

Charity Number SC047221

CHRIS MITCHELL FOUNDATION

REPORT

AND

FINANCIAL STATEMENTS

31 MARCH 2018

DICKSON MIDDLETON
CHARTERED ACCOUNTANTS
STIRLING BONNYBRIDGE AUCHTERARDER
THE UK 200 GROUP
PRACTISING CHARTERED ACCOUNTANTS

CHRIS MITCHELL FOUNDATION

YEAR ENDED 31 MARCH 2018

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CHRIS MITCHELL FOUNDATION

Report of the Trustees

Reference and Administrative Details

Charity name Chris Mitchell Foundation

Registered number SC047221

Registered address 43 Bogend Road
Bannockburn
Stirling
FK7 8QB

Trustees:

Laura Mitchell (appointed 6 March 2017)
Philip Mitchell (appointed 6 March 2017)
Louise Rooney (appointed 6 March 2017)
Joyce Kirk (appointed 24 June 2017)
Vanessa Kirk (appointed 28 January 2018)

Bankers Bank of Scotland plc
PO Box 1000
BX2 1LB

Independent examiner Craig Clinton CA
Dickson Middleton
Chartered Accountants
20 Barton Street
Stirling
FK8 1NE

CHRIS MITCHELL FOUNDATION

Report of the Trustees (continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a Scottish Charitable Incorporated Organisation (SCIO) which was established on 6 March 2017.

The members of the SCIO are also the trustees. Trustees are appointed from time to time by majority vote and consist of not less than 3 and not more than 9 members at any time.

OBJECTIVES AND ACTIVITIES

The charity's objectives and principal activities throughout the financial year were to promote the advancements of mental health and wellbeing in Scottish football and to raise awareness for the benefit of players, ex-players and staff connected to professional Scottish football clubs; including those clubs within the Scottish Professional Football League, the Scottish Highland League, the Scottish Lowland League, the Scottish Women's Premier League and associated youth academies.

The vision, mission and values statements for the charity are as follows:

Our Vision

Our vision is to dispel the stigma associated with mental health in Scottish professional football and for it to be integrated into physical health and fitness training programmes.

Our Mission

The Chris Mitchell Foundation will bring to the forefront the need for the awareness of mental health and wellbeing within the Scottish professional football industry, by sharing knowledge and skills and improve learning, forging cohesive and sustainable partnerships, connecting and supporting service users and campaigning to raise awareness on a national scale.

Our Values

- We convey passion
 - We have a vested interest in the cause we represent.
 - We want to support people that really need it.
- We advocate empathy
 - We are considerate of the thoughts, feelings, experiences and attitudes of others.
 - We want those who need it to feel supported and listened to.
- We value quality
 - We want to provide the right service, as well as understand and respond to individuals' needs.
- We act with integrity and transparency
 - We are open and honest in our work.
 - We share and evidence our progress.
- We respect confidentiality and are non-judgemental
 - We treat individuals with dignity and recognise their vulnerability.
 - We understand the importance of confidentiality and conduct our work accordingly.

CHRIS MITCHELL FOUNDATION

Report of the Trustees (continued)

ACHIEVEMENTS AND PERFORMANCE

The current strategic plan for the period 1 May 2017 – 30 April 2020 remains in place and it sets out our key aims and targets.

The key objectives of the Chris Mitchell Foundation are:

- Educating and Enabling
- Connecting and Supporting
- Engaging and Influencing
- Supporting Life After Football

Specific activities in the financial year included:

