

SPORTS MENTAL HEALTH NI

Suicide Prevention Offering Recovery Through Sport

Annual Report and Audited Financial
Statements for the Year Ended 31st March
2024



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LEGAL AND ADMINISTRATION INFORMATION

SPORTS Mental Health NI (Suicide Prevention Offering Recovery Through Sport) is a charity registered with the Northern Ireland Charity Commission.

Trustees (who are also Directors for Companies House purposes)

Mr T. J. Young (Appointed October 2021)

Mr Paul Magee (Appointed October 2021)

Ms Tricia McKee (Appointed October 2021)

Mr Alan Robinson (Appointed October 2021)

Mr Christopher Scott (Appointed October 2021)

Mr Dean Gordon (Appointed October 2021)

Mr Ryan Rice (Appointed October 2021)

Company Secretary Ms Tricia McKee

Charity Number NIC108221

Principal Address 8 Vermont Avenue
Conlig
Newtownards
BT23 7PF
Northern Ireland

Bankers Ulster Bank NI
22 Frances Street
Newtownards
BT23 3DP

Independent Examiner Maeve Killingbeck
For and on behalf of
North Down Community Network
5 Castle Park Road
Bangor
BT20 4TF

FORWORD

SPORTS Mental Health NI – Annual Update

SPORTS – Suicide Prevention Offering Recovery Through Sport was founded in October 2018 at 1st Bangor Football Club by Team Manager TJ Young and Club Chairman Christopher Scott. After successfully establishing ourselves as a mental health initiative, we evolved into a registered charity in October 2021, rebranding as SPORTS Mental Health NI – Suicide Prevention Offering Recovery Through Sport. This name change was intended to provide a clearer identity as a dedicated mental health organisation.

As an established mental health charity, our primary objectives focus on raising awareness of mental health and suicide prevention. We achieve this through our social media platforms and active participation in community projects.

Mental Health Training and Future Plans

During this financial year, we faced challenges in delivering our mental health training sessions. Many of the football clubs that comprise a significant portion of our membership are now engaged in completing a Club Accreditation Award, which requires attendance at Irish Football Association (IFA)-led mental health awareness sessions.

While the IFA's *Ahead of the Game* programme is an excellent introduction to mental health awareness and a positive step forward, it has necessitated a reassessment of our training approach and target audience. Our Training Coordinator, Andrea Kearns, has proposed several new ideas, and we look forward to developing these initiatives further in the coming months.

Key Projects: Mental Health Awareness at Bangor FC

One of our major achievements this year was the successful implementation of a mental health awareness campaign at Bangor FC. As a forward-thinking club committed to supporting its members and promoting positive mental health, Bangor FC provided an ideal platform for our initiative. We were proud to contribute by installing mental health signage in the home changing room, reinforcing our charity's presence while reaching a broad audience of players throughout the season.

Beyond Bangor FC, the club's facilities are utilised by The South Belfast Youth League and various school football associations. We are deeply grateful to the Bangor FC board for allowing us to use their changing rooms as a focal point for mental health awareness.

Financial Support and Community Contributions

This year, we were unable to secure government grants. However, we are incredibly grateful for the generous donations from individuals who have supported our cause. Their contributions have been instrumental in sustaining our counselling and therapy sessions, which remain a core component of our mission. On behalf of myself and the entire team, we extend our heartfelt thanks to everyone who has contributed.

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Conclusion

Despite the challenges faced this year, we take great pride in the increased delivery of counselling sessions. This highlights both the positive impact of our work and the significant demand for mental health support within the community. Moving forward, we remain committed to expanding our outreach, refining our training initiatives, and continuing to provide essential mental health services to those in need.

I want to thank all the Trustees for your continued commitment and support and I look forward to what we can deliver on in 2024/2025.

Thank you

TJ Young
Chairperson
SPORTS Mental Health NI
Suicide Prevention Offering Recovery Through Sport

**Trustees Annual Report (incorporating the Directors Report)
Year ended March 2024**

The Trustees, who are also the directors for the purpose of company law, present their report and the unaudited financial statements of the charity for the year ending March 2024

Structure Governance and Management

The charity is a company limited by guarantee with charitable status granted by HM Revenue and Customs. The company is registered with the Charity Commission for Northern Ireland under membership number NIC108221.

It is managed by a board of Directors (or Trustees) who are listed below. All Trustees are volunteers and there are no paid employees of the charity.

<i>TJ Young</i>	<i>Alan Robinson</i>	<i>Christopher Scott</i>
<i>Dean Gordon</i>	<i>Tricia McKee</i>	<i>Ryan Rice</i>

Introduction: As trustees of SPORTS Mental Health NI, we are pleased to present our annual report for the financial year ending 31st March 2024.

This report aims to provide our stakeholders with an overview of the charity's activities, achievements, financial performance, and future outlook.

Vision and Objectives: SPORTS Mental Health NI are committed to empowering sports clubs to promote mental health and well-being amongst their members and communities.

We do this through:

1. Mental Health & Suicide Awareness
2. Personal & Community Development.
3. Accessing Support

Activities and Achievements: During the past year, SPORTS Mental Health NI has continued to do great work carrying on the theme of last year. Some key highlights included.

