Charity registration number: 1190604

Athletic Minds Foundation

TRUSTEES' REPORT AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 December 2024

Taxvise Ltd
Chartered Certified Accountants
169 Blackmoorfoot Road, Huddersfield, HD4 5AP

Athletic Minds Foundation
Contents

	Page
Trustees' Report	1—5
Independent Examiner's Report	6
Statement of Financial Activities	7
Statement of Financial Position	8
Notes to the Financial Statements	9—11

The trustees present their report and the financial statements for the year ended 31 December 2024

Reference and administrative details of the charity, its trustees and advisors

The names below are carried forward from the charity's 2023 Trustees' Report, as a starting point for the 2024 report.

Sandra Breen resigned on 7 November 2023 and is included for historical reference only. The trustees serving during 2024, and any subsequent changes, should be checked against the charity's records before approval.

Trustee Name	Position	Dates / changes
Sandra Breen	Former Chair	Resigned 7 November 2023
Dr Andre Brittain-Dissont	Chair	Appointed Chair during January 2024
Jenni Platt	Trustee	Appointed 3 March 2023
Owen Keith Hall	Trustee	Appointed 3 March 2023
Craig Cornick	Trustee	Appointed 7 November 2023
Alistair James Eastwood	Trustee	Appointed 7 November 2023

Charity number

The charity is registered with the Charity Commission for England and Wales under charity number 1190604, having been registered on 28 July 2020.

Principal address

Unit 16e Victoria Road

Sowerby Bridge Business Park Gate 2

Sowerby Bridge, HX6 3AE

Bankers

HSBC UK Bank plc

1 Centenary Square

Birmingham, B1 1HQ

Independent examiner

Muhammad Mujahid

Taxvise Ltd

169 Blackfoot Road, Huddersfield, HX4 5AP

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO), formed on 28 July 2020, and is governed by a constitution adopted on that date.

The trustees are responsible for the overall direction, governance and management of the charity and for ensuring that its work remains consistent with its charitable objects.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the Annual General Meeting, in accordance with the governing constitution.

Changes in leadership

The transition in the charity's leadership was completed in early 2024, when Dr Andre Brittain-Dissont assumed the role of Chair following the departure of Sandra Breen, whose resignation as Chair had taken place in November 2023.

The appointment of the new Chair was undertaken in accordance with the charity's governing rules and the relevant procedures. The trustees wish to record their appreciation for Sandra's leadership and contribution to the charity and extend their best wishes to her for the future.

Change of charity name

In January 2024, the charity changed its name from Get Fit for Mental Wellness to Athletic Minds Foundation. The former name had served the organisation well in its formative years, but the trustees considered it increasingly lengthy and not fully reflective of the breadth of mental health support being offered.

The new name was intended to be more concise and memorable, while also providing a stronger connection with the world of sport and physical activity. It offered a suitable identity for the charity's ambition to develop relationships with athletes who might, in future, support its work as ambassadors. The change of name did not alter the charity's underlying purposes or its commitment to mental health and wellbeing.

Banking arrangements

During October and November 2024, the charity made arrangements to change its bankers. This followed the withdrawal of the charity banking service provided by its previous bank, which meant that an alternative account was required.

A new business banking account was opened with HSBC UK Bank plc to support the continued administration of the charity's finances. The change was an administrative necessity and formed part of the trustees' ongoing responsibilities for the orderly management of charitable funds.

Objectives and activities

The charity's objects

To promote and protect the physical and mental health and wellbeing of the public by the provision of a programme of education and support

The charity's main activities

We are a charity committed to changing lives and challenging the stigma around mental health. We continue to offer free weekly sessions, including a Wednesday drop-in hub and a range of Sunday

groups, such as the Scammonden Steps challenge, through which people can come together to improve their mental wellbeing. Activities can be accessed in person or online, as appropriate, and the Sunday groups take place in locations in and around the UK. Regular online drop-in sessions also form part of our provision.

