

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021
FOR THE
MEN'S HEALTH FORUM**

**In the UK, one man in five dies
before the age of 65,
TOGETHER we can change that**

Copia Wealth & Tax
Limited Chartered
Accountants
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THE MEN'S HEALTH FORUM

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THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Charity's objects:

The Charity's objects are to promote men's health, in particular, but without limitation, by carrying out research into men's health and by providing information on men's health to health professionals and the general public.

Our mission:

To improve the health of men and boys.

Our ambition:

All men and boys - particularly those in the most disadvantaged areas and communities - will have the information, services and treatments they need to live healthier, longer and more fulfilling lives.

Our activities:

We carry out research:

- with universities and academic institutions
- with other charities
- with health practitioners
- directly with men

We raise awareness:

- through Men's Health Week
- through national and local media coverage
- through social media

We advocate for men's health:

- to politicians and policy-makers in England, Wales and Scotland
- to Local Authorities & Directors of Public Health
- to professional bodies

We share and encourage the latest good practice:

- through conferences
- through training
- through consultancy
- through our 'How to' professional guides

We provide health information and advice:

- through our 'Man Manuals'
- through our website
- through our Men's Health Champions programme
- through our workplace Toolbox Talks and training

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

ACHIEVEMENT AND PERFORMANCE

Charitable activities undertaken for the public benefit

Men's Health Forum: Annual Report: 2020/21 Annual Report

2020/21 was an extremely challenging year for the Men's Health Forum, but our work has never been so important.

The COVID-19 pandemic has thrown the challenges of men's health into stark relief:

- Men have been 63% of premature UK deaths from COVID
- Men's health inequalities are laid bare by COVID – with, for example, men from the 'Black Caribbean' ethnic minority group being 2.7 times, and men from the Bangladeshi group being 3.0 times more likely to die from COVID than men from the 'White British' group during the first wave of the pandemic in England and Wales – and similar differences comparing areas with different areas of deprivation
- Sex and gender have played and continue to play a significant role in compliance with and attitudes towards government guidelines on preventative behaviours such as lockdown, mask-wearing and social distancing
- The historically poor engagement of the health system with men has been reflected in the vaccination programme with lower vaccination rates among men in every age group, especially younger men

Our work to raise awareness and drive policy change was our top priority across the year

- Maintaining and extending an entire new COVID section of our website – with up-to-date statistics, insight, analysis and men's perspective on COVID
- Running Men's Health Week 2020 virtually – with a well-attended webinar on Men & COVID with Professor Gurch Randhawa, Professor Alan White and Peter Baker – highlighting the challenges faced by BAME men, an online Toolbox Talk training session – and running our first "Men's Health Chat" via Zoom
- Creating – and updating – new materials for the workplace, including a new Toolbox Talk and a COVID-focused Man Manual.
- Making submissions to the Women & Equalities Committee in the UK Parliament, to ministers, parliamentarians and to the NHS and Public Health to highlight the specific challenges faced by men
- Being one of the first to highlight the risk on men and COVID vaccination across England, Wales and Scotland – and successfully persuading the UK JCVI to strongly highlight the COVID inequalities faced by men and instruct the health system to take action on them

At the same time, COVID forced major changes on how we work – and required us to innovate and change how we generate and use our funds.

Winning policy change

One of the biggest frustrations and challenges of the year has been getting the Government and health system to respond adequately to the higher health impacts of COVID amongst men.

As soon as the vaccine was announced, we wanted to understand what sex and gender impacts there were likely to be – setting up an online survey to gain insight into men's attitudes to vaccination and recruiting men for more in-depth interviewing, reaching out to academic partners to ensure we were looking at the latest relevant research, alongside reviewing the significant amount of published data on men's attitudes to the issue.

This preparatory work enabled us to provide a very fast turnaround to a ministerial request for information that came out shortly before Christmas 2020 via the Department of Health & Social Care (DHSC) Health & Wellbeing Alliance – highlighting the challenges faced by black and minority ethnic (BAME) men, working-age men and men who think they've had COVID.

A particular concern was men's greater risk was not adequately reflected in early JCVI (Joint Committee on Vaccination & Immunisation) guidance (with some surprisingly poor analysis early on regarding the extra risk faced by men) – and getting this addressed was a top priority.

