REGISTERED CHARITY NUMBER: 1161323

REPORT OF THE TRUSTEES AND

AUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 28TH FEBRUARY 2026

FOR

SPORT IN MIND

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

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CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28TH FEBRUARY 2026

	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 6
Statement of Trustees' Responsibilities	7
Report of the Independent Auditors	8 to 9
Statement of Financial Activities	10
Balance Sheet	11
Cash Flow Statement	12
Notes to the Cash Flow Statement	13
Notes to the Financial Statements	14 to 21
Detailed Statement of Financial Activities	22 to 23

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SPORT IN MIND

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 28TH FEBRUARY 2026

TRUSTEES	P McAdam R Crowder A Preece (resigned 15.1.26) J R N Herrera (resigned 27.3.25) D Peaple G Bednash A Holland Mrs K Sangha (appointed 27.3.25) H Wannell (appointed 27.3.25) R Davies (appointed 27.3.25) G Newby (appointed 27.3.25)
PRINCIPAL ADDRESS	Sport in Mind Rivermead Leisure Centre Richfield Avenue Reading
REGISTERED CHARITY NUMBER	1161323
AUDITORS	Richardson Jones Chartered Accountants & Registered Auditors Mercury House 19-21 Chapel Street Marlow Buckinghamshire SL7 3HN
BANKERS	HSBC Bank Reading Branch 26 Broad Street Reading Berkshire RG1 2BU United Trust Bank 1 Ropemaker Street London EC2Y 9AW
BANKERS	Nationwide Building Society PO BOX 3 5-11 St Georges Street Douglas Isle of Man IM99 1AS CAF Bank Limited 25 Kings Hill Avenue Kings Hill, West Malling, Kent ME19 4JQ
CHIEF EXECUTIVE OFFICER	N Harris

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The trustees present their report with the financial statements of the charity for the year ended 28th February 2026. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives 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 that everyone experiencing mental health problems should have equal access to sport and physical activity and the benefits they bring to mental and physical wellbeing.

We recognise the importance of involving people with lived experience of mental health challenges in the design, development, and delivery of our services, ensuring that our programmes remain relevant, accessible, and responsive to need.

We believe that improving public understanding of mental health and wellbeing is essential in reducing stigma, promoting inclusion, and encouraging people to seek support when needed.

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.
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.

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 28TH FEBRUARY 2026

OBJECTIVES AND ACTIVITIES

Public benefit

All of Sport in Mind's charitable activities are focused on improving the lives of people experiencing mental health problems through participation in sport and physical activity, and through increasing awareness and understanding of mental health within the wider community.

Who used and benefited from our services

Sport in Mind delivers sport and physical activity programmes across England and Wales to support people's mental health, alongside educational programmes that improve public understanding of mental health. Its services are delivered in safe, supportive, and accessible environments, helping people improve their mental and physical wellbeing, support recovery, build self-esteem, reduce social isolation, learn new skills and move forward positively.

Volunteers

This year's achievements would not have been possible without the dedication, generosity and compassion of our volunteers. Their commitment sits at the heart of Sport in Mind's work, enabling us to reach more people, strengthen communities and provide life-changing support to those experiencing mental health problems across the country.

We extend our deepest thanks to every volunteer for the time, care and energy they give so freely. Volunteers are the golden thread running through Sport in Mind: bringing warmth, hope and encouragement to our sessions, strengthening our programmes, and helping us make a lasting difference to people's lives.

Their impact is felt across every part of our charity, including:

- Creating welcoming and supportive sessions that improve physical and mental wellbeing
- Driving creative online campaigns that extend our reach and inspire more people to engage with our mission
- Planning and delivering events that bring people together and raise vital awareness and support
- Championing mental health in communities and helping to challenge stigma through every conversation and connection
- Raising funds and inspiring support that help sustain and grow our life-changing work

Beyond our face-to-face programmes and educational outreach, our digital presence has grown by a fantastic 28% to 28,693 followers across Instagram, Meta, LinkedIn, X, and TikTok, reflecting the growing influence and reach of Sport in Mind. Social media impressions for the year were 8,412,598 social impressions (up 557% from the previous year!)

