

ANNUAL REPORT 2022

MINDS UNITED FOOTBALL CLUB CIC

ISSUE 2



INDEX

01 – INTRODUCTION

02 – PRESIDENT REPORT

03 – FINANCIAL REPORT

04 – EUROPEAN FOOTBALL CHAMPIONS

05 – EUROPEAN FUTSAL CHAMPIONS

06 – GRENFELL MEMORIAL CUP

07 – HAMPSHIRE INCLUSION CUP

08 – FRIENDLY MATCHES

09 – NWL MENTAL HEALTH LEAGUE

10 – SURREY COMMUNITY LEAGUE

11 – SURREY FOOTBALL FOR ALL

12 – FOOTBALL IN THE COMMUNITY

13 – CHELSEA STADIUM EXPERIENCE

14 – MEDIA & PRESS

15 – CLUB AWARDS

16 – IMPACT

17 – IMPACT

18 – SPECIAL THANKS



INTRODUCTION

We are a ** England Accredited football club that aims to use sport as a medium to connect the community and reduce isolation.

Established in July 2019, we support adults in the community with lived experience of mental health issues. We promote respect, equality, inclusion, diversity and wellbeing.

We have a health partnership with NHS West London CCG and welcome players of all abilities. We deliver female only, male and mixed football sessions every week and have a members social club on Latimer Road open Monday to Thursday 12-4pm.

In July 2019, our football project began in West London to help adults with mental health issues and substance misuse. At our first session, 7 people attended; however, thanks to our popularity and dedication, we have grown and now have over 75 people regularly engaging with our service.

We have developed several partnerships with other organisations within the borough who are also supporting adults through their continued recovery. In Autumn 2019, after a joint meeting with St Charles Hospital Mental Health Unit in North Kensington, we developed a partnership with CNWL FT which enables adults in the hospital to be escorted to our session with the help of dedicated NHS Staff.

After individuals are discharged from the hospital, they can continue to attend our football sessions and benefit from being signposted to other activities and wellbeing services in the borough.

Each week we play in a safe environment where adults from different backgrounds can come together and forget about their problems, whilst playing the beautiful game.

PRESIDENTS REPORT

It is with great pleasure that I present this report to our members and supporters, Firstly I'd like to thank all of our volunteers, staff and committee members for all their support and hard work this season, Without you amazing people, none of this would be possible and especially to our volunteers that give up their precious time to help the club.

We have made a huge impact in the community and have continued to increase participation of grassroots football, playing our part to growing the game. We have developed a partnership with Middlesex FA to create a womens only divison in the North West London Mental Health League and entered 2 new teams this season.

Our ** England Accredited club has built capacity throughout the season and we are close to having 400 members in the past year, Minds United has seen a substantial increase in participation and revenue this season which has helped us to support our members and create job opportunities for local residents.

After publishing our 20/21 Annual Report, we had our second Annual Awards Ceremony which was held at The Curve. It was a very special day for our members and everyone left with a gift and a smile.

In May our first team travelled to Italy to compete in La Testa Nel Pallone, an annual european mental health futsal tournament which was a great experience. The team also played beach volleyball at playa blanca and won every single match In the futsal competition.

In July the team travelled to Czech Republic to compete in the EASI Cup, an annual european mental health football tournament which was also a great experience for the team.

Minds United were awarded a ELCO Special Recognition Award 2021 at the Middlesex FA Grassroots Football Awards which was held at the Civic centre.

The Grenfell Memorial Cup was a special day to remember leading up to the 5 year anniversary. It has been a fantastic year for the club both on and off the pitch and we look forward to rewarding all of our hard-working staff and players at our third Annual Awards Ceremony.

FINANCIAL REPORT

LOCAL AUTHORITY	£69,047
GOVERNMENT GRANTS	£65,900
COMPANIES & TRUSTS	£29,190
FEES CHARGED	£20
FUNDRAISING	£7,276
GIFT AID	£2,271
DONATIONS	£4,770
OTHER SOURCES	£660
BANK REC'D	£205
TOTAL INCOME	£178,415

WAGES	£58,357
MINIBUS	£3,769
WIFI / PHONE	£1,869
EQUIPMENT	£28,815
DRINKS / FOOD	£9,047
COURSES / DBS	£6,246
FEES PITCH HIRE	£37,652
EXPENSES	£15,211
SERVICES	£23,947
RENT	£1,670
TOTAL EXPENDITURE	£166,041

EUROPEAN FOOTBALL CHAMPIONS 2022

EASI CUP 2022

Minds United FC's International team travelled to Pelhimrov, Czech Republic in July to participate in the EASI Cup 2022. The Annual European Mental Health Football Tournament is hosted in a different country each year. The London team defeated every team in the competition and won 3-0 in the Final against Liverpool Football Therapy.