To this end, we wrote to all committee members of the JCVI setting out our concerns and asking for explicit reference to men's greater risk in any future guidance.

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Gratifyingly, it worked. The revised guidance issued in February 2021 and updated in April 2021 stated:

In individuals aged 18 to 49 years there is an increased risk of hospitalisation in males, those from certain ethnic minority backgrounds, those with a body-mass index (BMI) of 30 or more (obese or morbidly obese), and those experiencing socio-economic deprivation.

JCVI strongly advises that individuals in these groups promptly take up the offer of vaccination when they are offered, and that deployment teams should utilise their understanding of local health systems and demographics, combined with clear communications and outreach activity, to promote vaccination in these groups.

Unvaccinated individuals who are at increased risk of severe outcomes from COVID-19 on account of their occupation, male sex, obesity or ethnic background are likely to be vaccinated most rapidly by an operationally simple vaccine strategy.

The challenge of getting adequate action taken to follow through on this advice remains a high priority, but it is hard to underestimate the importance of having this guidance in place to enable us to do so.

Wider policy challenges

While the response to COVID was our highest policy priority, our work with the DHSC Health & Wellbeing Alliance meant that we continued to work on a wide range of other policy areas:

- We actively contributed to NHS England's Beneficial Changes work – seeking to identify and embed positive changes that had happened in response to COVID
- We supported PHE's new F.A.S.T stroke campaign – discussing gender insights on strokes and publicising their new campaign
- We supported National No Smoking Day and highlighted the impact of smoking on mental health and in our COVID materials
- We served on the External Advisory Group of the Sexual & Reproductive Health team at PHE – with a particular interest in their Male Reproductive Health Survey work – and continuing to oppose the proposal to stop asymptomatic screening for chlamydia amongst men
- We sought to ensure that NHS-X properly accounted for gender in their work on digital uptake – highlighting the challenge that men are greater users of digital, but lower users of NHS digital services
- After engaging with the bowel cancer screening team at PHE, we updated our information to reflect the impact of the new FIT test – which is increasing screening uptake amongst men
- We signed the PHE Healthy Ageing Consensus Statement and continued to work with the UK Men's Sheds Association and sought to ensure that their insights were reflected in PHE's work
- We continued to engage with the Obesity & Healthy Weight team at PHE to ensure that future investment adequately addressed the under-representation of men in weight management services

In addition, we worked with other DHSC Health & Wellbeing Alliance partners on a range of other projects including VCSE data & intelligence sharing, reducing parental conflict and health inequalities for older people in rural and coastal areas.

Towards the end of the year, the tragic murder of Sarah Everard brought the issue of male violence to the fore. While the debate around male violence rightly focused on women, it is a huge issue for men's health as well. We took the opportunity to promote our support for the White Ribbon campaign and highlight our commitment to gender equality.

"I promise to never commit, excuse or remain silent about male violence against women."

Continue provision of health information for men

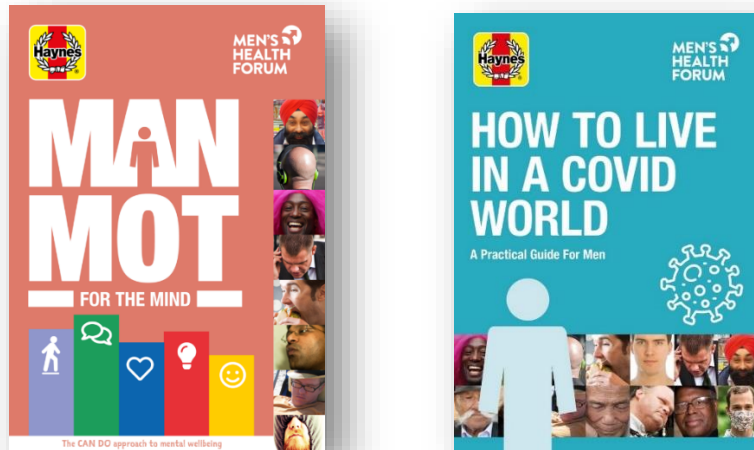
Our primary method of engaging men continued to be our website and we continued to drive our online and offline communication with men in 2020/21 – with 1.4 million visitors to our website, up 6% vs. the previous year, and 2 million page-views, up 10%.

