

**REPORT OF THE TRUSTEES AND  
AUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2023  
FOR  
SPORT IN MIND**

Richardson Jones  
Chartered Accountants &  
Registered Auditors  
Mercury House  
19-21 Chapel Street  
Marlow  
Buckinghamshire  
SL7 3HN

## SPORT IN MIND

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**SPORT IN MIND**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

<b>TRUSTEES</b>	P McAdam J Watson R Crowder A Preece J R N Herrera (appointed 24.11.22) J Scott (appointed 26.6.23) D Peale (appointed 9.12.23)
<b>PRINCIPAL ADDRESS</b>	Sport in Mind Rivermead Leisure Centre Richfield Avenue Reading
<b>REGISTERED CHARITY NUMBER</b>	1161323
<b>AUDITORS</b>	Richardson Jones Chartered Accountants & Registered Auditors Mercury House 19-21 Chapel Street Marlow Buckinghamshire SL7 3HN
<b>BANKERS</b>	HSBC Bank Reading Branch 26 Broad Street Reading Berkshire RG1 2BU  Virgin Money 160 Friar St Reading Berkshire RG1 1HE  Nationwide Building Society PO BOX 3 5-11 St Georges Street Douglas Isle of Man IM99 1AS
<b>CHIEF EXECUTIVE OFFICER</b>	N Harris

## SPORT IN MIND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

#### **OBJECTIVES AND ACTIVITIES**

##### **Our Aims and Objectives**

##### **Purposes and Aims**

Sport in Mind's purpose, as set out in the objects contained in the charity's constitution, are:

- The relief of sickness and the preservation of health among people experiencing mental illness or in need of rehabilitation as a result of such illness through the provision of or assistance in providing facilities to enable individuals to participate in sport and other physical recreation.
- To advance the education of the public on the subject of mental health.

##### **Ensuring our work delivers our aims**

Sport in Mind reviews our aims, objectives and activities each year. The review looks at the service that we have provided and the outcomes our work has achieved in the previous twelve months; at the success of each activity delivered and the benefits they have brought to those groups of people we are established to help. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they set.

##### **The focus of our work**

We believe people experiencing mental health problems should have the same opportunities to engage in sport and physical activity as everyone else

We recognise that in order to provide the best possible service people with lived experience of mental health problems should play a key role in the development and delivery of our work

We believe that raising awareness of mental illness amongst the wider population is vital to reduce stigma.

#### **Strategic Report**

##### **Our Mission:**

'Our mission is to improve the lives of people experiencing mental health problems through sport and physical activity'

Our Values:

- S - Supportive - offering care and encouragement within a supportive environment
- P - Partnerships - working together and building strong relationships
- O - Optimism - giving hope and optimism
- R - Respect - giving respect to all
- T - Trust - promoting integrity, reliability and fairness

##### **Our Strategic Goals:**

1. Build upon our core success in Berkshire by expanding our direct service geographically and achieve a UK wide presence through digital channels
2. Influence, educate and inspire as a national thought leader on the importance of physical activity for mental wellbeing
3. To be an accessible and inclusive organisation in all that we do
4. Increase capacity and resources to grow and sustain our impact

##### **How our activities deliver public benefit**

Our main activities and who we try to help are described below. All our charitable activities focus on improving the lives of people experiencing mental health problems

Who used and benefited from our services

Sport in Mind delivers sport and physical activity interventions to improve the mental health of people in England and Wales, and educational programmes to enhance the public's understanding of mental health. The charity provides services in safe, supportive and accessible environments in order to help improve people's mental and physical health, aid recovery, build self-esteem, combat social isolation, learn new skills and empower individuals to move their lives forward in a positive direction.

## SPORT IN MIND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

#### **Achievements and Performance**

During this year, Sport in Mind has continued to grow steadily across the South, with huge demand for both the charity's inpatient and community services coming from across the UK. The pandemic and subsequent lockdowns have played a key role in NHS mental health services receiving record levels of referrals and due to the charity's long-term relationship with the NHS we have seen a nature spike in demand nationally also. Throughout the year we have continued to deliver sport and physical activity programmes for adults, children and young people and mums and babies struggling with their mental health along with our educational programmes. All our programmes have continued to be delivered with our long-term partner the NHS, with work taking place during the year with Berkshire Healthcare NHS Foundation Trust, Oxford Health NHS Foundation Trust, Southern Health NHS Foundation Trust, Surrey & Borders NHS Foundation Trust, Sussex Partnership NHS Foundation Trust, Devon Partnership NHS Trust, CNWL and Aneurin Bevan Health Board.