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ACHIEVEMENTS AND PERFORMANCE

Charitable activities

This year marked another significant step forward for Sport in Mind, as we expanded our reach and delivered our largest and most diverse programme of sport and physical activity sessions to date for people experiencing mental health problems across the South of England, Wales and the Northwest. With the support of our long-term partner the NHS, we delivered thousands of sessions across 50+ different sports and activities and supported thousands of children, young people and adults struggling with their mental health. Demand for our inpatient, community and educational programmes grew substantially, with interest received from every county in England, Wales, Scotland and from 50 countries worldwide, demonstrating the increasing recognition of Sport in Mind's work and the growing need for our services.

Programme delivery

Throughout the year, we delivered a wide range of sport and physical activity programmes that gave adults, children, young people, and mums and babies experiencing mental health difficulties access to safe, supportive and life-changing opportunities to improve their wellbeing. Alongside this direct delivery, our educational work continued to deepen understanding of mental health and demonstrate the powerful role physical activity can play in improving confidence, connection, resilience and recovery.

Partnership working

Our programmes continue to be delivered in partnership with the NHS. During the year, we worked with multiple NHS organisations across the country including:

- Berkshire Healthcare NHS Foundation Trust
- Oxford Health NHS Foundation Trust
- Southern Health NHS Foundation Trust
- Surrey and Borders Partnership NHS Foundation Trust
- Sussex Partnership NHS Foundation Trust
- Dorset HealthCare University NHS Foundation Trust
- Devon Partnership NHS Trust
- Cornwall Partnership NHS Foundation Trust
- Avon and Wiltshire Mental Health Partnership NHS Trust
- Central & Northwest London NHS Trust
- Somerset NHS Foundation Trust
- Aneurin Bevan University Health Board
- Cardiff and Vale University Health Board
- Cwm Taf Morgannwg University Health Board

In the past year we have:

- Engaged 9,856 adults and children into our sport, physical activity and education programmes
- Delivered across 218 locations, covering 21 counties
- Delivered 6,724 hours of supported sport and physical activity provision
- Distributed over 2,500 Wellbeing Journals and activity packs to help support children and adults struggling with their mental health
- Delivered 122 one-off sports days, workshops or assemblies
- Provided volunteering opportunities for 734 people (those with and without lived experience of mental health problems), up 49% in comparison to last year

FINANCIAL REVIEW

Financial position

The Statement of Financial Activities, set out on page 10 reflects all incoming resources and expenditure in the year.

Total incoming resources for the year were £1,729,071 (2025: £1,047,137). Of this, £528,807 was restricted income.

Investment policy and objectives

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. The majority of funds are held in instant access bank accounts with HSBC, CAF, Nationwide and United Trust Bank to give the necessary flexibility to enable the Trustees to quickly respond to changes in demand for services. The charity also holds funds in an interest-bearing account - 35-day access Nationwide Account.

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FINANCIAL REVIEW

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 an operating risk reserve representing around six months operating costs as a separately identified unrestricted reserve totalling £718,205.

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 which has proven a prudent and effective course of action over the past few years.

Total reserves (unrestricted and restricted) for the year end are £1,507,383 (Prior year £1,214,721)

Going concern

At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,507,383 (2025: £1,214,721). 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.

FUTURE PLANS

The past year has been a landmark period for Sport in Mind, with demand for our services continuing to grow at local, national and international levels. The charity remains financially strong, giving us a secure platform from which to extend our reach, deepen our impact and continue transforming lives through sport and physical activity.
Over the next 12 months, we will build on this momentum by focusing on:

- forging new connections across England and Wales to reach more people and communities in need;
- placing people with lived experience of mental health problems at the heart of service design and development; and
- pursuing strategic opportunities that advance our seven-year strategy and strengthen our long-term impact.

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.

Recruitment and appointment of new trustees

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.

Organisational Structure and Decision making

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. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 9 to the accounts.

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.

Induction and training of new trustees

New Trustees receive an induction pack containing information about Sport in Mind and its work.

Key management remuneration

A staff pay structure is in place and reviewed regularly against market rates.

