# STATE OF MIND SPORT
# TRUSTEES' REPORT AND AUDITED ACCOUNTS
# FOR THE YEAR ENDED 30TH NOVEMBER 2025

## CHARITY No. 1158825

**State of Mind Sport**

**Trustees' Report**
**Charity No: 1158825**

The trustees present their report and accounts for the year ended 30th November 2025.

The accounts have been prepared in accordance with the accounting policies set out in note 1-7 in the accounts and comply with the governing document and the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005 (revised 2008).

**Aim**
The aim of the charity is to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide.

**Objectives**
To educate sports people and the wider public on all issues surrounding mental health in an effort to tackle discrimination and to reduce the stigma felt by people with mental problems.

The promotion of good health through education in mental fitness and wellbeing and signposting to sources of support for people who may experience mental distress.

To lobby and influence social, political and relevant policy and decision-making bodies on the importance of good physical and mental health and wellbeing. This would lead to better public health decision and an increase in the health resources made available to benefit people involved in sport and the public more widely.

**Officers**
Dr. Clair Carson - Chair
Mr. Steve Hull - Charity Manager
**Trustees**
Dr. P Cooper
Dr. A Johnston
Mr. O Cotterell
Mr. Nick Rowe
Mr. I Smith
Mr. S Cash

On behalf of the Board of Trustees

SA Hull
SA Hull (Sep 17, 2026 16:01:17 GMT+1)
Mr.Steve Hull
State of Mind Sport Charity Manager
Dated 11th September 2026

C L Carson
C.L.Carson (Sep 22, 2026 17:39:09 GMT+1)
Dr. Clair Carson
State of Mind Sport Chair
Dated 11th September 2026

**State of Mind Sport**

**Independent Examiner's Report**
**to the trustees of State of Mind Sport**

I report on the accounts of the charity for the year ended 30th November 2025 which are set out on pages 3 to 5.

**Respective responsibilities of Trustees and examiner**
The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit and is eligible for independent examination, it is my responsibility to:

(i) examine the accounts under section 145 of the 2011 Act
(ii) to follow the procedure laid down in the General Directions given by the Charities Commission under section 145(5)b of the 2011 Act
(iii) to state whether particular matters have come to my attention

**Basis of independent examiner's report**

My examination was carried out with the General Directions given by the Charities Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**
In connection with my examination, no matter has come to my attention:

(a) which gives me reasonable cause to believe that in any material respect the requirements to prepare the accounts which accord with the accounting records and with the methods and principles of the Statement of Recommended Practice; Accounting and Reporting by Charities have not been met; or
(b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



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Antony Doherty
Lumbview Accounts Ltd
Grosvenor House
1 Downcast Way
Swinton
Manchester, M27 8UW
Dated 11th September 2026

**State of Mind Sport**
**Statement of Financial Activities**
**For the year ended 30th November 2025**

| | Notes | 2025 | 2024 |
|---|---|---|---|
| **Incoming resources from generated funds** | | | |
| Voluntary income | 2 | 27,612 | 36,204 |
| Activities for generating funds | | 117,991 | 199,172 |
| | | 145,603 | 235,376 |
| **Resources expended** | | | |
| Accountancy Fees | | 562 | 1,076 |
| Delegate expenses | | 133,259 | 198,924 |
| Bank charges | | 152 | 104 |
| Website (Just Giving fee) | | 302 | 216 |
| Training | | 3,000 | 5,597 |
| Management fee | | 22,955 | 22,943 |
| Miscellaneous purchases | | 56,550 | 34,308 |
| Storage charges | | 1,481 | 1,730 |
| PR & Marketing | | 9,697 | 2,845 |
| IT/Web hosting | | 1,815 | 6,988 |
| | | - | |
| | | 229,773 | 274,731 |
| **Excess of Income over Expenditure** | | - 84,170 | - 39,355 |
| Client prepayment | | - | - |
| | | - 84,170 | - 39,355 |
| **General Fund (unrestricted)** | | | |
| Balance 1st December | | 173,856 | 213,211 |
| Excess of Income over Expenditure | | - 84,170 | - 39,355 |
| Balance 30th November | | 89,686 | 173,856 |

**State of Mind Sport**

**Balance Sheet**

**As at 30th November 2025**

| | 2025 | 2024 |
|---|---|---|
| **Current Assets** | | |
| Cash at bank | 89,686 | 173,856 |
| | 89,686 | 173,856 |
| **Income funds** | | |
| General Fund - unrestricted | 89,686 | 173,856 |
| | 89,686 | 173,856 |

These financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities.

The accounts were approved by the Trustees on 11th September 2026

SA Hull

SA Hull (Sep 17, 2026 16:01:17 GMT+1)

Mr.Steve Hull
State of Mind Sport Charity Manager
Charity No. 1158825

Dr. Clair Carson
State of Mind Sport Chair

**State of Mind Sport**

**Notes to Accounts**
**For the year ended 30th November 2025**

## 1. Accounting policies

### Basis of preparation

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice "Accounting and reporting by Charities", issued in March 2005 (revised 2008).

### Incoming resources

## 2. Voluntary Income

| | 2025 | 2024 |
|---|---|---|
| Grants and donations | 27,612 | 36,204 |
| Less cost of merchandise and other items | - | - 1,034 |
| | 27,612 | 35,170 |

## 3. Resources Expended

Resources expended are recognised in the period in which they are incurred and include Attributable VAT which cannot be recovered.

## 4. Expenses and Ambassador Fees

| | |
|---|---|
| Total ambassador fees and expenses | 117,991 |
| Less invoices paid by host companies | - 133,259 |
| | - 15,268 |

## 5. Employees

There were no employees during the year.

## 6. Taxation

The charity is exempt from corporation tax on charitable activities.

## 7. Related Parties

The charity was under the control of the trustees during the year.