- Establishing a strong working partnership with The Scottish Professional Football League Trust (SPFL Trust) and Positive Mental Health Scotland to fund the delivery of free bespoke Mental Health First Aid (MHFA) training to club representatives from the Scottish Premier Football League (SPFL), Highland and Lowland Football League, Women's Premier League and Youth Academies.
- Funding the delivery of eight two-day MHFA training courses between September 2017 to May 2018, which trained 114 people across 53 organisations and contributed to 40 of the 42 SPFL clubs now having a staff member trained in MHFA.
- Entering into a tri-partite agreement with the Professional Football Association (PFA) and the Professional Football Association Scotland (PFA Scotland) to establish the Chris Mitchell Scholarship Programme to look after the players wellbeing and mental health by providing courses to help them prepare for the transition from football to the workplace. This included part-funding a fully accredited IT Skills Course for 10 players currently playing within the SPFL.
- Hosting a charity fundraising event to launch the charity on in September 2017 attended by approximately 250 members of the public.
- Engaging with Breathing Space Scotland to establish a working relationship with the purpose of hosting joint fundraising events and awareness campaigns.
- Taking part in a BBC Documentary: Trust Me I'm A Doctor, which aired on Wednesday 24 January 2017 and highlighted the MHFA campaign.
- Supporting two fourth year university students in the making of their documentaries both focusing on the issues surrounding mental health of footballers in the professional game.
- Participating in a number of high profile national media and newspaper interviews promoting the work of the foundation and the importance of positive mental health and wellbeing.
- Working with a number of local secondary schools to highlight Chris' story and the work of the foundation as part of their "mental health week" campaigns.
- Receiving recognition from the Scottish Parliament for the work of the foundation by the way of a Parliamentary Motion raised by Annie Wells MSP and supported by 16 other cross-party members.

CHRIS MITCHELL FOUNDATION

Report of the Trustees (continued)

The Chris Mitchell Foundation does not receive government funding or external grant funding. We depend solely on the generosity of the public by way of private donations and fundraising at a level sufficient to meet current activity levels. Some of the fundraising activities have included:

- The Great Scottish 10 k Run
- A Charity Raffle by Students of Glasgow Caledonian University
- The Stirling Scottish Marathon
- Lands' End to John O'Groats Charity Cycle Ride
- 50 in 50 Challenge
- SPFL Trust Golf Day
- Scottish FA Referee Association and Equity Bairns Charity Auctions
- Dunblane and Stirling M&S Stores Charity of the Year.

The trustees of the Chris Mitchell Foundation would like to thank all volunteers, fundraisers and those that have generously donated and supported the work of the foundation during 2017/18.

FINANCIAL REVIEW

The trustees aim to hold sufficient funds to be able to provide our service for the foreseeable future without any restriction or curtailment. The amount retained in Unrestricted Funds at the period end is £16,217.

CHRIS MITCHELL FOUNDATION
Report of the Trustees
(continued)

STATEMENT OF MANAGEMENT COMMITTEE'S RESPONSIBILITIES

The committee is responsible for preparing the Report of the Committee and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Scotland requires the committee to prepare financial statements for each financial year which 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 the year. In preparing these financial statements, the committee is 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 UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The committee is responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity's constitution. 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.

Approved by the Management Committee and signed on its behalf by:

Laura Mitchell
Trustee

July 2018

CHRIS MITCHELL FOUNDATION

Independent Examiner's Report to the Management Committee of CHRIS MITCHELL FOUNDATION

I report on the accounts of Chris Mitchell Foundation for the period ended 31 March 2018 which are set out on pages 5 to 8.

Respective responsibilities of Management Committee members and examiner

The Management Committee is responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The Management Committee considers that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the financial statements as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented in those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently I do not express an audit opinion on the financial statements.

Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare financial statements which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulationshave not been met, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

I do not, in giving this report, accept or assume responsibility for any other purpose or to any other person to whom this report is shown or in whose hands it may come, save where expressly agreed by my prior consent in writing.