- **Mental Health Awareness Campaigns.** We have continued to promote our work more on our social media platforms. We have grown our followers and increased our outreach.

In 2023 we delivered and completed our Mental Health Awareness campaign with Bangor FC. Last year we had worked alongside youth teams at Bangor FC and other local football clubs by creating a piece of art that is now a permanent fixture in the Home end of the stand behind the goal. This was warmly appreciated by the club.

We took our efforts a step further by focusing on the home changing rooms, where we have designed and displayed signage to raise awareness—not only for our own charity but also for other vital mental health services. This initiative is a significant milestone for us, as it allows us to connect directly with players and promote mental health awareness in a meaningful way.

The Bangor FC changing rooms are used not only by the club itself but also by the South Belfast Youth League and other leagues. By placing our awareness signage here, we are maximising our reach, ensuring that countless players have access to important mental health information. The potential impact of this outreach is truly invaluable.



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- **Mental Health & Suicide Awareness Training –**

We have not been delivering on one of our key objectives this year and that is around the Mental Health training that has been successful in previous years. The reason for this is that the IFA and other sporting bodies have been inundating clubs with a new Mental Health "Ahead of the Game" programme and we felt that clubs should focus on attending this as part of their Club Accreditation award but we still feel we have a lot to offer in this regard going forward.

Talks are ongoing with our Training co-ordinator Andrea Kearns and we would hope we can get out again delivering Mental Health Training.

Counselling and Therapy: Through our network of licensed therapists and counsellors, we offered counselling sessions to individuals facing mental health challenges, ensuring access to quality care regardless of financial constraints. We have once again managed to fund over 150 counselling sessions that were referred to us from as many as 20 different separate sports club members. This shows that we are still supporting vulnerable individuals from sports clubs, and we feel that this once again shows there is a demand for such services. During times when the government funding is becoming increasingly difficult to avail of, community groups like us are vital to help the growing crisis our society is facing.

Financial Performance: Financial transparency and accountability are core principles of SPORTS Mental Health NI. We are pleased to report that our financial performance remained strong during the fiscal year. Key financial highlights include:

1. **Total Expenditure** Total funds generated during the financial year, including donations, grants, and fundraising events.
2. **Program Expenses:** We remain committed to supporting 1st Bangor Over 35's as they continue playing charitable football matches with the sole purpose of raising mental health awareness.

This year, we purchased new polo shirts and footballs for the players to use throughout their season. We believe this partnership is highly valuable, as it not only helps raise awareness of our own charity but also supports fundraising efforts for other mental health organizations throughout the football season.

The investment in the Bangor FC changing rooms has been more than worthwhile. Beyond increasing exposure for our charity, the most important impact has been our ability to reach and support a wide audience, maximizing our outreach to those who may need it most.

Lastly, we are incredibly grateful for the generosity shown by so many individuals and groups. Donations play a crucial role in sustaining our charity, and we deeply appreciate every contribution made throughout the year.

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Overall, we believe the majority of our funds have been well spent, aligning with our core mission to raise awareness of mental health and suicide prevention.

3. **Administrative Costs:** Administrative expenses were kept to a minimum. A decision was made to purchase an additional laptop so that Tricia as secretary can make use of it for charitable work. This has still not yet been purchased. Printing Costs for materials have been the biggest cost to the charity.

Future Outlook: Looking ahead SPORTS Mental Health NI remains committed to expanding its reach and impact in the field of mental health. We will continue to prioritise the following areas:

1. Increase our Membership – Sports Clubs. We aim to do a promotional drive to encourage further engagement with sports clubs.
2. Partnerships and Collaborations: Strengthening partnerships with local organisations, mental health professionals, and community leaders will be essential to enhance the effectiveness of raising funds and delivering on our overall objectives.
3. Mental Health Training: Continue to deliver as many Mental Health and Suicide Awareness training sessions to as many clubs as possible during the next year.

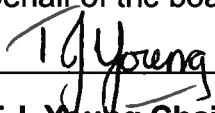
Conclusion:

In conclusion, we extend our sincere thanks to those who have contributed to our successes this year. We want to thank all those sports clubs who got involved in any way with our charity.

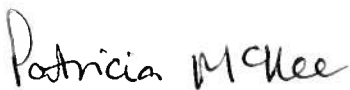
Special thanks to Bangor FC and 1st Bangor FC Over 35's Team who allow us access to their clubs as a vehicle to raise awareness but also to acknowledge our appreciation of the great work they are doing within their clubs.

We want to thank those who have made donations and volunteered their services to us in any capacity this year. Thank you to the trustees for their unwavering support and dedication to SPORTS Mental Health NI and delivering on our overall objectives. Together, we will continue to make a positive impact in the lives of those affected by mental health challenges.

The trustees annual report was approved on 25th February 2025 and signed off on behalf of the board of Trustees by :



T.J. Young Chairman
SPORTS Mental Health NI
Suicide Prevention Offering
Recovery Through Sport



Tricia McKee Secretary
SPORTS Mental Health NI
Suicide Prevention Offering
Recovery Through Sport