CZECH MATE – 3-0 IN THE EASI CUP FINAL

The team stayed in the beachwell hotel in Pelhimrov and toured the town during the trip. In the semi finals and finals the team kept a clean sheet and played great on and off the ball. The team was disciplined in the finals and performed outstanding with a lot of character displayed from our players. The team won the cup and look forward to attending the tournament next year in Holland.

EUROPEAN FUTSAL CHAMPIONS 2022

LA TESTA NEL PALLONE

Minds United FC's International team travelled to Lecce, Italy in May to participate in La Testa Nel Pallone. The Annual European Mental Health Futsal Tournament was a great experience, the London team were undefeated throughout and came back from 0-2 in the Final to win 5-3 against Italian team Calcio Eboli with the crowd cheering "London On Fire" on Her Majesty The Queen's Jubilee



GREAT COMEBACK IN THE FINAL FROM 0-2 AT HALF TIME TO 5-3

Our team played really well, winning every match in the group stages. Our team faced an experienced Italian team in the finals and were losing 0-2 at half time after making mistakes. Our team came back to 2-2 and then took a time out before conceding another goal. Our team then scored a team goal, equalising again and then we scored 2 more to secure the victory becoming European futsal champions.

GRENFELL MEMORIAL CUP

HOSTED BY QPR IN THE COMMUNITY

The tournament held for the 5 year anniversary of Grenfell tragedy was organised by our Head Coach Paul Menacer and was a great success. There was many competitions held during the day including a youth tournament, mental health tournament, female match, veteran match and male tournament with more than 2000 people attending. One of our male teams won the mental health tournament and everyone had a special day



WOMENS 11 ASIDE MATCH

Our female team played their first 11 a side match against a strong Grenfell Athletic team. The match was very close with Grenfell Athletic scoring the winning goal in the second half and the game ending 2-1. Ex professional players played in the game, the event was a great experience for our team and growing the women's game.

HAMPSHIRE INCLUSION CUP 21



In September 2021 the club took two teams to the Hampshire Inclusion Cup in Portsmouth and won the Cup defeating Waltham Abbey in the Final. The team faced Goals United in the semi finals and won on sudden death in a penalty shootout

Our London Borough team played well and got to the semi finals of the plate, the team supported our first team in the finals and went to the beach after the competition to unwind.



FRIENDLY MATCHES



We were invited to play in a friendly 7 a side friendly match against Chelsea CP team to help them prepare for an up and coming tournament. We also returned to play against their PAN disability premier team and championship team at Cobham Rugby Football Club.



We were invited to play at the Arsenal Community Hub and we won the tournament. There were teams from different parts of London and Surrey and had a stadium tour after the competition.



Minds United invited the council wardens and comms team to play in a friendly at westway sports centre. We brought 2 teams and had a round Robin, both teams had a great day. It helped to build relations with the council and the community, from this match we recruited a new goalkeeper who we brought to Italy to La Testa Nel Pallone the European futsal tournament.

NORTH – WEST LONDON MENTAL HEALTH LEAGUE



LONDON LIGHTS

In September 2021 the Club partnered with Middlesex FA to create a female only division in the North West London League. Minds United FC created 2 new teams and entered the division, we hope more female teams join the league over the next few years.



LONDON BOROUGH

Our London Borough team developed well during the season and got to the final of the county cup facing the defending champions. The team were runners up and were all happy to have reached their second final.



**LEAGUE & CUP CHAMPIONS
ST CHARLES COMMUNITY**

In June our St Charles Community team won the league and defended the county cup. We were undefeated and brought our trophy from Italy and took pictures with all 3 cups.

SURREY COMMUNITY FOOTBALL LEAGUE



LONDON LIGHTS

In September 2021 the Club entered the 3 male teams and two female teams into the Surrey Community League held monthly at Elmbridge Xcel Centre. The teams developed well during the season and were invited in March to watch a match at the stadium to raise money for Mind Charity and fun the league.



