone for us, as it allows us to connect directly with players and promote mental health awareness in a meaningful way.

The Bangor FC changing rooms are used not only by the club itself but also by the South Belfast Youth League and other leagues. By placing our awareness signage here, we are maximising our reach, ensuring that countless players have access to important mental health information. The potential impact of this outreach is truly invaluable.



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- **Mental Health & Suicide Awareness Training –**

We have not been delivering on one of our key objectives this year and that is around the Mental Health training that has been successful in previous years. The reason for this is that the IFA and other sporting bodies have been inundating clubs with a new Mental Health "Ahead of the Game" programme and we felt that clubs should focus on attending this as part of their Club Accreditation award but we still feel we have a lot to offer in this regard going forward.

Talks are ongoing with our Training co-ordinator Andrea Kearns and we would hope we can get out again delivering Mental Health Training.

Counselling and Therapy: Through our network of licensed therapists and counsellors, we offered counselling sessions to individuals facing mental health challenges, ensuring access to quality care regardless of financial constraints. We have once again managed to fund over 150 counselling sessions that were referred to us from as many as 20 different separate sports club members. This shows that we are still supporting vulnerable individuals from sports clubs, and we feel that this once again shows there is a demand for such services. During times when the government funding is becoming increasingly difficult to avail of, community groups like us are vital to help the growing crisis our society is facing.

Financial Performance: Financial transparency and accountability are core principles of SPORTS Mental Health NI. We are pleased to report that our financial performance remained strong during the fiscal year. Key financial highlights include:

1. **Total Expenditure** Total funds generated during the financial year, including donations, grants, and fundraising events.
2. **Program Expenses:** We remain committed to supporting 1st Bangor Over 35's as they continue playing charitable football matches with the sole purpose of raising mental health awareness.

This year, we purchased new polo shirts and footballs for the players to use throughout their season. We believe this partnership is highly valuable, as it not only helps raise awareness of our own charity but also supports fundraising efforts for other mental health organizations throughout the football season.

The investment in the Bangor FC changing rooms has been more than worthwhile. Beyond increasing exposure for our charity, the most important impact has been our ability to reach and support a wide audience, maximizing our outreach to those who may need it most.

Lastly, we are incredibly grateful for the generosity shown by so many individuals and groups. Donations play a crucial role in sustaining our charity, and we deeply appreciate every contribution made throughout the year.

SPORTS Mental Health NI
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Suicide Prevention Offering Recovery Through Sport

Overall, we believe the majority of our funds have been well spent, aligning with our core mission to raise awareness of mental health and suicide prevention.

3. **Administrative Costs:** Administrative expenses were kept to a minimum. A decision was made to purchase an additional laptop so that Tricia as secretary can make use of it for charitable work. This has still not yet been purchased. Printing Costs for materials have been the biggest cost to the charity.

Future Outlook: Looking ahead SPORTS Mental Health NI remains committed to expanding its reach and impact in the field of mental health. We will continue to prioritise the following areas:

1. Increase our Membership – Sports Clubs. We aim to do a promotional drive to encourage further engagement with sports clubs.
2. Partnerships and Collaborations: Strengthening partnerships with local organisations, mental health professionals, and community leaders will be essential to enhance the effectiveness of raising funds and delivering on our overall objectives.
3. Mental Health Training: Continue to deliver as many Mental Health and Suicide Awareness training sessions to as many clubs as possible during the next year.

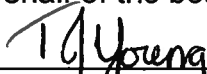
Conclusion:

In conclusion, we extend our sincere thanks to those who have contributed to our successes this year. We want to thank all those sports clubs who got involved in any way with our charity.

Special thanks to Bangor FC and 1st Bangor FC Over 35's Team who allow us access to their clubs as a vehicle to raise awareness but also to acknowledge our appreciation of the great work they are doing within their clubs.

We want to thank those who have made donations and volunteered their services to us in any capacity this year. Thank you to the trustees for their unwavering support and dedication to SPORTS Mental Health NI and delivering on our overall objectives. Together, we will continue to make a positive impact in the lives of those affected by mental health challenges.

The trustees annual report was approved on 25th February 2025 and signed off on behalf of the board of Trustees by :



T.J. Young Chairman
SPORTS Mental Health NI
Suicide Prevention Offering
Recovery Through Sport



Tricia McKee Secretary
SPORTS Mental Health NI
Suicide Prevention Offering
Recovery Through Sport

SPORTS Mental Health NI

Northern Ireland - Charity number 108221

Annual return

Independent examiner's report to the charity trustees of Sports Mental Health NI

I report on the accounts of the Trust for the year ended **31.03.24** as attached.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (NI) 2008.

It is my responsibility to:

- examine the accounts under section 62 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission NI under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

I have completed my examination of the accounts of **Sports Mental Health NI** and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission NI, I have found no matters that require drawing to your attention.