Public benefit statement

The trustees have considered the charity commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Achievements and performance

Athletic Minds Foundation remains committed to promoting mental wellbeing and helping to reduce the stigma associated with mental health difficulties. Over the course of the year ending 2024, the charity continued to deliver its established programmes of support and regular community activities. These provided opportunities for individuals to access psychological support, build supportive relationships and take part in activities that promote both physical and emotional wellbeing.

Against a backdrop of organisational change and increasing pressure on the charity's premises, the emphasis throughout the year remained on continuity of service and the needs of the people who use it.

Programmes & Impact

The charity continued to provide its established eight-week programme of psychological support during 2024. Further eight-week mental health programmes were delivered throughout the year, giving participants a structured period of support and an opportunity to engage with approaches intended to improve psychological wellbeing and everyday coping. This programme remains an important part of the charity's offering and complements the less formal support available through the weekly groups and drop-in activities.

As in preceding years, the charity continued to assess the impact of its work using recognised measures, including the Patient Health Questionnaire (PHQ-9) and CORE outcome measures. The results achieved during 2024 were again positive and broadly comparable with the strong outcomes recorded previously. This was encouraging for the trustees and supported the value of continuing to offer structured programmes alongside the wider range of community activities.

Weekly Wellness Services

Throughout the year, the charity maintained a programme of weekly groups and activities that brought people together in a supportive, welcoming environment. For many participants these sessions offered not only a reason to attend the centre but also regular contact with others, shared experience and the reassurance of belonging to a community. Maintaining this consistent timetable remained an important element of the charity's wider approach to mental wellbeing.

Sunday Steps Challenge

The Sunday Steps challenges continued during 2024 and remained a valued part of our activities. By combining walking and physical exercise with the opportunity to meet and talk with others, the challenges provide an additional layer of informal support for service users. The social contact and sense of shared purpose associated with the events are as important as the physical activity itself, helping participants to build and maintain connections beyond the more formal programmes.

Other regular activities

The charity also continued to offer yoga classes, sound-bath sessions, Tai Chi and Boxercise throughout the year. These different activities provided a variety of ways for individuals to participate, whether through gentler exercise and relaxation or more energetic group sessions. Taken together, they contributed to the centre's established atmosphere of encouragement, regular social contact and mutual support. Physical activity remained one useful means of promoting wellbeing, while being part of a broader service that continues to place mental health at its centre.

Volunteers

We remain deeply indebted to the volunteers who give so generously of their time to Athletic Minds Foundation. Many receive no payment beyond reimbursement of their expenses, yet their contribution is central to the day-today work of the charity. Whether helping with groups, welcoming people to the centre, offering practical assistance or providing a listening ear, volunteers help create the particular warmth, familiarity and sense of trust that make the centre what it is.

Their generosity and commitment provide continuity for our service users and are an essential part of the atmosphere of care and support that has developed over time. The trustees extend their sincere thanks to everyone who has contributed during the year.

Looking to 2025

Towards the end of 2024, it became increasingly difficult to maintain the charity's activities at its existing premises. Restrictions imposed by the landlord, together with rising operating costs, placed greater pressure on the charity's ability to provide its established services in a practical and financially sustainable way. The trustees therefore began exploring alternative premises that could offer a more suitable base for the charity's activities.

A potential new home was identified at the Music Centre in Halifax, and the charity intends to relocate there during 2025, subject to the arrangements necessary to complete the move. This proposed relocation offers an opportunity to preserve the core services while reviewing how the charity can best use its resources and continue to provide an accessible, supportive environment for people seeking mental health and wellbeing support. A central priority for the year ahead will be to manage the transition carefully and maintain continuity for service users wherever possible.

Conclusion

The year ended 31 December 2024 was one of both continuity and change for Athletic Minds Foundation. Our eight-week mental health programmes, weekly support groups and community activities continued to provide important opportunities for engagement and wellbeing. At the same time, the adoption of the charity's new name, a change in leadership, a necessary banking transition and the prospect of a move to alternative premises marked a period of organisational development and adjustment.