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STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The Board of Trustees is responsible for identifying and reviewing the risks to which the charity is exposed, and for ensuring that appropriate risk management processes are in place.
Sport in Mind's risk management process includes:
- identifying and analysing risks;
- assessing each risk by likelihood and potential impact;
- developing response strategies that consider short-, medium- and long-term outcomes; and
- setting mitigation timeframes that reflect the severity and speed of onset of each risk.

These processes are reviewed periodically to ensure they remain effective and continue to meet the needs of the charity.

Key risks

Through its risk management cycle, Sport in Mind has identified the following key areas of risk:
- securing sustainable funding and retaining key partners;
- maintaining cybersecurity;
- ensuring responsible data protection practices; and
- managing circumstances that could affect safeguarding, equality and inclusion for staff and service users.

Monitoring and mitigation

Sport in Mind regularly monitors its key risks and the mitigation actions needed to reduce exposure. This includes reviewing whether controls are effective and efficient, gathering information that can strengthen the overall risk assessment process, and improving the approach in response to events, trends and changes in the internal and external environment.

COMMENCEMENT OF ACTIVITIES

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.

Approved by order of the board of trustees on 14 / 08 / 2026 and signed on its behalf by:

.....
P McAdam - Trustee

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STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 28TH FEBRUARY 2026

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".

Charity law requires the trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under charity law the trustees must not approve the financial statements unless they are satisfied that they 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 Charities 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 and The Charity (Accounts and Reports) Regulations 2008. 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.

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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 2026 which comprise Statement of Financial Activities, Balance Sheet, Cash Flow Statement and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:
o give a true and fair view of the state of the charity's affairs as at 28 February 2026, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
o have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
o 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 auditor 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 other information comprises the information included in the Report of the Trustees, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

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 course of 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 in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:
o the information given in the trustees' report is inconsistent in any material respect with the financial statements; or
o sufficient accounting records have not been kept; or
o the financial statements are not in agreement with the accounting records; or
o we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities [set out on page 7], the trustees are responsible for the preparation of the financial statements and for being satisfied that they 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.

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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.

Auditor responsibilities for the audit of the financial statements
We have been appointed as auditor 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 an auditor's report 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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. 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 focused 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

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the FRC's website at: www.frc.org.uk/auditorsresponsibilities

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 auditor's 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.

Richardson Jones

Richardson Jones Limited (Statutory Auditor)
Eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.
Mercury House
19-21 Chapel Street
Marlow
Buckinghamshire
SL7 3HN

Date: 14-08-2026

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SPORT IN MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 28TH FEBRUARY 2026

	Notes	Unrestricted funds £	Restricted funds £	28.2.26 Total funds £	28.2.25 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	1,057,422	-	1,057,422	392,777
Charitable activities	5				
NHS		-	171,562	171,562	290,482
Local Authority		150	50,587	50,737	98,547
Public		19,950	7,350	27,300	27,500
Non Public		82,404	299,308	381,712	211,873
Other trading activities	3	6,040	-	6,040	-
Investment income	4	34,298	-	34,298	25,958
Total		1,200,264	528,807	1,729,071	1,047,137
EXPENDITURE ON					
Raising funds	6	73,138	-	73,138	58,363
Charitable activities	7				
Charitable activities		128,079	932,664	1,060,743	1,014,430
Support costs		238,995	58,404	297,399	187,127
Other		5,129	-	5,129	8,130
Total		445,341	991,068	1,436,409	1,268,050
NET INCOME/(EXPENDITURE)		754,923	(462,261)	292,662	(220,913)
RECONCILIATION OF FUNDS					
Total funds brought forward		619,960	594,761	1,214,721	1,435,634
TOTAL FUNDS CARRIED FORWARD		1,374,883	132,500	1,507,383	1,214,721