We have continue working on the RED January campaign, run by RED Together, with the aim of getting the nation moving every day in January for their mental health, raising awareness of Sport in Mind's services and fundraising to support the delivery of our programmes. During the year the campaign managed to get over 10,000 people moving for their mental health and raising awareness of the benefits of physical activity on mental health.

In addition to the 10,000 people who we got moving for their mental health through RED January, in the past year we have:

- Helped more than 2,000 people with mental health problems through sport and physical activity
- Delivered in excess of 5,000 hours of supported sport and physical activity provision
- Distributed over 2,000 Wellbeing Journals and activity packs to help support those struggling with their mental health
- Delivered 3 sports days
- Provided educational programmes to over 2,000 children and young people
- Offered volunteering opportunities over 300 local people (those with and without lived experience of mental health problems)

Our volunteers have again supported Sport in Mind amazingly this year, helping our charity in a multitude of different ways. These include:

- Running sessions
- Supporting the delivery of sessions
- Organisation online campaigns
- Planning
- Raising awareness
- Attending events
- Fundraising activities.

As a charity, online connectivity has become increasingly important for us in recent years and during the previous 12 months our website traffic has increased dramatically, with unique visits increasing by 32% to 243,657.

#### **Financial Review**

The Statement of Financial Activities, set out on page 8 reflects all incoming resources and expenditure in the year.

During this accounting period the Charitable Incorporated Organisation's (CIO) income was £1,145,539

#### **Reserves Policy**

The Trustees have carefully considered Sport in Mind's exposure to the risk of any significant loss of income or unforeseen cost. It is thus our policy to hold six months operating costs of the charity as reserves, totalling £356,456.

Free reserves required:	£356,456
Free reserves held:	£398,574

The Trustees believe that this level of free reserves is sufficient for our current level of activity. These reserves are held in a low-risk interest bearing accounts with Virgin Money and Nationwide which has proven a prudent and effective course of action over the past few years.

There was a total of £785,540 (2022: £225,570) of restricted reserves held at the year end.

## **SPORT IN MIND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023**

#### **Risk management**

The Trustees Board have a duty to identify and review the risks to which the charity is exposed to ensure appropriate risk management processes are in place. The risk management process at Sport in Mind involves the identification and analysis of risks, their assessment in terms of potential impact and likelihood of materialization and the development of response strategies considering short, medium and long term outcomes, with a timeframe for mitigation that is compatible with the severity and speed of onset of each risk, in order to allow for an adequate reduction of exposure. These processes are reviewed periodically to ensure that they continue to meet the needs of the charity.

The cycle of risk management at Sport in Mind's has identified as key risks, the following: achievement of sustainable funding and partner retention, cybersecurity, a responsible attitude towards data protection, and the potential of circumstances affecting safeguarding, equality, and inclusion affecting our staff or consumer audiences.

Sport in Mind monitors its key risks and mitigation actions determined necessary to reduce exposure, aiming at achieving effectiveness and efficiency in their design, gathering information that may improve the overall Risk assessment process and constantly improving the process through the analysis of events, trends and changes in the external and internal contexts.

#### **Investment Policy**

Under the constitution the charity has the power to make any investments which the Trustees deem appropriate. The Trustees apply their judgement and expertise in making all decisions on investments. All funds are held in instant access bank accounts with HSBC, Virgin Money and Nationwide, and a 35-day access Nationwide Account. This avoids risk of capital loss and gives the necessary flexibility to enable the Trustees to quickly respond to changes in demand for services.

#### **Future plans**

The last year has proven an exciting time for the charity with demand reaching record levels. In the last 12 months, we have received interest in Sport in Mind delivering in all NHS regions across England and Wales. Sport in Mind has a sound financial basis upon which to build for the future and over the next 12 months we seek to continue our plan to build new connections across England and Wales, and work closely with people with lived experience of mental health problems to shape our service and explore new opportunities. Our short-term aim (12-24 months) is to expand services across the South of England, Wales and the Midlands.

#### **Structure, Governance and Management**

##### **Governing Document**

Sport in Mind is governed by its constitution. The Board of Trustees is responsible for the overall governance of the charity and meet a minimum of four times a year. The quorum is three charity Trustees.

