

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022
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
8 Pendeford Place
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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 2022

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 2022. 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 and support research:

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

We raise awareness:

- through Men's Health Week
- through social media
- through our regular email newsletter
- through national and local media coverage
- through partnership with others

We advocate for men's health:

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

We share and encourage the latest good practice:

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

We provide health information and advice:

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

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REPORT OF THE TRUSTEES
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ACHIEVEMENT AND PERFORMANCE

Charitable activities undertaken for the public benefit

2021/22 saw the end of pandemic restrictions, continued change to the way we work and the way we get our information to men, strengthened fundraising and the launch of our joint campaign for a Men's Health Strategy.

Ongoing campaigning on COVID

Even as the pandemic receded, sex and gender continued to play a strong role in all aspects of it - outcomes, behaviours and engagement.

While in the early stages, our concern was getting action that reflected the higher mortality rate amongst men, as the vaccination rolled out, it became clear that, despite the expectations of the government and academic attitudinal research, we were starting to see an emerging gender gap in vaccination rates among working age men in England and younger men in Scotland.

After contacting various bodies - and the media - to try and get traction on the male vaccination shortfall, and sharing insight into the attitudinal reasons that needed to be addressed, we reached out to the NHS England Voluntary Sector team - our former contacts for the Health & Wellbeing Alliance - and started working with NHS England to close the vaccination gap amongst working age men - meeting the Head of Vaccines Equality to discuss the shortfall amongst men - and what action could be taken.

We also tried to use our contacts in the global men's health movement to raise awareness - presenting on vaccination rates to the Men & COVID sub-group of the global Gender and Covid-19 Working Group - and quickly turned around a campaign highlighting the link between Covid-19 and erection problems.



Ultimately, Covid-19 was a perfect storm for men's health and an illustration of why we need to keep working for change. Men were 65% of those hospitalised from COVID and 61% more likely to die from COVID. The inequalities between men that we have seen in other areas have been reflected in COVID, with, for example, men in England from the 'Black Caribbean' group 2.6 times more likely to die from COVID as white men in England during the first wave of the pandemic, and 4.2 times as likely to die from COVID as white women in England.

Men's behaviour, compliance and response to government guidelines on testing, mask wearing and social distancing have been different at every stage - and very little visible work was done by government to understand them or respond to them.

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Even though we seem to be past the worst of the pandemic, the health system remains consistently less effective in engaging with men - with lower vaccination rates amongst men in every age group, particularly younger men - dramatically lower testing rates amongst men - and a bigger drop in GP attendance during the pandemic for men than for women. The moment has passed for major change - although we continue to try to ensure that the issue of men's health is reflected in ongoing analysis of the pandemic and highlight how the lessons to be learned from the pandemic can be reapplied to men's health.

Our first 'post COVID' Men's Health Week

As we moved towards our first post-pandemic Men's Health Week in June 2021, for the first time in recent memory, we held a pre-Men's Health Week discussion with potential participants, following the example of our Irish colleagues, which led to significant and productive improvements to our plans - especially the introduction of the 5-day 5-ways to wellbeing CAN DO Challenge.



Our original plan focused on men's post-COVID mental health, but feedback from potential partners indicated that they needed positive campaign messages to deploy in the workplace - so we extended the 'CAN DO' challenge and called on everyone to choose a different way to wellbeing to try each day of Men's Health Week. The five ways are (and were):

- Connect - connect with other people (eg. call an old friend you haven't since before lockdown) *#connectmonday*
- (Be) Active - move your body (eg. go for a run/walk/swim/dance/etc) *#activetuesday*
- Notice - take notice of the environment around you (eg. turn off your phone for an hour) *#noticewednesday*
- Discover - learn something new (eg. read a book you haven't read before) *#discoverthursday*
- Offer (or give) - do something for someone else (eg. volunteer for a local community group) *#offerfriday*

Alongside this, we also campaigned to raise awareness of post-COVID mental health and to recruit people to sign our Men's Health Strategy petition.

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We welcomed partners who joined us in campaigning during the week - partnering on the Shameless Cycle Ride with myGP and with the vocal group the Overtones on social media.