Our men's health group on HealthUnlocked now has more than 25,000 members and our new penis health group has more than 19,000.

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The number of people signed up for our email news grew by 24% to over 7,300. The number of Twitter followers increased to just under 13,000.

Our pace of launching new printed Man Manuals had to slow – since there was less interest in these with so many people working at home: 'Man MOT for the Mind' was well received. Though carefully written to avoid going out of date, 'How to live in a COVID World' performed disappointingly.



Our shift to digital manuals meant that our content was reaching large numbers via company intranets – with orders from large organisations like Costa, Wates, Tate & Lyle and Hampshire Police – although we have no means of tracking the exact reach of these manuals currently.

Facing our funding challenges

Despite the strong reach of our activities, 2020/21 was very challenging financially, with bulk sales of our Man Manuals dropping by two-thirds – and limited government support for charities working (as we were) out of shared offices.

In response we cut cost sharply, reducing headcount for much of the year (through leaving a post unfilled) and closing our office, with all staff working from home, and a move to virtual Trustee and staff meetings.

We also introduced new 'digital bespoke' manuals – suitable for companies that wished to share our information with staff working at home – and launched a very successful new online "Men's Health Champion" training programme. The time spent putting robust fundraising infrastructure in place – such as direct debits – paid off with a trebling of donations. We particularly appreciated an £8,000 corporate donation from the DPD Group in March 2021.

We owe a huge debt to our staff and associates across the year – Martin Tod, Jim Pollard, Paul Millar, Chris Stein and Peter Baker for making all this change possible and all their work in the face of these challenges.

Our last year in the DHSC Health & Wellbeing Alliance also played a vital role in keeping us going – although the associated workload also went up with much more frequent online meetings and requests for information. Sadly, our long and productive association with the Alliance finished at the end of the year since we did not meet the qualifying criteria to apply for their 2021/22 programme.

Looking to the future

Although the last year has been focused on the immediate challenges of the pandemic, it's clear that in the future, we must redouble our efforts to secure a men's health strategy for each of the UK nations. Men's health was already bad: COVID has made it worse.

The launch of the women's health strategy consultation in March 2021 presents a tremendous opportunity. The Government has, in effect, conceded the need to better recognise sex and gender in healthcare. We will learn from the approach taken by those who successfully campaigned for a women's health strategy and build a strong coalition for change.

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

And the need remains urgent. Men's health faces huge challenges:

- Men are more likely than women to die of COVID, suicide, circulatory disease, liver disease, diabetes and cancer.
- Three in four suicides continue to be by men – suicide remains the biggest cause of death for men under 50.
- There are huge inequalities in health between different men – with a 9.4-year gap in average life expectancy and a 19.0-year gap in healthy life expectancy between men in the most- and least-deprived parts of the country
- When it comes to lifestyle, men are more likely than women to:
 - smoke – with the gap between men and women now growing again
 - drink alcohol at hazardous levels
 - eat an unhealthy diet.
- Men are still less likely to:
 - get vaccinated
 - attend a general practitioner
 - sign up for online NHS services
 - attend an NHS Health Check
 - seek help for mental health problems
 - attend weight management programmes
 - opt for bowel cancer screening
 - visit a pharmacy
 - take a Chlamydia test
 - have a dental check-up

and these gaps are often worse in the areas of greatest need.

There is plenty to do – and we look forward to working with our supporters and partners to help make it happen in 2021/22.

FINANCIAL REVIEW

Principal funding sources

The principal funding sources for the charity are currently by way of grants, donations and sales of publications.

Investment policy and objectives

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment. Having considered the options, the Trustees agreed that income be kept in a high interest account to ensure the best interest rates with immediate access.

Reserves policy

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets ("free reserves") held by the charity should equate to an amount that would enable the charity to continue its current activities for three months in the event of a significant drop in funding. This amount has been calculated at a minimum of £50,000. Should there be a significant fall in funding, it would be necessary to consider how this would be replaced or how activities could be changed.

At the balance sheet date free reserves were £36,947 (2020 : £17,680). The Trustees are more than aware that the current deficit of £13,053 (2020 : £32,320) is below target but are pleased with the improvement in the reserve levels during the previous 2 financial years.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, as defined by the Companies Act 2006, incorporated on 16 January 2001 and registered as a charity on 5 July 2001. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. The Articles of Association were last amended on 29 November 2013.