LONDON BOROUGH

In May our teams got the opportunity to play in the Woking Wellbeing Cup at their stadium and our St Charles Community team won the tournament. The Club entered 2 male and 2 female teams and it was a great day for all, our 3 teams were supporting our 1st team and cheering on the sidelines.



**LEAGUE & CUP CHAMPIONS
ST CHARLES COMMUNITY**

Our St Charles Community Team were undefeated in the League and won the tournament undefeated. The team beat Millwall 7-0 in the final and kept a clean sheet in the semi finals. The team were disciplined and showed a lot of respect.

SURREY FOOTBALL FOR ALL LEAGUE



MINDS UNITED WOMEN



LONDON BOROUGH

In September 2021 the club entered 2 male and 2 female teams into the Surrey Football For All League held on the last Sunday of each month at Elmbridge Xcel centre. The teams travelled via Westway CT minibus to Surrey and the league had 4 divisions based on ability. This project was funded by RBKC Our teams developed very well throughout the season and made lots of new friends in different divisions.




**LEAGUE & CUP CHAMPIONS
ST CHARLES COMMUNITY**

The Premier team played great throughout the season and won the League and Cup in the teams first season in the league. It wasn't easy as a lot of our players were unavailable due to playing 11 a side Sunday league.

FOOTBALL IN THE COMMUNITY

FOOTBALL PROGRAMME

The club has expanded its football in the community programme, due to grant funding we were able to offer daytime sessions Monday- Thursday with evening sessions Monday- Thursday. This has helped to improve the wellbeing of more than 150 residents of the Borough.

 		WWW.MINDSUNITEDFC.COM INFO@MINDSUNITEDFC.COM		WEEKLY COMMUNITY FOOTBALL PROGRAMME		
	MONDAY  	FOOTBALL 5s (WOMEN) PITCH 2 3:30 - 4:30 PM FOOTBALL 6s (MEN) PITCH 5 3:30 - 4:30 PM FOOTBALL 5 (PREMIERSHIP) PITCH 2 6 - 7 PM				
	TUESDAY   	FOOTBALL 5s (MIXED) WESTWAY, W10 PITCH 2 3 - 4 PM FOOTBALL 5s (MIXED) POWER LEAGUE, W12 PITCH 6 7 - 8 PM				
	WEDNESDAY   	FOOTBALL 6s (MEN) PITCH 6A 4 - 5 PM FOOTBALL 5s (MIXED) PITCH 2 7 - 8 PM				
THURSDAY   	FOOTBALL 8s (MIXED) PITCH 6A 1:30 - 3:30 PM FOOTBALL 6s (WOMEN) PITCH 5 3:30 - 5 PM					

WEST LONDON ROYAL FOOTBALL LEAGUE

In July 2022 the club entered an under 25 team into the West London Royal Football League, this league is a competitive 8 a side community league held every wednesday 8-10pm at Westway Sports Centre. The team is currently top of the league and are aiming to win the league and build an 11 a side sunday team.



CHELSEA STADIUM EXPERIENCE

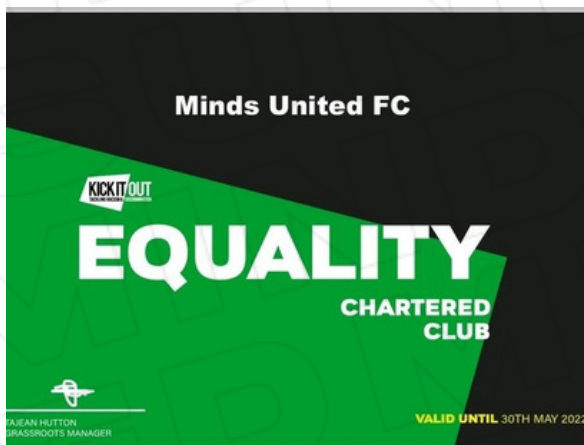
SPORTED PARTNERSHIP

In June 2022 our Under 25s team were invited by Sported to Chelsea FC stadium to participate in a community event, the players really enjoyed the event and it was a special day to remember. 20 of our members attended the event and were allowed to enter the home teams changing room. After this event we formed a team to enter a community football league on Wednesday evenings.



