

Charity Number SC047221

CHRIS MITCHELL FOUNDATION

REPORT

AND

FINANCIAL STATEMENTS

31 MARCH 2019

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

CHRIS MITCHELL FOUNDATION

YEAR ENDED 31 MARCH 2019

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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	1 Munro Avenue Causewayhead Stirling FK9 5RA
Trustees:	Laura Mitchell Philip Mitchell Louise Rooney Joyce Kirk Vanessa Kirk
Bankers	Bank of Scotland plc PO Box 1000 BX2 1LB
Independent examiner	Craig Clinton CA Dickson Middleton Chartered Accountants 20 Barnton 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:

- Continued the 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.
- Funded the delivery of ten two-day MHFA training courses between August 2018 to May 2019, with 308 people across Scottish football having now received the training, as well as contributing towards all of the 42 SPFL clubs now having a staff member trained in MHFA.
- Supported a number of fourth year university students in the creating documentaries focusing on the issues surrounding mental health of footballers in the professional game.
- Participated in a number of high profile national media and newspaper and radio interviews promoting the work of the foundation and the importance of positive mental health and wellbeing.
- Engaged 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.
- Took part in the Barriers to Suicide Prevention exhibition at Scottish Parliament.
- Met with Clare Haughey MSP, Minister for Mental Health to discuss the work of the foundation and the Scottish Government's Mental Health policy agenda.
- Met with Ian Maxwell, Chief Executive, Scottish Football Association (SFA) and Dr John McLean, Chief Executive, Hampden Sports Clinic, to propose a pilot project surrounding the formalisation of Mental Health First Aiders on a like-for-like basis with Physical First Aiders.
- Partnered up with two national organisations (Marks and Spencer and HSBC) as their chosen charity of the year.
- Selected as a finalist in the 2018 Sunday Mail Great Scot Awards.

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:

- Falkirk Football Club Annual Chris Mitchell Foundation Awareness Day
- Donna Clelland 1 Million Steps Challenge
- Chris Barton and Friends v Barshaw FC Charity Football Match
- Grangemouth Contractors Safety Alliance (GCSA) Premier of #NoStigma
- McLaren High School Football Tournament
- Doonhamers Tartan Army Kiltwalk
- 3 Peaks Challenge
- 50 in 50 Challenge
- Rougher Runner 2018
- Prudential RideLondon 2018
- SPFL Trust Golf Day 2018.

Generous donations have been received from the following people/organisations:

- Milton AFC central fund
- The late Kevin McGeogh's family and friends
- Customers of the Allanwater Café
- Customers of Il Vicolo
- Numerous other anonymous donors.

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 2018/19.

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 £29,151.

FUTURE PLANS

After the financial year end a further commitment of £16,150 was made to the SPFL for the delivery of mental health first aid training running from July 2019 to May 2020.

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

21 11 2019

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 2019 which are set out on pages 7 to 10.

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

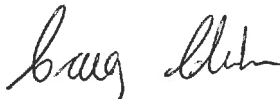
My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented in those records. It also includes consideration 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**

20 11 2019

CHRIS MITCHELL FOUNDATION
Statement of Receipts and Payments
for the period ended 31 March 2019

	Note	Unrestricted Fund 2019 £	Total Funds 2019 £	Total Funds 2018 £
Receipts				
<u>Voluntary income</u>				
Donations		38,470	38,470	25,075
<u>Income from activities for generating funds</u>				
Activities and events		-	-	8,773
Total Receipts		38,470	38,470	33,848
Payments				
<u>Charitable activities</u>				
Delivering training - grants	5	14,100	14,100	8,900
Postage & stationery		262	262	103
Advertising		1,030	1,030	1,268
Website costs		5,315	5,315	2,916
Sundries		253	253	153
IT costs		806	806	1,342
Insurance		400	400	-
Subscriptions		175	175	-
Professional fees		795	795	690
Total Payments for Charitable activities		23,136	23,136	15,372
<u>Fundraising costs</u>				
Costs of events		1,605	1,605	1,569
Total Payments for Fundraising costs		1,605	1,605	1,569
<u>Governance costs</u>				
Professional fees		795	795	690
Total Payments for Governance costs		795	795	690
Total Payments		25,536	25,536	17,631
Surplus for year		12,934	12,934	16,217
Fund balances at 1 April 2018		16,217	16,217	-
Fund balances at 31 March 2019		29,151	29,151	16,217

The notes on pages 9 to 10 form part of these financial statements.

CHRIS MITCHELL FOUNDATION

Statement of Balances as at 31 March 2019

	Note	Note	Unrestricted Fund 2019 £	Total Funds 2019 £	Total Funds 2018 £
Fixed Assets					
Office & computer equipment			-	-	-
Cash funds					
Balances brought forward			16,217	16,217	-
Surplus on receipts and payments account		3	12,934	12,934	16,217
Cash and bank balances carried forward			29,151	29,151	16,217
TOTAL ASSETS			29,151	29,151	16,217
Funds					
<u>Unrestricted Funds</u>					
General Fund			13,001	13,001	1,217
General Fund - Designated			16,150	16,150	15,000
TOTAL FUNDS			29,151	29,151	16,217
Estimate of other assets					
Accrued interest			10	10	10
			10	10	10
Estimate of liabilities					
Independent examination fee			500	500	500
			500	500	500

Approved by the Management Committee on 21 11 2019 and signed on its behalf by:-

L. Mitchell

Philip Mitchell

Laura Mitchell - Trustee

Philip Mitchell - Trustee

The notes on pages 9 to 10 form part of these financial statements.

CHRIS MITCHELL FOUNDATION

Notes to the financial statements for the year ended 31 March 2019

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 2019 (continued)

3. Cash at bank and on hand

	2019	2018
	£	£
<i>Unrestricted:</i>		
Bank Current Account	29,151	16,217
	29,151	16,217

4. Movements in funds

	Balance 01/04/18	Receipts	Payments	Transfers between funds	Depreciation charge	Balance 31/03/19
	£	£	£	£	£	£
Unrestricted	16,217	38,470	(25,536)	-	-	29,151
Restricted	-	-	-	-	-	-
	16,217	38,470	(25,536)	-	-	29,151

5. Grants paid

Grants payable amounted to £14,100. 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. Post year end a further £16,150 was paid to the SPFL Trust to deliver training from July 2019 to May 2020.

6. Expenses paid to trustees

Expenses paid to the trustees in the year amounted to £75 (2018 - £nil).

7. Trustee Remuneration

Remuneration paid to trustees in the year was £nil (2018 - £nil).