The present membership of the Board of Trustees is set out on page 1. A regular skills audit is carried out to ensure that the Trustee body has the appropriate mix of skills and experience. New Trustees receive an induction pack containing information about Sport in Mind and its work. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 8 to the accounts.

Election and re-election of Trustees is carried out by approval by the Board of Trustees. The Chief Executive is consulted regarding all appointments. Sport in Mind has always actively encouraged people with lived experience of mental illness to be involved in the charity's work and our board will ensure that at least one Trustee has personal experience of such conditions.

The trustees are responsible for the governance of the organisation. The management function rests with the Chief Executive, Neil Harris, who is responsible for ensuring the charity undertakes its services effectively and that the Trustees are kept well informed. The Chief Executive is assisted by a team of staff and volunteers. A staff pay structure is in place and reviewed regularly against market rates.

##### **Reference and Administrative Details**

Sport in Mind is a Charitable Incorporated Organisation (charity number 1161323) formed on 20th April 2015, having previously operated as an unincorporated charity of the same name for 4 years.

Details of Trustees and external advisers are given on page 2.

**SPORT IN MIND**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

**FINANCIAL REVIEW**

**Going concern**

At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,189,229 (2022: £835,318). As noted in the Trustees' Annual Report, the Trustees have considered the charity's status as a going concern and as a result of their work they consider that there are no material uncertainties about the charity's ability to continue as a going concern.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation (CIO), as defined by the Charities Act 2011.

**EVENTS SINCE THE END OF THE YEAR**

Information relating to events since the end of the year is given in the notes to the financial statements.

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

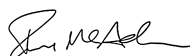
The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 21<sup>st</sup> December 2023 and signed on its behalf by:



.....  
P McAdam - Trustee

## REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF SPORT IN MIND

### Opinion

We have audited the financial statements of Sport in Mind (the 'charity') for the year ended 28 February 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 28 February 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.



## REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF SPORT IN MIND

### Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

### Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We gained an understanding of the legal and regulatory framework applicable to Sport in Mind and the sector in which it operates, and considered the risk of acts by the charity that were contrary to applicable laws and regulations, including fraud. We designed audit procedures to respond to the risk, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

We focussed on laws and regulations which could give rise to a material misstatement in the financial statements, including, but not limited to, the Charities Act 2011 and UK tax legislation. Our procedures included:

- agreeing the financial statement disclosures to underlying supporting documentation
- enquiries with management
- understanding of management's internal controls designed to prevent and detect irregularities.
- reading the minutes of meetings of trustees

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

### Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



for and on behalf of Richardson Jones  
Chartered Accountants &  
Registered Auditors  
Mercury House  
19-21 Chapel Street  
Marlow  
Buckinghamshire  
SL7 3HN

Date: 21<sup>st</sup> December 2023

**SPORT IN MIND**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

	Notes	Unrestricted fund £	Restricted funds £	28.2.23 Total funds £	28.2.22 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	312,322	40,896	353,218	318,896
<b>Charitable activities</b>					
Sport England	4	-	222,353	222,353	171,571
NHS		-	226,864	226,864	5,750
Local Authority		551	163,995	164,546	34,756
Public		3,475	35,500	38,975	23,418
Non Public		2,355	131,956	134,311	123,957
Investment income	3	<u>5,272</u>	<u>-</u>	<u>5,272</u>	<u>676</u>
<b>Total</b>		<u>323,975</u>	<u>821,564</u>	<u>1,145,539</u>	<u>679,024</u>
<b>EXPENDITURE ON</b>					
Raising funds	5	26,312	-	26,312	43,442
<b>Charitable activities</b>					
Charitable activities	6	109,957	574,634	684,591	511,861
Support costs		<u>59,365</u>	<u>21,360</u>	<u>80,725</u>	<u>76,476</u>
<b>Total</b>		<u>195,634</u>	<u>595,994</u>	<u>791,628</u>	<u>631,779</u>
<b>NET INCOME</b>		128,341	225,570	353,911	47,245
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>275,348</u>	<u>559,970</u>	<u>835,318</u>	<u>788,073</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>403,689</u></u>	<u><u>785,540</u></u>	<u><u>1,189,229</u></u>	<u><u>835,318</u></u>