KICK IT OUT EQUALITY CHARTERED CLUB

The Club also renewed the equality chartered club status with our partners Kick It Out. We gave our players and other teams t shirts, armbands and pin badges to raise awareness of the brand. We play our part to tackle discrimination on and off the pitch.



MEDIA & PRESS

COMIC RELIEF RECORDS MINDS UNITED FC

Comic Relief came and filmed Lola and interviewed some of our female members, the video was uploaded onto social media to show how Comic relief funding supports community organisations. The video can be seen on our YouTube channel, search Minds United FC to view the content.



The best thing about Minds United is that the people around us that help us.

LOLA YOUNG VISITS THE CLUBHOUSE AND MIXED SESSION

Lola Young and Comic Relief came to visit our Clubhouse and football session which Lola really enjoyed. Lola spoke and listened to our players recovery journey, She also took part in our session and played a match with our members which was a great memory for our players.

CLUB AWARDS

MINDS UNITED ANNUAL AWARD CEREMONY 2021

In August 2021 the club held its Annual Awards Presentation at the curve community centre for the second year. We awarded our 3 mental health teams that worked well throughout the season and our staff that support the club. We gave all players club medals, hats and scarves to keep them warm during the winter.

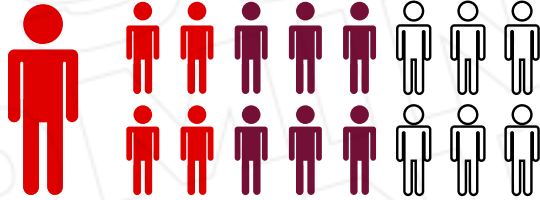


ELCO – SPECIAL RECOGNITION AWARD 2021

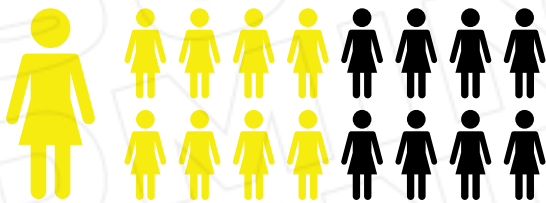
In July 2021 the club was awarded a special recognition ELCO award at the Middlesex FA McDonalds Grassroots Football Awards at the Brent Civic Centre. Many thanks to the Middlesex FA and Elco Building Services who sponsored the event.



IMPACT



277 MALE PLAYERS



75 FEMALE PLAYERS

352 TOTAL SERVICE USERS

**BENEFICIARIES REPORTING
IMPROVED MENTAL WELLBEING**

95%

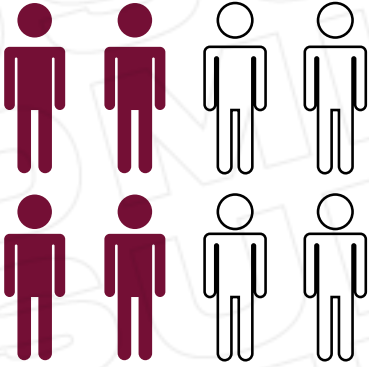
96%

**BENEFICIARIES REPORTING
IMPROVED PHYSICAL
WELLBEING**



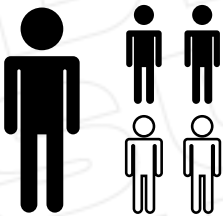
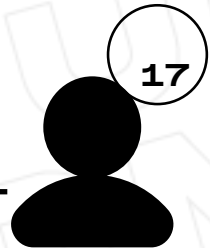
24,640 MINUTES OF EXERCISE

IMPACT



WE HAVE EMPLOYED 8 RESIDENTS AS PART TIME STAFF THAT WERE PREVIOUSLY UNEMPLOYED.

WE HAVE HAD 17 VOLUNTEERS OVER THE LAST YEAR, WHO HAVE HELPED WITH THE RUNNING OF THE FOOTBALL CLUB.



WE HAVE PLACED 28 MEMBERS ON FA COURSES TO BECOME COACHES OR REFEREES

WE'VE TRAINED 5 WELFARE OFFICERS FROM PEOPLE WHO WERE PREVIOUSLY PLAYERS.



CREATED 3 NEW TEAMS & JOINED 2 LEAGUES.

SPECIAL THANKS



THE ROYAL BOROUGH OF
**KENSINGTON
AND CHELSEA**



NK Hearts And Minds CIC



LondonFA