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The directors of the company are also Charity Trustees for the purposes of charity law and under the company's Articles. Under the requirements of the Memorandum and Articles of Association the members of the Charity are elected to serve for a period of three years renewable by resolution of the Trustees for a further term of three years.

The organisation has a robust recruitment system to ensure a broad skill mix on the Board. A skills audit of Trustees is periodically undertaken and in the event of particular skills being lost due to retirements, every effort is made to recruit new Trustees with the appropriate skills.

Knowledge of men's health is not essential but we require potential Trustees share the organisation's mission, vision, values and beliefs.

Organisational structure

The Trustee Board of The Men's Health Forum was made up of between six and nine individuals during 2018-2019 who meet frequently during the year and are responsible for the strategic direction and policy of the charity. The Chief Executive also sits on the Committee but has no voting rights.

Management responsibility of the organisation rests with the Chief Executive, who is responsible for ensuring that the charity delivers its strategic objectives as set by the Board.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04142349 (England and Wales)

Registered Charity number

1087375

Registered office

49-51 East Road
London
N1 6AH

Trustees

John William Chisholm
Shaun Paul Davis
Judith Helen Grant (resigned 25.8.20)
John Garth Larkin
Sara Richards
Su Wang
Adelle Heather Shaw-Flach
David James Simpson
Matthew David Longley
Christopher Allen (appointed 10.9.20)

All Trustees alone are the members of the Company. Members of the Company each guarantee to contribute £1 to the assets of the Company in the event of it being wound up.

We can confirm that our activities have been undertaken to further the charity's purposes for the public benefit and the trustees have had regard to the Charity Commission's guidance on public benefit.

Company Secretary

Martin Paul Niebuhr Tod

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

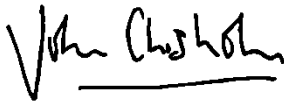
REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Mr Anthony Lee Morris FCCA
Copia Wealth & Tax Limited
Chartered Accountants
8 Pendeford Place
Pendeford Business Park
Wobaston Road
Wolverhampton
WV9 5HD

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 10 December 2021 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'John Chisholm', with a horizontal line underneath the name.

John William Chisholm - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE MEN'S HEALTH FORUM

Independent examiner's report to the trustees of The Men's Health Forum ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Mr Anthony Lee Morris FCCA
Copia Wealth & Tax Limited
Chartered Accountants
8 Pendeford Place
Pendeford Business Park
Wobaston Road
Wolverhampton
WV9 5HD

10 December 2021

THE MEN'S HEALTH FORUM

STATEMENT OF FINANCIAL ACTIVITIES FOR
THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	13,650	-	13,650	4,759
Charitable activities	3				
Communication and awareness raising		64,387	80,000	144,387	152,432
Other income		3,708	-	3,708	15,210
Total		81,745	80,000	161,745	172,401
 EXPENDITURE ON					
Raising funds	4	1,730	-	1,730	3,500
Charitable activities					
Communication and awareness raising		60,282	80,466	140,748	157,846
Total		62,012	80,466	142,478	161,346
 NET INCOME/(EXPENDITURE)		19,733	(466)	19,267	11,055
Transfers between funds	12	(466)	466	-	-
Net movement in funds		19,267	-	19,267	11,055
 RECONCILIATION OF FUNDS					
Total funds brought forward		17,680	-	17,680	6,625
 TOTAL FUNDS CARRIED FORWARD		36,947	-	36,947	17,680

The notes form part of these financial statements

THE MEN'S HEALTH FORUM

BALANCE SHEET 31 MARCH 2021

				2021	2020
	Notes	Unrestricted fund £	Restricted funds £	Total funds £	Total funds £
CURRENT ASSETS					
Stocks	8	31,080	-	31,080	33,687
Debtors	9	6,217	-	6,217	25,298
Cash at bank		38,801	5,870	44,671	20,843
		76,098	5,870	81,968	79,828
CREDITORS					
Amounts falling due within one year	10	(39,151)	(5,870)	(45,021)	(62,148)
NET CURRENT ASSETS		36,947	-	36,947	17,680
TOTAL ASSETS LESS CURRENT LIABILITIES		36,947	-	36,947	17,680
NET ASSETS/(LIABILITIES)		36,947	-	36,947	17,680
FUNDS	12				
Unrestricted funds				36,947	17,680
TOTAL FUNDS				36,947	17,680

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 10 December 2021 and were signed on its behalf by:



David James Simpson - Trustee

The notes form part of these financial statements

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Raising funds

Costs of generating funds incorporate the salaries, direct expenditure and overhead costs of the staff who undertake fundraising work.