**Craig Clinton CA
Dickson Middleton
Chartered Accountants
20 Barnton Street
Stirling
FK8 1NE**

July 2018

CHRIS MITCHELL FOUNDATION
Statement of Receipts and Payments
for the period ended 31 March 2018

	Note	Unrestricted Fund 2018 £	Total Funds 2018 £
Receipts			
<u>Voluntary income</u>			
Donations		25,075	25,075
<u>Income from activities for generating funds</u>			
Activities and events		8,773	8,773
Total Receipts		33,848	33,848
Payments			
<u>Charitable activities</u>			
Delivering training - grants	5	8,900	8,900
Postage & stationery		103	103
Advertising		1,268	1,268
Website costs		2,916	2,916
Sundries		153	153
IT costs		1,342	1,342
Professional fees		690	690
Total Payments for Charitable activities		15,372	15,372
<u>Fundraising costs</u>			
Costs of events		1,569	1,569
Total Payments for Fundraising costs		1,569	1,569
<u>Governance costs</u>			
Professional fees		690	690
Total Payments for Governance costs		690	690
Total Payments		17,631	17,631
Surplus for year		16,217	16,217
Fund balances at 6 March 2017		-	-
Fund balances at 31 March 2018		16,217	16,217

The notes on pages 7 to 8 form part of these financial statements.

CHRIS MITCHELL FOUNDATION

Statement of Balances as at 31 March 2018

	Note	Note	Unrestricted Fund 2018 £	Total Funds 2018 £
<u>Fixed Assets</u>				
Office & computer equipment			-	-
<u>Cash funds</u>				
Balances brought forward			-	-
Surplus on receipts and payments account		3	16,217	16,217
Cash and bank balances carried forward			16,217	16,217
<u>TOTAL ASSETS</u>			<u>16,217</u>	<u>16,217</u>
<u>Funds</u>				
<u>Unrestricted Funds</u>				
General Fund			1,217	1,217
General Fund - Designated			15,000	15,000
<u>TOTAL FUNDS</u>			<u>16,217</u>	<u>16,217</u>
<u>Estimate of other assets</u>				
Accrued interest			10	10
			<u>10</u>	<u>10</u>
<u>Estimate of liabilities</u>				
Independent examination fee			500	500
			<u>500</u>	<u>500</u>

Approved by the Management Committee on July 2018 and signed on its behalf by:-

Laura Mitchell - Trustee

Philip Mitchell – Trustee

The notes on pages 7 to 8 form part of these financial statements.

CHRIS MITCHELL FOUNDATION

Notes to the financial statements for the year ended 31 March 2018

1. Accounting policies

a) Basis of Preparation

The financial statements have been prepared in accordance with applicable accounting standards and under the historical cost convention, modified as to reflect the inclusion of income and expenditure on a receipts and payments (i.e. cash) basis, and in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

b) Incoming Resources

All income and donations are included within receipts under either unrestricted or restricted funds according to the terms under which the income is received or the donation is made.

c) Resources Expended

Expenditure is recognised on a cash basis as payment is made.

Governance costs comprise accountancy expenses and other professional fees.

d) Funds structure

The incoming resources of the charity are from unrestricted sources and as such all funds are presented as unrestricted.

e) Depreciation

Depreciation is provided on tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life. Rates used are as follows:-

Computer equipment	33% reducing balance method
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2. Funds

The nature and purpose of each fund is as follows:-

a) Unrestricted

General Fund

The purpose of this fund is to meet all legitimate expenses incurred on behalf of Chris Mitchell Foundation.

Designated Fund

The purpose of this fund is to meet the cost of delivering planned mental health training to club representatives through the SPFL Trust.

CHRIS MITCHELL FOUNDATION

Notes to the financial statements for the year ended 31 March 2018 (continued)

3. Cash at bank and on hand

	2018
<i>Unrestricted:</i>	£
Bank Current Account	16,217
	<hr/>
	16,217

4. Movements in funds

	Balance 06/03/17	Receipts	Payments	Transfers between funds	Depreciation charge	Balance 31/03/18
	£	£	£	£	£	£
Unrestricted	-	33,848	(17,631)	-	-	16,217
Restricted	-	-	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	-	33,848	(17,631)	-	-	16,217

5. Grants paid

Grants payable amounted to £8,900. All grants were paid to Scottish Professional Football League Trust contributing to the cost of delivering mental health training to representatives from Scottish Football clubs.

6. Expenses paid to trustees

Expenses paid to the trustees in the year amounted to £nil.

7. Trustee Remuneration

Remuneration paid to trustees in the year was £nil.