The trustees remain committed to the charitable objects on which the organisation was founded and to the responsible stewardship of the resources entrusted to it. We are grateful to the people

who use our services, to our volunteers and supporters, and to everyone who has played a part in enabling the charity to continue its work.

Our focus in 2025 will be on ensuring that this work remains sustainable and that the supportive community built around the charity can continue to develop.

The trustees' report was approved by the board of trustees and signed on its behalf by:



Dr Andre Brittain-Dissont
Trustee
30 October 2026

Athletic Minds Foundation
Independent Examiner's Report to the Trustees [redacted]
for the Year Ended 31 December 2024

I report to the trustees on my examination of the accounts of Athletic Minds Foundation (the Trust) for the year ended 31 December 2024.

Responsibilities and Basis of Report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and contents of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

During the course of my examination, I was not provided with some statements or supporting records for certain bank accounts held by the charity and the trustees confirmed the year end balance was unmoved for the period.

Based on the information made available to me, the trustees have advised that the missing statements are not considered material to the charity's financial position or activities for the year ended 31 December 2024.

However, I have been unable to independently verify the balances and transaction relating to this account. Accordingly, my examination in respect of these accounts has been limited by the information provided.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Muhammad Mujahid FCCA

30 October 2026

Taxvise Ltd

169 Blackfoot Road

Huddersfield, HX4 5AP

Athletic Minds Foundation
Statement of Financial Activities
for the Year Ended 31 December 2024

	Notes	Unrestricted Funds	Restricted Funds	Year Ended 31-Dec-24 Total Funds	Year Ended 31-Dec-23 Total Funds
		£	£	£	£
Income and endowments from:					
Donations and Legacies	4	50,120	-	50,120	117,030
Investments		-	-	-	-
Total income		**50,120**	**-**	**50,120**	**117,030**
Expenditure on:					
Raising funds	5	(1,209)	-	(1,209)	(8,738)
Charitable activities	5	(36,045)	(30,702)	(66,746)	(85,326)
Total expenditure		**(37,254)**	**(30,702)**	**(67,956)**	**(94,064)**
Net income for the year		12,866	(30,702)	(17,835)	22,966
Transfers between funds	7	(10,405)	10,405	-	-
Net movement in funds		**2,462**	**(20,297)**	**(17,835)**	**-**
Reconciliation of funds:					
Total funds brought forward		12,081	20,297	32,378	9,412
Total funds carried forward		**14,543**	**-**	**14,543**	**32,378**

The notes on pages 9 to 11 form part of these financial statements.

Athletic Minds Foundation
Statement of Financial Position
as at 31 December 2024

	Notes	Year Ended 31-Dec-24 Total Funds	Year Ended 31-Dec-23 Total Funds
		£	£
Fixed assets			
Investments		-	-
Tangible assets		-	-
Total fixed assets		-	-
Current assets			
Stocks		-	-
Debtors		-	-
Cash at bank and in hand		16,343	32,678
Total current assets		16,343	32,678
Creditors			
amounts falling due within one year	6	(1,800)	(300)
Net current assets		14,543	32,378
Net assets		**14,543**	**32,378**

The total net assets of the charity are funded by the funds of the charity, as follows:-

Unrestricted Funds	7	14,543	12,081
Restricted Funds	7	-	20,297
Total Charity Funds		**14,543**	**32,378**

The financial statements were approved by the Board of Trustees on 30 October 2026 and were signed on its behalf by:



Dr Andre Brittain-Dissont
Trustee
30 October 2026

The notes on pages 9 to 11 form part of these financial statements.

1. General Information

Athletic Minds Foundation is a Charitable Incorporated Organisation (CIO), formed on 28 July 2020, and is governed by a constitution adopted on that date. The charity is registered with the Charity Commission for England and Wales under charity number 1190604, having been registered on 28 July 2020.