Charitable activities

Charitable expenditure comprises those costs incurred on projects undertaken in pursuance of the charitable aims of the company.

Governance costs

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include costs linked to its strategic management.

Allocation and apportionment of costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. Certain costs, which are attributable to more than one activity, are apportioned across cost categories on an appropriate basis.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES - continued

Fund accounting

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Donated services

Where services are donated which the charity would otherwise have purchased then such services are measured on the basis of the value of the gift to the charity and included within incoming resources.

Going concern

The accounts are prepared on the going concern basis which assumes that the business will continue to operate for the foreseeable future. This basis relies on income being generated in what is an uncertain climate for Charities. The trustees believe that income can continue to be received and that preparing accounts on the going concern basis remains appropriate in the circumstances.

2. DONATIONS AND LEGACIES

	2021 £	2020 £
Corporate donations	8,000	-
Donations £5,000 and under	5,650	4,759
	13,650	4,759

Corporate donations received relate to £8,000 from DPD Group.

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2021 £	2020 £
Mini manuals	Communication and awareness raising	27,220	75,700
Training income	Communication and awareness raising	20,547	-
Consultancy and event income	Communication and awareness raising	11,165	8,000
Grants	Communication and awareness raising	85,000	67,522
Toolbox talks	Communication and awareness raising	455	1,210
		144,387	152,432

Grants received, included in the above, are as follows:

	2021 £	2020 £
The Movember Foundation - Social Innovators Challenge	-	7,522
Department of Health & Social Care - Health & Wellbeing Alliance	80,000	60,000
London Borough of Hackney Business Support Grant	5,000	-
	85,000	67,522

THE MEN'S HEALTH FORUM

**NOTES TO THE FINANCIAL STATEMENTS – continued
FOR THE YEAR ENDED 31 MARCH 2021**

4. RAISING FUNDS

Raising donations and legacies

	2021	2020
	£	£
Staff costs	1,514	3,338
Other fundraising costs	216	162
	<u>1,730</u>	<u>3,500</u>

5. SUPPORT COSTS

	Management	Finance	Governance	Totals
	£	£	costs £	£
Communication and awareness raising	<u>15,007</u>	<u>889</u>	<u>3,660</u>	<u>19,556</u>

All support costs are allocated on the basis of staff time. Support costs, included in the above, are as follows:

Management

	2021	2020
	Communication and awareness training £	Total Activities £
Communications	1,583	1,818
Postage and stationery	1,529	1,237
Sundries	2,550	2,407
Other staff costs	27	135
Premises costs	7,184	10,902
Accountancy	2,104	3,544
Marketing	30	10
	<u>15,007</u>	<u>20,053</u>

Finance

	2021	2020
	Communication and awareness training £	Total Activities £
Bank charges	<u>889</u>	<u>1,691</u>

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2021

5. SUPPORT COSTS - continued Governance costs

	2021 Communication and awareness raising £	2020 Total activities £
Staff costs	1,514	3,338
Accountancy	2,104	3,544
Travel costs	13	27
Communications	29	28
	<u>3,660</u>	<u>6,937</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

During the year expenses totalling £nil (2020: £27) were reimbursed to the trustees.

7. STAFF COSTS

	2021 £	2020 £
Wages and salaries	40,435	53,534
	<u>40,435</u>	<u>53,534</u>

The average monthly number of employees during the year was as follows:

	2021	2020
Project workers	2	2
	<u>2</u>	<u>2</u>

No employees received emoluments in excess of £60,000.

Wages and salaries include Pension payments totalling £911 (2020 : £1,436) and Employers National Insurance costs of £3,282 (2020 : £4,221).