Maeve Killingbeck – Independent Examiner
For and on behalf of North Down Community Network
24th February 2025

Supported by:

SPORTS Mental Health NI


Northern Ireland - Charity number 108221

Accounts

**Sports Mental Health NI
STATEMENT OF ACCOUNTS
01/04/2022 to 31/03/2023**

	Income		Expenditure
Opening Bank Balance at 01.04.22		21743.23	
			<u>Running Costs</u>
Ards Rugby Club Fundraising Donation	6176.00		Training Courses 5590.00
Bangor Amateurs FC	1025.00		Counselling Services 3855.00
Ards Rangers Fundraising Donation	1012.00		Arts Supplies 1025.00
Donations	20.00		Sports Trophies and Medals 684.51
			Signs, Banners and Advertising 610.00
			Kits 512.73
			JP Cory Materials 456.19
			Meeting Expenses 373.60
			Petty Cash 300.00
			Go Daddy Subscription 143.81
			Printing Costs 131.69
			Bank Charges 22.02
	<hr/>		<hr/>
Total Income	8233.00	Total Expenditure	13704.55
		Closing Bank Balance at 31.03.23	16271.68

Prepared by North Down Community Network from the information supplied by Sports Mental Health NI
We have found that this statement is an accurate reflection of the financial position of the Association @ 31.03.23 An Audit has not been carried out.

Signed: 

Dated: ___19/2/24_____

Independent Examiner For and on behalf of
North Down Community Network

Signed: _____
Sports Mental Health NI

Dated: _____

SPORTS Mental Health NI

Northern Ireland - Charity number 108221

Annual report

Trustees Annual Report (incorporating the Directors Report)
Year ended March 2023

The Trustees, who are also the directors for the purpose of company law, present their report and the unaudited financial statements of the charity for the year ending March 2023

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Vision and Objectives: SPORTS Mental Health NI are committed to empowering sports clubs to promote mental health and well-being amongst their members and communities.

We do this through:

1. Mental Health & Suicide Awareness
2. Personal & Community Development.
3. Accessing Support

Activities and Achievements: During the past year, SPORTS Mental Health NI has made significant strides in fulfilling on its objectives. Some key highlights included.

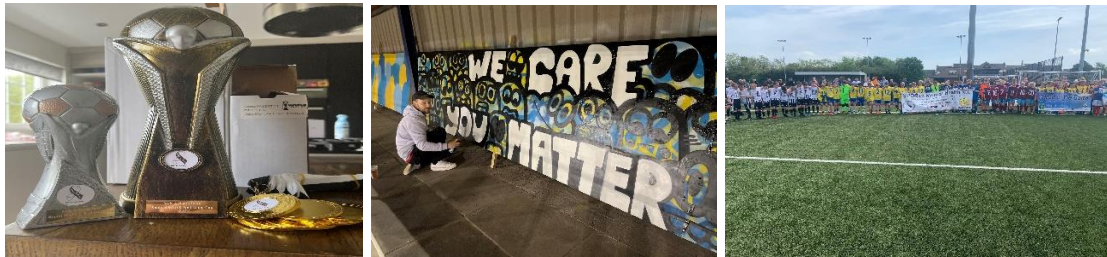
- **Mental Health Awareness Campaigns.** We have managed to do a lot of magnificent work during this year as regards raising awareness. We have continued to promote our work around clubs by delivering mental health awareness sessions to clubs and provide banners and signage to be displayed at their sports clubs.



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We held a 2011 Youth Football Tournament to highlight Mental Health Awareness Week in May 2022 involving local clubs, Bangor Swifts, Abbey Villa, Bangor Young Men, Portavogie FC, Bangor Fc and Ards Rangers. On the lead up to the tournament we partnered up with another Mental Health Charity known as Codo Drops.

Codo Drops use art as their means of promoting mental health. So Chris McGuiggan the Director of Codo Drops and a few kids from each of the football clubs embarked on a project by painting a mural for our friends at Bangor FC. This mural proudly sits in the supporters stand at Clandeboye Park home of Bangor FC where the message behind it was “We Care You Matter”.



We delivered a similar project with Codo Drops at Ards Rugby Club where we involved the youth players at the club to paint a mural to depict a mental health message for their members. The catchy slogan they used was “Don’t Just Scrum – Talk To Your Chum” and this went down very well with all involved at the club.

We also held a Mental Health Awareness Day Charity Rugby match at Ards Rugby Club in memory of a young team member who sadly died from suicide the year previously.



Finally late in 2022 we delivered on another monstrous project with Codo Drops and other professional artists on the perimeter fence of Bangor Amateurs Football Club to highlight their commitment to promoting positive mental health.

We held a fundraising football match as well as received kind donations to deliver on this project which has left a legacy that can be seen by thousands each and every day as they commute along the Clandeboye Road in Bangor. The signage clearly identifying their club premises to that of their neighbouring football club but the vital logos and contact details for the suicide charity Lifeline is what this project was all about. It is hoped that by having the contact details clearly visual to all those who pass that it could inevitably save

SPORTS Mental Health NI
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lives.