The notes form part of these financial statements

**SPORT IN MIND**

**BALANCE SHEET  
28 FEBRUARY 2023**

	Notes	Unrestricted fund £	Restricted funds £	28.2.23 Total funds £	28.2.22 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	11	12,810	-	12,810	213
Cash at bank		<u>423,424</u>	<u>785,540</u>	<u>1,208,964</u>	<u>1,007,730</u>
		436,234	785,540	1,221,774	1,007,943
<b>CREDITORS</b>					
Amounts falling due within one year	12	<u>(32,545)</u>	-	<u>(32,545)</u>	<u>(172,625)</u>
<b>NET CURRENT ASSETS</b>		<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>	<u>835,318</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>	<u>835,318</u>
<b>NET ASSETS</b>		<u>403,689</u>	<u>785,540</u>	<u>1,189,229</u>	<u>835,318</u>
<b>FUNDS</b>	13				
Unrestricted funds				403,689	275,348
Restricted funds				<u>785,540</u>	<u>559,970</u>
<b>TOTAL FUNDS</b>				<u>1,189,229</u>	<u>835,318</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 21<sup>st</sup> December 2023 and were signed on its behalf by:



.....  
P McAdam - Trustee



.....  
A Preece - Trustee

The notes form part of these financial statements

**SPORT IN MIND**

**CASH FLOW STATEMENT  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

	Notes	28.2.23 £	28.2.22 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>195,962</u>	<u>(10,413)</u>
Net cash provided by/(used in) operating activities		<u>195,962</u>	<u>(10,413)</u>
<b>Cash flows from investing activities</b>			
Interest received		<u>5,272</u>	<u>676</u>
Net cash provided by investing activities		<u>5,272</u>	<u>676</u>
<b>Change in cash and cash equivalents in the reporting period</b>			
		201,234	(9,737)
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>1,007,730</u>	<u>1,017,467</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u><u>1,208,964</u></u>	<u><u>1,007,730</u></u>

The notes form part of these financial statements

**SPORT IN MIND**

**NOTES TO THE CASH FLOW STATEMENT  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

<b>1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES</b>	28.2.23	28.2.22
	£	£
<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	353,911	47,245
<b>Adjustments for:</b>		
Interest received	(5,272)	(676)
Increase in debtors	(12,597)	(30)
Decrease in creditors	(140,080)	(56,952)
<b>Net cash provided by/(used in) operations</b>	<u>195,962</u>	<u>(10,413)</u>

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1.3.22	Cash flow	At 28.2.23
	£	£	£
<b>Net cash</b>			
Cash at bank	<u>1,007,730</u>	<u>201,234</u>	<u>1,208,964</u>
	<u>1,007,730</u>	<u>201,234</u>	<u>1,208,964</u>
<b>Total</b>	<u>1,007,730</u>	<u>201,234</u>	<u>1,208,964</u>

## SPORT IN MIND

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2023

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **Going Concern**

At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,189,229 (2022: £835,318). As noted in the Trustees' Annual Report, the Trustees have considered the charity's status as a going concern and as a result of their work they consider that there are no material uncertainties about the charity's ability to continue as a going concern.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has received the funds.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

##### **Taxation**

The charity is exempt from tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### 2. DONATIONS AND LEGACIES

	28.2.23	28.2.22
	£	£
Donations	<u>353,218</u>	<u>318,896</u>

**SPORT IN MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

<b>3. INVESTMENT INCOME</b>			
		28.2.23	28.2.22
		£	£
Deposit account interest		<u>5,272</u>	<u>676</u>
<b>4. INCOME FROM CHARITABLE ACTIVITIES</b>			
		28.2.23	28.2.22
	Activity	£	£
Grants	Sport England	222,353	171,571
Grants	NHS	226,864	5,750
Grants	Local Authority	164,546	34,756
Grants	Public	38,975	23,418
Grants	Non Public	134,311	123,957
		<u>787,049</u>	<u>359,452</u>
<b>5. RAISING FUNDS</b>			
<b>Raising donations and legacies</b>			
		28.2.23	28.2.22
		£	£
Fundraising		<u>26,312</u>	<u>43,442</u>
<b>6. CHARITABLE ACTIVITIES COSTS</b>			
		Direct	Support
		Costs	costs (see
		£	note 7)
		£	£
Charitable activities		684,591	-
Support costs		<u>-</u>	<u>80,725</u>
		<u>684,591</u>	<u>80,725</u>
		<u>684,591</u>	<u>80,725</u>
		<u>765,316</u>	<u>765,316</u>
<b>7. SUPPORT COSTS</b>			
		Management	Governance
		costs	costs
		£	£
Support costs		<u>69,654</u>	<u>11,071</u>
		<u>69,654</u>	<u>11,071</u>
		<u>80,725</u>	<u>80,725</u>