The notes form part of these financial statements

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SPORT IN MIND

BALANCE SHEET
28TH FEBRUARY 2026

	Notes	Unrestricted funds £	Restricted funds £	28.2.26 Total funds £	28.2.25 Total funds £
FIXED ASSETS					
Investments	12	45	-	45	45
CURRENT ASSETS					
Debtors	13	3,305	97,435	100,740	41,830
Cash at bank		1,424,573	169,653	1,594,226	1,239,753
		1,427,878	267,088	1,694,966	1,281,583
CREDITORS					
Amounts falling due within one year	14	(53,040)	(134,588)	(187,628)	(66,907)
NET CURRENT ASSETS		1,374,838	132,500	1,507,338	1,214,676
TOTAL ASSETS LESS CURRENT LIABILITIES		1,374,883	132,500	1,507,383	1,214,721
NET ASSETS		1,374,883	132,500	1,507,383	1,214,721
FUNDS	16				
Unrestricted funds:					
General fund				384,601	405,254
Designated funds				272,077	214,706
Operating cost reserve				718,205	-
				1,374,883	619,960
Restricted funds:					
Restricted fund				132,500	594,761
TOTAL FUNDS				1,507,383	1,214,721

The financial statements were approved by the Board of Trustees and authorised for issue on 14-08-2026 and were signed on its behalf by:

.....
P McAdam - Trustee

.....
G Newby - Trustee

The notes form part of these financial statements

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SPORT IN MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 28TH FEBRUARY 2026

	Notes	28.2.26 £	28.2.25 £
Cash flows from operating activities			
Cash generated from operations	1	320,282	(220,431)
Finance costs paid		(107)	-
Net cash provided by/(used in) operating activities		320,175	(220,431)
Cash flows from investing activities			
Interest received		34,298	25,958
Net cash provided by investing activities		34,298	25,958
Change in cash and cash equivalents in the reporting period		354,473	(194,473)
Cash and cash equivalents at the beginning of the reporting period		1,239,753	1,434,226
Cash and cash equivalents at the end of the reporting period		1,594,226	1,239,753

The notes form part of these financial statements

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NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 28TH FEBRUARY 2026

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	28.2.26	28.2.25
	£	£
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	292,662	(220,913)
Adjustments for:		
Interest received	(34,298)	(25,958)
Finance costs	107	-
Increase in debtors	(58,910)	(15,446)
Increase in creditors	120,721	41,886
Net cash provided by/(used in) operations	320,282	(220,431)

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.3.25	Cash flow	At 28.2.26
	£	£	£
Net cash			
Cash at bank	1,239,753	354,473	1,594,226
Total	1,239,753	354,473	1,594,226

The notes form part of these financial statements

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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, with the exception of investments which are included at market value.

Going Concern
At the balance sheet date, the charity had an excess of current assets over current liabilities and net assets of £1,507,383 (2025: £1,214,721). 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
Income is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured reliably. Donations and grants are recognised when receivable, except where the donor has imposed conditions that must be met before the charity is entitled to the income, in which case recognition is deferred until those conditions have been met. Income from charitable activities is recognised in the period in which the related goods or services are provided or the charity becomes entitled to the income. Investment income is recognised when receivable.

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.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

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.

Donated goods
Donated Fixed Assets are valued at £Nil due to not having any redeemable value after use and are therefore not considered for disclosure in the accounts under Fixed Assets.

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2. DONATIONS AND LEGACIES

	28.2.26	28.2.25
	£	£
Donations	1,057,422	392,777

3. OTHER TRADING ACTIVITIES

	28.2.26	28.2.25
	£	£
Shop income	6,040	-

4. INVESTMENT INCOME

	28.2.26	28.2.25
	£	£
Deposit account interest	34,298	25,958

5. INCOME FROM CHARITABLE ACTIVITIES

		28.2.26	28.2.25
	Activity	£	£
Grants	NHS	171,562	290,482
Grants	Local Authority	50,737	98,547
Grants	Public	27,300	27,500
Grants	Non Public	381,712	211,873
		631,311	628,402

6. RAISING FUNDS

Raising donations and legacies

	28.2.26	28.2.25
	£	£
Fundraising	73,138	58,363

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 8)	Totals
	£	£	£
Charitable activities	1,060,743	-	1,060,743
Support costs	-	297,399	297,399
	1,060,743	297,399	1,358,142

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8. SUPPORT COSTS

	Management	Other	Governance costs	Totals
	£	£	£	£
Support costs	277,371	8,455	11,573	297,399