The principal address is Unit 16e Victoria Road, Sowerby Bridge Business Park Gate 2, Sowerby Bridge, HX6 3AE.

2. Statement of Compliance

The financial statements 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.

3. Accounting Policies

3.1. Basis of Preparation of Financial Statements

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis. There has been no change to the accounting policies since last year. No changes have been made to the accounts for previous years.

3.2. Incoming Resources

Incoming includes donations and fundraising activities.

3.3. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

4. Income from Donations and Legacies

	Unrestricted Funds	Restricted Funds	Year Ended 31-Dec-24	Year Ended 31-Dec-23
	£	£	£	£
Donations	39,015		39,015	10,264
Organisational grants	11,105	-	11,105	106,766
	50,120	**-**	**50,120**	**117,030**

5. Total charity resources expended

5a. Cost of raising funds

	Unrestricted Funds	Restricted Funds	Year Ended 31-Dec-24	Year Ended 31-Dec-23
Volunteer Expenses	1,209	-	1,209	7,398
Marketing	-	-	-	3,719
	1,209	**-**	**1,209**	**11,117**

5b. Cost of charitable activities

	Unrestricted Funds	Restricted Funds	Year Ended 31-Dec-24	Year Ended 31-Dec-23
Project Delivery	-	30,702	30,702	50,710
Staff Costs	10,975	-	10,975	13,028
Professional Fees	8,970	-	8,970	-
Finance & Governance	1,841	-	1,841	372
General & Office Costs	14,259	-	14,259	18,837
	36,045	**30,702**	**66,746**	**82,947**

6. Creditors: Amounts Falling Due Within One Year

	Year Ended 31-Dec-24	Year Ended 31-Dec-23
	£	**£**
Accruals and deferred income	1.800	300

7. Reconciliation of funds

	Unrestricted Funds	Restricted Funds	Year Ended 31-Dec-24	Year Ended 31-Dec-23
	£	**£**	**£**	**£**
Accumulated funds b/f	12,081	20,297	32,378	9,412
Total Income for the year	50,120	-	50,120	117,030
Total Expenditure for the year	(37,254)	(30,702)	(67,956)	(94,064)
Transfers	(10,405)	10,405	-	-
Closing revenue funds c/f	**14,543**	**-**	**14,543**	**32,378**

8. Analysis of net assets between funds

Analysis of net Assets	Unrestricted Funds	Restricted Funds	Year Ended 31-Dec-24	Year Ended 31-Dec-23
Tangible Assets	-	-	-	-
Current Assets	16,343	-	16,343	32,678
Creditors	(1,800)	-	(1,800)	(300)
Net Assets	**14,543**	**-**	**14,543**	**32,378**

9. Average Number of Employees

Average number of employees during the year was: Nil (2023: Nil)

10. Ultimate controlling party

The charity is under the control of its legal members.

11. Related party disclosures

There were no related party transactions for the year ended 31 December 2024 (2023: Nil). There were no trustees' remuneration or other benefits for the year ended 31 December 2024 (2023: Nil).

12. Comparatives for the statement of financial activities

	Unrestricted Funds	Restricted Funds	Year Ended 31-Dec-23 Total Funds
	£	£	£
Income and endowments from:			
Donations and legacies	21,193	95,837	117,030
Investments	-	-	-
Total income	**21,193**	**95,837**	**117,030**
Expenditure on:			
Raising funds	(3,378)	(7,739)	(11,117)
Charitable activities	(7,552)	(75,395)	(82,947)
Total expenditure	**(10,930)**	**(83,134)**	**(94,064)**
Net income for the year	10,263	12,703	22,966
Transfers between funds	-	-	-
Net movement in funds	**10,263**	**12,703**	**-**
Reconciliation of funds:			
Total funds brought forward	1,818	7,594	9,412
Total funds carried forward	**12,081**	**20,297**	**32,378**