**SPORT IN MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

**7. SUPPORT COSTS - continued**

Support costs, included in the above, are as follows:

**Management**

	28.2.23 Support costs £	28.2.22 Total activities £
Travel and subsistence	13,415	6,056
Insurance	1,583	1,425
Travelling	5,403	3,521
IT and communications	32,866	37,404
Postage and stationery	2,354	8,913
Subscriptions and marketing	4,659	2,511
Health and safety	4,215	1,877
Consultancy	923	11,315
Storage	1,500	1,050
Sundry	2,547	893
Bank charges	<u>189</u>	<u>36</u>
	<u>69,654</u>	<u>75,001</u>

**Governance costs**

	28.2.23 Support costs £	28.2.22 Total activities £
Auditors' remuneration	4,500	-
Accountancy and legal fees	<u>6,571</u>	<u>1,475</u>
	<u>11,071</u>	<u>1,475</u>

**8. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 28 February 2023 nor for the year ended 28 February 2022.

**Trustees' expenses**

During the year, no expenses were paid to trustees or any person connected to them.

**9. STAFF COSTS**

The average monthly number of employees during the period was 16 (2022: 10).

No employees received emoluments in excess of £60,000.

**10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	279,816	39,080	318,896
<b>Charitable activities</b>			
Sport England	-	171,571	171,571
NHS	-	5,750	5,750
Local Authority	-	34,756	34,756
Public	12,342	11,076	23,418



**SPORT IN MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

**10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted fund £	Restricted funds £	Total funds £
Non Public	3,900	120,057	123,957
Investment income	<u>676</u>	<u>-</u>	<u>676</u>
<b>Total</b>	<u>296,734</u>	<u>382,290</u>	<u>679,024</u>
<b>EXPENDITURE ON</b>			
Raising funds	43,442	-	43,442
<b>Charitable activities</b>			
Charitable activities	172,704	339,157	511,861
Support costs	<u>38,787</u>	<u>37,689</u>	<u>76,476</u>
<b>Total</b>	<u>254,933</u>	<u>376,846</u>	<u>631,779</u>
<b>NET INCOME</b>			
	41,801	5,444	47,245
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>233,547</u>	<u>554,526</u>	<u>788,073</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>275,348</u>	<u>559,970</u>	<u>835,318</u>

**11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	28.2.23 £	28.2.22 £
Other debtors	12,500	-
Prepayments	<u>310</u>	<u>213</u>
	<u>12,810</u>	<u>213</u>

**12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	28.2.23 £	28.2.22 £
Trade creditors	28,045	172,625
Other creditors	<u>4,500</u>	<u>-</u>
	<u>32,545</u>	<u>172,625</u>

**SPORT IN MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

**13. MOVEMENT IN FUNDS**

	At 1.3.22 £	Net movement in funds £	At 28.2.23 £
<b>Unrestricted funds</b>			
General fund	275,348	128,341	403,689
<b>Restricted funds</b>			
Designated fund	276,724	18,896	295,620
Restricted fund	<u>283,246</u>	<u>206,674</u>	<u>489,920</u>
	<u>559,970</u>	<u>225,570</u>	<u>785,540</u>
<b>TOTAL FUNDS</b>	<u><u>835,318</u></u>	<u><u>353,911</u></u>	<u><u>1,189,229</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	323,975	(195,634)	128,341
<b>Restricted funds</b>			
Designated fund	40,896	(22,000)	18,896
Restricted fund	<u>780,668</u>	<u>(573,994)</u>	<u>206,674</u>
	<u>821,564</u>	<u>(595,994)</u>	<u>225,570</u>
<b>TOTAL FUNDS</b>	<u><u>1,145,539</u></u>	<u><u>(791,628)</u></u>	<u><u>353,911</u></u>

**Comparatives for movement in funds**

	At 1.3.21 £	Net movement in funds £	At 28.2.22 £
<b>Unrestricted funds</b>			
General fund	233,547	41,801	275,348
<b>Restricted funds</b>			
Designated fund	246,310	30,414	276,724
Restricted fund	<u>308,216</u>	<u>(24,970)</u>	<u>283,246</u>
	<u>554,526</u>	<u>5,444</u>	<u>559,970</u>
<b>TOTAL FUNDS</b>	<u><u>788,073</u></u>	<u><u>47,245</u></u>	<u><u>835,318</u></u>