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

Management

	28.2.26 Support costs	28.2.25 Total activities
	£	£
Travel and subsistence	26,606	35,166
Insurance	4,541	3,722
Training	852	4,434
IT and communications	15,222	19,646
Printing and stationery	15,100	4,473
Subscriptions and marketing	81,290	43,229
Health and safety	4,507	5,156
Consultancy	109,997	50,250
Storage	4,106	165
Sundry	8,288	2,279
Hospitality & Meeting expenses	4,987	-
Allotment Expenses	1,366	-
Volunteer costs	320	-
Bank charges	189	252
	277,371	168,772

Other

	28.2.26 Support costs	28.2.25 Total activities
	£	£
Rates and water	2,770	-
Light and heat	5,685	-
	8,455	-

Governance costs

	28.2.26 Support costs	28.2.25 Total activities
	£	£
Auditors' remuneration	6,887	5,040
Accountancy and legal fees	4,686	1,118
	11,573	6,158

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9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 28th February 2026 nor for the year ended 28th February 2025.

Trustees' expenses

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

10. STAFF COSTS

The average monthly number of employees during the period was 29 (2025: 25).

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

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	392,777	-	392,777
Charitable activities			
NHS	-	290,482	290,482
Local Authority	-	98,547	98,547
Public	-	27,500	27,500
Non Public	7,201	204,672	211,873
Investment income	25,958	-	25,958
Total	425,936	621,201	1,047,137
EXPENDITURE ON			
Raising funds	58,363	-	58,363
Charitable activities			
Charitable activities	346,246	668,184	1,014,430
Support costs	156,295	30,832	187,127
Other	8,130	-	8,130
Total	569,034	699,016	1,268,050
NET INCOME/(EXPENDITURE)	(143,098)	(77,815)	(220,913)
RECONCILIATION OF FUNDS			
Total funds brought forward	763,058	672,576	1,435,634
TOTAL FUNDS CARRIED FORWARD	619,960	594,761	1,214,721

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12. FIXED ASSET INVESTMENTS

	Shares in group undertakings £
MARKET VALUE	
At 1st March 2025 and 28th February 2026	45
NET BOOK VALUE	
At 28th February 2026	45
At 28th February 2025	45

There were no investment assets outside the UK.

13. DEBTORS

	28.2.26 £	28.2.25 £
Amounts falling due within one year:		
Trade debtors	53,803	-
Other debtors	15,000	15,000
Prepayments	6,937	1,830
	75,740	16,830
Amounts falling due after more than one year:		
Other debtors	25,000	25,000
Aggregate amounts	100,740	41,830

Within other debtors is a loan balance of £25,000 (2025: £25,000) owed by Run Talk Run, a subsidiary of Sport in Mind.

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	28.2.26 £	28.2.25 £
Trade creditors	9,792	43,103
Other creditors	19,575	17,959
Deferred income	129,689	-
Accrued expenses	28,572	5,845
	187,628	66,907

DEFERRED INCOME

	Under 1 year £	Over 1 year £	Total £
At 28.2.2025	-	-	-
Additions during the year	129,689	-	129,689
Amounts released to income	-	-	-
At 28.2.2026	129,689	-	129,689

Deferred income is money received before the charity has earned the right to recognise it as income. The above includes grants paid upfront but linked to the future delivery of services. £106,389 is restricted and £23,300 is unrestricted.

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15. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	28.2.26	28.2.25
	£	£
Within one year	3,841	3,841
Between one and five years	7,042	10,883
	10,883	14,724

The charity entered into a lease agreement for a property during the year ended 28 February 2025. The lease has a term of three years and includes an option to break annually. The lease is held at a peppercorn rent and therefore no lease payments are recognised in the Financial Statements.

A deposit of £15,000, included within other debtors, was paid in connection with this lease agreement and is expected to be recovered in full at the end of the lease term, subject to the terms of the agreement.

16. MOVEMENT IN FUNDS

	At 1.3.25	Net movement in funds	Transfers between funds	At 28.2.26
	£	£	£	£
Unrestricted funds				
General fund	411,858	790,948	(818,205)	384,601
Designated funds	208,102	(36,025)	100,000	272,077
Operating cost reserve	-	-	718,205	718,205
	619,960	754,923	-	1,374,883
Restricted funds				
Restricted fund	594,761	(462,261)	-	132,500
TOTAL FUNDS	1,214,721	292,662	-	1,507,383

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	1,200,264	(409,316)	790,948
Designated funds	-	(36,025)	(36,025)
	1,200,264	(445,341)	754,923
Restricted funds			
Restricted fund	528,807	(991,068)	(462,261)
TOTAL FUNDS	1,729,071	(1,436,409)	292,662

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16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 29.2.24 £	Net movement in funds £	Transfers between funds £	At 28.2.25 £
Unrestricted funds				
General fund	490,765	(78,907)	(6,604)	405,254
Designated funds	272,293	(64,191)	6,604	214,706
	763,058	(143,098)	-	619,960
Restricted funds				
Restricted fund	672,576	(77,815)	-	594,761
TOTAL FUNDS	1,435,634	(220,913)	-	1,214,721

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	389,264	(468,171)	(78,907)
Designated funds	36,672	(100,863)	(64,191)
	425,936	(569,034)	(143,098)
Restricted funds			
Restricted fund	621,201	(699,016)	(77,815)
TOTAL FUNDS	1,047,137	(1,268,050)	(220,913)

Designated funds
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:

	Total funds 2026 £	Total funds 2025 £
South East Programme	172,077	180,492
Crocombe Legacy	-	10,353
Bushby Legacy	-	785
South West & Wales	-	23,076
Marketing & Growth Fund	100,000	-
	272,077	214,706

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 2026 and beyond.

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16. MOVEMENT IN FUNDS - continued

South West and Wales is 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

Marketing & Growth Fund. The Board agreed to designate £100,000 of unrestricted funds for marketing in support of charity growth plans.

Restricted Funds
The balance on the restricted fund as at 28 February 2026 is represented by:

Sport in Mind had restricted funding from over 10 years ago before the charity became a CIO which was restricted for use in the South of England. This has not been used as the charity has provided services from newly secured funding over the years and so the balance on the restricted fund is £120,000.

£12,500 funding received from British Equestrian under a service level agreement. Our partnership is rooted in a simple belief: horses and movement can transform lives. By combining Sport in Mind's mental health expertise with British Equestrian's reach, knowledge, and passion for equestrian sport, we are creating more supportive, welcoming, and enjoyable opportunities for people experiencing mental health problems to engage with horses.

17. RELATED PARTY DISCLOSURES

A balance of £25,000 (2025: £25,000) was owed by Run Talk Run CIC, a subsidiary of Sport in Mind, as at 28 February 2026. The loan was non-interest bearing. During the year, the loan repayment was suspended until further notice under a clause in the agreement.

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SPORT IN MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 28TH FEBRUARY 2026

	28.2.26 £	28.2.25 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1,057,422	392,777
Other trading activities		
Shop income	6,040	-
Investment income		
Deposit account interest	34,298	25,958
Charitable activities		
Grants	631,311	628,402
Total incoming resources	1,729,071	1,047,137
EXPENDITURE		
Raising donations and legacies		
Fundraising	73,138	58,363
Charitable activities		
Wages	667,864	566,160
Social security	68,441	47,221
Pensions	21,127	18,954
Sports session costs	299,565	356,654
Equipment costs	3,746	37,638
	1,060,743	1,026,627
Other		
Rent	5,022	8,130
Interest on overdue tax	107	-
	5,129	8,130
Support costs		
Management		
Travel and subsistence	26,606	35,166
Insurance	4,541	3,722
Training	852	4,434
IT and communications	15,222	19,646
Printing and stationery	15,100	4,473
Subscriptions and marketing	81,290	43,229
Health and safety	4,507	5,156
Consultancy	109,997	50,250
Storage	4,106	165
Sundry	8,288	2,279
Hospitality & Meeting expenses	4,987	-
Allotment Expenses	1,366	-
Volunteer costs	320	-
Bank charges	189	252
	277,371	168,772

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SPORT IN MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 28TH FEBRUARY 2026

	28.2.26	28.2.25
	£	£
Management		
Other		
Rates and water	2,770	-
Light and heat	5,685	-
	8,455	-
Governance costs		
Auditors' remuneration	6,887	5,040
Accountancy and legal fees	4,686	1,118
	11,573	6,158
Total resources expended	1,436,409	1,268,050
Net income/(expenditure)	292,662	(220,913)

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