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

8. STOCKS

	2021 £	2020 £
Stocks	<u>31,080</u>	<u>33,687</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	3,691	9,217
Other debtors	2,283	2,283
Prepayments and accrued income	243	13,798
	<u>6,217</u>	<u>25,298</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Bank loans and overdrafts (see note 11)	-	8,168
Trade creditors	3,954	12,170
Social security and other taxes	1,214	1,160
Other creditors	831	450
Accrued expenses	39,022	40,200
	<u>45,021</u>	<u>62,148</u>

11. LOANS

An analysis of the maturity of loans is given below:

	2021 £	2020 £
Amounts falling due within one year on demand:		
Bank overdrafts	<u>-</u>	<u>8,168</u>

12. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	17,680	19,733	(466)	36,947
Restricted funds				
Department of Health & Social Care - Health & Wellbeing Alliance	-	(466)	466	-
TOTAL FUNDS	<u>17,680</u>	<u>19,267</u>	<u>-</u>	<u>36,947</u>

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2021

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	81,745	(62,012)	19,733
Restricted funds			
Department of Health & Social Care - Health & Wellbeing Alliance	80,000	(80,466)	(466)
TOTAL FUNDS	161,745	(142,478)	19,267

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	6,625	12,772	(1,717)	17,680
Restricted funds				
The Movember Foundation - Social Innovators Challenge	-	(1,179)	1,179	-
Department of Health & Social Care - Health & Wellbeing Alliance	-	(547)	547	-
Black Asian Minority Ethnic - Men and blood pressure	-	9	(9)	-
	-	(1,717)	1,717	-
TOTAL FUNDS	6,625	11,055	-	17,680

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2021

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	96,879	(84,107)	12,772
Restricted funds			
The Movember Foundation - Social Innovators Challenge	7,522	(8,701)	(1,179)
Department of Health & Social Care - Health & Wellbeing Alliance	60,000	(60,547)	(547)
Black Asian Minority Ethnic - Men and blood pressure	7,500	(7,491)	9
Checks and challenges	500	(500)	-
	<u>75,522</u>	<u>(77,239)</u>	<u>(1,717)</u>
TOTAL FUNDS	<u>172,401</u>	<u>(161,346)</u>	<u>11,055</u>

Purposes of restricted funds:

Department of Health & Social Care - Health & Wellbeing Alliance (HWA) is a grant given to inform national health policy and aid improved working between the voluntary and statutory sectors.

In the Trustees' opinion, there are sufficient resources held to enable each fund to be applied in accordance with the restrictions imposed by donors.

Transfers between funds

Transfers between unrestricted and restricted funds are made to cover the deficit of funds spent on individual restricted projects against grant income received.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

14. CAPITAL

The company is limited by guarantee and has no share capital. The members of the company have each undertaken to contribute £1 in the event of the company being wound up.

THE MEN'S HEALTH FORUM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Corporate donations	8,000	-
Donations £5,000 and under	5,650	4,759
	13,650	4,759
Charitable activities		
Mini manuals	27,220	75,700
Training income	20,547	-
Consultancy and event income	11,165	8,000
Grants	85,000	67,522
Toolbox talks	455	1,210
	144,387	152,432
Other income		
Other income	3,708	15,210
Total incoming resources	161,745	172,401
EXPENDITURE		
Raising donations and legacies		
Staff costs	1,514	3,338
Other fundraising costs	216	162
	1,730	3,500
Charitable activities		
Staff costs	37,407	46,858
Fixed costs	16,241	14,021
Contractors and Associates	45,820	30,200
Agencies	931	570
Web / IT	5,221	6,060
Man manuals	15,544	30,169
Staff expenses	28	1,287
	121,192	129,165
Support costs		
Management		
Communications	1,583	1,818
Postage and stationery	1,529	1,237
Sundries	2,550	2,407
Other staff costs	27	135
Premises costs	7,184	10,902
Carried forward	12,873	16,499

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THE MEN'S HEALTH FORUM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021

	2021 £	2020 £
Management		
Brought forward	12,873	16,499
Accountancy	2,104	3,544
Marketing	30	10
	<hr/>	<hr/>
	15,007	20,053
 Finance		
Bank charges	889	1,691
 Governance costs		
Staff costs	1,514	3,338
Accountancy	2,104	3,544
Travel costs	13	27
Communications	29	28
	<hr/>	<hr/>
	3,660	6,937
	<hr/>	<hr/>
Total resources expended	142,478	161,346
 Net income	 19,267	 11,055
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