**SPORT IN MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

**13. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	296,734	(254,933)	41,801
<b>Restricted funds</b>			
Designated fund	39,080	(8,666)	30,414
Restricted fund	<u>343,210</u>	<u>(368,180)</u>	<u>(24,970)</u>
	<u>382,290</u>	<u>(376,846)</u>	<u>5,444</u>
<b>TOTAL FUNDS</b>	<u>679,024</u>	<u>(631,779)</u>	<u>47,245</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.21 £	Net movement in funds £	At 28.2.23 £
<b>Unrestricted funds</b>			
General fund	233,547	170,142	403,689
<b>Restricted funds</b>			
Designated fund	246,310	49,310	295,620
Restricted fund	<u>308,216</u>	<u>181,704</u>	<u>489,920</u>
	<u>554,526</u>	<u>231,014</u>	<u>785,540</u>
<b>TOTAL FUNDS</b>	<u>788,073</u>	<u>401,156</u>	<u>1,189,229</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	620,709	(450,567)	170,142
<b>Restricted funds</b>			
Designated fund	79,976	(30,666)	49,310
Restricted fund	<u>1,123,878</u>	<u>(942,174)</u>	<u>181,704</u>
	<u>1,203,854</u>	<u>(972,840)</u>	<u>231,014</u>
<b>TOTAL FUNDS</b>	<u>1,824,563</u>	<u>(1,423,407)</u>	<u>401,156</u>

## SPORT IN MIND

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 28 FEBRUARY 2023

#### 13. MOVEMENT IN FUNDS - continued

From the donations and legacies received, the following funding has been designated for a set purpose by the trustees to part finance specific projects and commitments of the charity:

	<b>Total funds</b>
	<b>2023</b>
	<b>£</b>
South East Programme	184,410
Crocombe Legacy	74,114
Bushby Legacy	5,974
South West & Wales	<u>26,760</u>
	<u>291,258</u>

South East Programme is a project to deliver Sport in Mind services for people experiencing mental health problems across the South East of England in partnership with NHS trusts.

The Crocombe and Bushby Legacies are projects aimed specifically at the delivery of Sport in Mind's children and young person programmes.

There is limited movement in these funds during the year as the charity has successfully secured additional funds to support the delivery of these projects, with the current designated funds acting as match funding. The designated funds remain ringfenced for the delivery of the charity's programmes in the South East and CYP Programmes for 2023 and beyond.

South West and Wales is a new project focused specifically on the delivery of Sport in Mind's sport and physical activity interventions for people experiencing mental health problems in the South West of England and Wales.

#### 14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 28 February 2023.

#### 15. POST BALANCE SHEET EVENTS

On 01-03-2023 the Charity purchased a company called Run Talk Run CIC, company number 11698473.

**SPORT IN MIND**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

	28.2.23 £	28.2.22 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	353,218	318,896
<b>Investment income</b>		
Deposit account interest	5,272	676
<b>Charitable activities</b>		
Grants	<u>787,049</u>	<u>359,452</u>
<b>Total incoming resources</b>	1,145,539	679,024
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Fundraising	26,312	43,442
<b>Charitable activities</b>		
Wages	342,989	264,668
Social security	26,252	19,457
Pensions	13,938	11,735
Sports session costs	240,924	69,878
Equipment costs	21,988	20,498
Campaign costs	<u>38,500</u>	<u>125,625</u>
	684,591	511,861
<b>Support costs</b>		
<b>Management</b>		
Travel and subsistence	13,415	6,056
Insurance	1,583	1,425
Travelling	5,403	3,521
IT and communications	32,866	37,404
Postage and stationery	2,354	8,913
Subscriptions and marketing	4,659	2,511
Health and safety	4,215	1,877
Consultancy	923	11,315
Storage	1,500	1,050
Sundry	2,547	893
Bank charges	<u>189</u>	<u>36</u>
	69,654	75,001
<b>Governance costs</b>		
Auditors' remuneration	4,500	-
Accountancy and legal fees	<u>6,571</u>	<u>1,475</u>
	<u>11,071</u>	<u>1,475</u>
Total resources expended	<u>791,628</u>	<u>631,779</u>
<b>Net income</b>	<u><u>353,911</u></u>	<u><u>47,245</u></u>

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