Another means of promoting our charity and also to help raising awareness was by purchasing promotional badges with our logo on them. We would hope by more people knowing about our charity and identifying the work we do can only but benefit us in the long term

Finally Alan Robinson does fantastic work each and every day on our Social media platforms by continuing to do daily posts that have had so much positive feedback and response. Alan shares the most up to date news on Mental health issues and promotes the great work of our partners and other mental health charities.

Our website could be doing with being updated with more up to date material and information to promote our charity.

- **Mental Health & Suicide**

Awareness Training – MHFA & Awareness Sessions One of our overall objectives for clubs are that at least 2 members of each sports club should complete the Mental Health First Aid Course (MHFA). We managed to self-fund and provided a qualified Mental Health trainer, Andrea Kearns to deliver two MHFA courses during this financial year. This course involved representatives from numerous sports clubs across the Ards and North Down Borough.

On completion of the 12hr Mental Health First Aid course this will hopefully give the participants a leading role within their club to know how to manage mental health, promote greater understanding of the importance of mental health and play a significant part in ending stigma and discrimination around mental health.

So for us to be able to deliver two courses this year shows the commitment shown by our charity to deliver invaluable mental health training free of charge to clubs.

Andrea also delivered mental health and suicide awareness sessions to other clubs during the year.

SPORTS Mental Health NI
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We as a charity have taken the decision to Fund our own bespoke Mental Health Awareness Training. This will allow us as a charity to deliver our own training and in the long term save us on expenses. Andrea Kearns has been tasked with putting together this programme on our behalf and to Train us on how to deliver it.

- **Counselling and Therapy:** Through our network of licensed therapists and counsellors, we offered counselling sessions to individuals facing mental health challenges, ensuring access to quality care regardless of financial constraints. We managed to fund over 100 counselling sessions that were referred to us from as many as 15 different separate sports club members. These figures demonstrate the demand for such services, that we know that the NHS are struggling to cope with, but they also highlight and justifies the reasons why we have run this charity.

Financial Performance: Financial transparency and accountability are core principles of SPORTS Mental Health NI. We are pleased to report that our financial performance remained strong during the fiscal year. Key financial highlights include:

1. **Total Expenditure** Total funds generated during the financial year, including donations, grants, and fundraising events.
2. **Program Expenses:** The majority of our funds spent were deemed to be value for money based on our intentions to delivery on our overall objectives to raise awareness of Mental Health & Suicide Awareness. The decision to purchase the materials for the art projects and visual signage by the charity was deemed to be a good use of our financial budget given the expectation that the funds raised at the actual events would be recouped back but more importantly allow us to deliver on our overall objective on Mental Health Awareness.
3. **Administrative Costs:** Administrative expenses were kept to a minimum. A decision was made to purchase an additional laptop so that Tricia as secretary can make use of it for charitable work. This has not yet been purchased. Printing Costs for materials have been the biggest cost to the charity.

Future Outlook: Looking ahead SPORTS Mental Health NI remains committed to expanding its reach and impact in the field of mental health. We will continue to prioritise the following areas:

SPORTS Mental Health NI
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Suicide Prevention Offering Recovery Through Sport

1. Increase our Membership – Sports Clubs. We aim to do a promotional drive to encourage further engagement with sports clubs.
2. Partnerships and Collaborations: Strengthening partnerships with local organisations, mental health professionals, and community leaders will be essential to enhance the effectiveness of raising funds and delivering on our overall objectives.
3. Mental Health Training: Continue to deliver as many Mental Health and Suicide Awareness training sessions to as many clubs as possible during the next year.

Conclusion:

In conclusion, we extend our sincere gratitude to those who have contributed to our successes this year. We want to thank all those sports clubs who got involved with the delivery of our projects this year. Special thanks to Chris McGuiggan of Codo Drops and Andrea Kearns who delivered on our Mental health training programmes. Their work has been invaluable this year.

We want to thank those who have made donations and volunteered their services to us in any capacity this year. Thank you to the trustees for their unwavering support and dedication to SPORTS Mental Health NI and delivering on our overall objectives. Together, we will continue to make a positive impact in the lives of those affected by mental health challenges.

The trustees annual report was approved on 19th February 2024 and signed off on behalf of the board of Trustees by :

T.J. Young Chairman
SPORTS Mental Health NI
Suicide Prevention Offering
Recovery Through Sport

Tricia McKee Secretary
SPORTS Mental Health NI
Suicide Prevention Offering
Recovery Through Sport

SPORTS Mental Health NI

Northern Ireland - Charity number 108221

Annual return

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Respective responsibilities of charity trustees and examiner

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It is my responsibility to:

- examine the accounts under section 62 of the Charities Act
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Independent Examiner's Statement

I have completed my examination of the accounts of the **Sports Mental Health NI** and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission NI, I have found no matters that require drawing to your attention.



Maeve Killingbeck – Independent Examiner
For and on behalf of North Down Community Network
19th February 2024

Supported by: