REGISTERED CHARITY NUMBER: 1186605

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

FOR

SPORTING WELLNESS

Blackthorns
Admiral House
Waterfront East
Brierley Hill
West Midlands
DY5 1XG

SPORTING WELLNESS

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SPORTING WELLNESS

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees present their report with the financial statements of the charity for the year ended 31 December 2025. 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

Who we are

Sporting Wellness is a registered charity (registered number 1186605), and we exist to raise awareness and provide support to enable positive mental health in sports people aged sixteen and above. We exist to raise funds and receive donations for the benefit of representative, semi-professional, and professional young sports people via our support system.

Operational Structure

The charity continues to operate a number of small sub-committees; Operations, Finance, Marketing and Fundraising. The minutes to these meetings are distributed to the full trustee board.
The trustees have introduced a formal protocol for items of expenditure to be agreed by trustees and the Finance subcommittee.

What we aim to do

By a combination of raising new money and prudent use of our existing reserves, Sporting Wellness provides personal mental health support provided by our Healthcare Provider Health Assured. Athletes can request access to the support system via a simple questionnaire and responses to athletes are given very quickly.

Our future plans are to continue to increase our level of fund raising so as to continue to provide this service to an increasing number of athletes across as wide a range of sports as possible, throughout the UK and Republic of Ireland. The trustees' focus is on being a direct-to-athlete support provider via direct advertising and selected social media platforms.

Public benefit

The Trustees have complied with the duty in Section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit and in planning the activities for the year, have kept this in mind.

ACHIEVEMENTS AND PERFORMANCE

How we funded our activities

We continue to raise funds via a combination of personal donations, specific fundraising activities and fundraising events, although alternative methods of funding aimed at building a more sustainable financial model were researched during the year.

FINANCIAL REVIEW

Reserves policy

The charity continues to operate a number of small sub-committees: Operations, Finance, Marketing and Fundraising. Minutes of these sub-committees are distributed to the full Trustee meeting for oversight.

All material expenditure is approved via the Finance sub-committee requiring sign off by two Trustees, to oversee that the charity operates always within its means.

Whilst we do not have a formal reserves policy, we seek to operate through the year with a cash reserve in excess of £25,000, being in excess of three months' operating costs - this level has been maintained throughout the year and through into 2025. We have no overdraft facility nor financial debts.

FINANCIAL REVIEW

Reserves

At the balance sheet date the charity had reserves of £39,867 (2024 - £32,388), of which £39,517 are unrestricted funds (£32,038).

Funds Received

During the year, funds received in the three main categories was as follows:

Private Donations 35%

Fund Raising Activities 21%

Black Tie Ball 25%

Universities 16%

Grants 3%

How we Spent Our Money

During the year, our funds were spent in the three main categories as follows:

Administration 57%

Athlete support 27%

Black Tie Ball 16%

Our Future Fund-Raising Plans

The inaugural and subsequent Black-Tie Balls have proven successful, generating significant funds to supplement donations and other events. The ball has been repeated as recently as March 2025 and reflecting on hugely positive feedback from an ever-evolving pool of attendees, we will aim to make this an annual event going forward.

The revenues sourced from provision of bespoke mental health support to young sportspeople affiliated with universities and sporting bodies continues to bring new revenues, again reducing reliance on donations.

FUTURE PLANS

Signing commercial agreements with UK universities and sporting bodies diversifies Sporting Wellness' revenue streams, with 12% of revenues coming from this source in the year, up from zero in 2022. Sporting Wellness continues to develop this revenue stream and the additional athlete support services of career and financial planning strenghthen that offering.

The charity continued to further reduce it's reliance on donations by again holding a Black Tie Ball at the Wolverhampton Wanders Molineux stadium. Whilst we didnt repeat the exceptional funds raised of the previous year, the 2024 event broadened our revenue streams adding 12% of total revenues in the year and this event has now become a fixture in the local social calendar. Note - the March 2025 Ball raised c20% more than the previous year on account of a higher number of attendees - 184 versus 162 and with half attendees new to the event.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity was set up as a Charitable Incorporated Organisation under a Constitution dated 15 May 2019.

Induction and training of new trustees

At the Trustee meeting held on 11th September 2023, the following Trustees extended their term of appointment for an additional two years - Antony Lea, David Middleton, Christopher Palmer to 26th November 2025 and Zoe Smeed to 1st October 2025.

Christopher Palmer's appointment as Chair runs for a three year term to November 2025.

In the current year, succession planning will be on the agenda of relevant Trustee meetings.

Key management remuneration

Callum Lea became the CEO of the charity on 11th May 2022. During the year ended 31 December 2025 remuneration was paid to him of £3,495 (2024 - £13,719) and expenses were re-imbursed during the year of £71.98 (2024 - £147)

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1186605

Principal address

4 The Appleyard
Dean Street
Brewood
Staffordshire
ST19 9EN

Trustees

A E Lea
C Palmer
D Middleton
Ms Z M Smeed

Independent Examiner

Blackthorns
Admiral House
Waterfront East
Brierley Hill
West Midlands
DY5 1XG

DONATION DETAILS

https://www.sportingwellness.org/donate/

Approved by order of the board of trustees on 7/9/2026 and signed on its behalf by:



A E Lea - Trustee

SPORTING WELLNESS

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted fund £	Restricted fund £	31.12.25 Total funds £	31.12.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		80,129	-	80,129	82,265
Investment income	3	122	-	122	-
Total		80,251	-	80,251	82,265
EXPENDITURE ON					
Raising funds		55,595	-	55,595	54,331
Charitable activities					
Provision of therapy		17,177	-	17,177	19,800
Total		72,772	-	72,772	74,131
NET INCOME		7,479	-	7,479	8,134
RECONCILIATION OF FUNDS					
Total funds brought forward		32,038	350	32,388	24,254
TOTAL FUNDS CARRIED FORWARD		39,517	350	39,867	32,388

The notes form part of these financial statements

SPORTING WELLNESS

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2025

	Notes	Unrestricted fund £	Restricted fund £	31.12.25 Total funds £	31.12.24 Total funds £
CURRENT ASSETS					
Debtors	7	2,724	-	2,724	1,671
Cash at bank		38,243	350	38,593	32,082
		40,967	350	41,317	33,753
CREDITORS					
Amounts falling due within one year	8	(1,450)	-	(1,450)	(1,365)
NET CURRENT ASSETS		39,517	350	39,867	32,388
TOTAL ASSETS LESS CURRENT LIABILITIES		39,517	350	39,867	32,388
NET ASSETS		39,517	350	39,867	32,388
FUNDS	9				
Unrestricted funds				39,517	32,038
Restricted funds				350	350
TOTAL FUNDS				39,867	32,388

The financial statements were approved by the Board of Trustees and authorised for issue on 7/9/2026 and were signed on its behalf by:

A E Lea - Trustee

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

1. CIO INFORMATION

Sporting Minds UK was registered as a Charitable Incorporated organisation on 26 November 2019 and is governed by a constitution dated 15 May 2019. The charity is registered in England and Wales with The Charity Commission, registered number 1186605. The charity's principal address is 4 The Appleyard, Dean Street, Brewood, Staffordshire, ST19 9EN.

2. 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.

The financial statements are prepared in Sterling and are rounded to the nearest £1.

Financial reporting standard 102 - reduced disclosure exemptions
The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

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 below:

The Fitton Trust -

The funds are provided to enable the production of ambassador publicity campaigns.

2. ACCOUNTING POLICIES - continued

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.

Going Concern
The trustees have, at the time of approving the financial statements, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future, thus they have adopted the going concern basis of accounting in preparing these financial statements.

Financial instruments
Basic financial liabilities, including trade and other debtors and creditors, bank loans and other loans are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts or payments discounted at a market rate of interest.

3. INVESTMENT INCOME

	31.12.25	31.12.24
	£	£
Deposit account interest	122	-

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

Expenses in respect of travel costs were reimbursed to a trustee in the year ended 31st December 2025 of £53.(2024 - £167)

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.25	31.12.24
Trustees	4	4
Volunteers	1	1
	5	5

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

The volunteer assists with organisation of the charity's largest fundraising event, the annual ball.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	82,265	-	82,265
EXPENDITURE ON			
Raising funds	54,331	-	54,331
Charitable activities			
Provision of therapy	19,800	-	19,800
Total	74,131	-	74,131
NET INCOME	8,134	-	8,134
RECONCILIATION OF FUNDS			
Total funds brought forward	23,904	350	24,254
TOTAL FUNDS CARRIED FORWARD	32,038	350	32,388

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.25 £	31.12.24 £
Prepayments	2,724	1,671

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.25 £	31.12.24 £
Taxation and social security	-	15
Other creditors	1,450	1,350
	1,450	1,365

9. MOVEMENT IN FUNDS

	At 1.1.25 £	Net movement in funds £	At 31.12.25 £
Unrestricted funds			
General fund	32,038	7,479	39,517
Restricted funds			
The Fitton Trust	350	-	350
TOTAL FUNDS	32,388	7,479	39,867

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	80,251	(72,772)	7,479
TOTAL FUNDS	80,251	(72,772)	7,479

Comparatives for movement in funds

	At 1.1.24 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	23,904	8,134	32,038
Restricted funds			
The Fitton Trust	350	-	350
TOTAL FUNDS	24,254	8,134	32,388

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,265	(74,131)	8,134
TOTAL FUNDS	82,265	(74,131)	8,134

9. MOVEMENT IN FUNDS - continued

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

	At 1.1.24 £	Net movement in funds £	At 31.12.25 £
Unrestricted funds			
General fund	23,904	15,613	39,517
Restricted funds			
The Fitton Trust	350	-	350
TOTAL FUNDS	24,254	15,613	39,867

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 £
Unrestricted funds			
General fund	162,516	(146,903)	15,613
TOTAL FUNDS	162,516	(146,903)	15,613

The Fitton Trust -

The Fitton Trust have provided grants to enable the making of ambassador films.

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2025.

SPORTING WELLNESS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2025

	31.12.25 £	31.12.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	61,368	82,265
Counselling	12,761	-
Grants	6,000	-
	80,129	82,265
Investment income		
Deposit account interest	122	-
Total incoming resources	80,251	82,265
EXPENDITURE		
Raising donations and legacies		
Wages	3,495	13,719
Pensions	58	224
Insurance	792	771
Postage and stationery	-	209
Sundries	3	2
Advertising and promotion	16,982	22,385
Legal and professional fees	1,521	1,829
Computer and website costs	10,148	1,288
Administration services	22,596	13,904
	55,595	54,331
Charitable activities		
Therapy fees	17,177	19,800
Total resources expended	72,772	74,131
Net income	7,479	8,134