Restoring our finances - stronger fundraising - new types of training & publications

As expected, we faced a sharp drop in revenue in 2020/21 as new eligibility criteria blocked us from bidding for the DHSC Health & Wellbeing Alliance programme that has been an important source of funds for us in the past. This required us to scale back our operations - cutting cost and reducing staff - and confirming the move to virtual working as we moved the contents of our office to a storage unit - and moved our office address to a 'virtual' HQ back in Southwark at the Canopi Borough shared office space.

To compensate, we continued to innovate and change our publications and training - with continued strength in our new online 'Men's Health Champion' training, new online publications and a dramatic expansion in bespoke publications, as new printing technologies allowed us to quickly and affordably supply companies that wanted to share men's health information with their employees with high quality printed health manuals - in any size of print-run between 25 and 25,000.



After a concerning slow down as pandemic lockdown ended, our training and publications recovered well. Our website continued to play a vital role with 948,000 visitors and 1,338,000 page views. We now have over 13,000 followers on social media, 9,500 people receiving our regular emails and more than 28,000 people have engaged in our forums on Health Unlocked.

We also continued to develop and launch new content - including *Size Isn't Everything* - an online PDF publication sponsored by Viatris, a new Stress at Work Action Plan (SWAP), and a refreshed 3rd edition of *Beat Stress, Feel Better*.

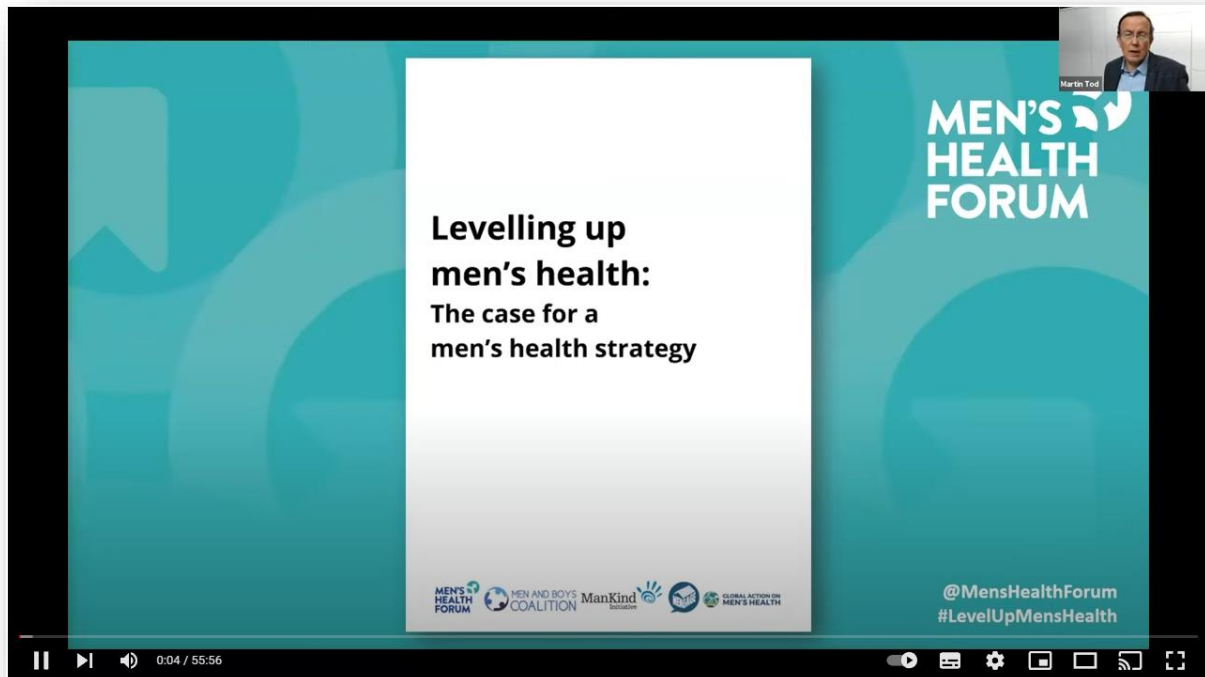


Our continued work to make it easy to donate to us - enabling people to give via Amazon Smile, the Charities Aid Foundation, the PayPal Giving Fund, Facebook, JustGiving and TotalGiving - led to increased revenue. We were particularly grateful for a £14,000 unrestricted grant from the Tudor Foundation and the launch of a year-round fundraising programme by Cllr Greg Rattey as one of his mayoral charities in his first year as Mayor of Sawbridgeworth. Our new edition of *Beat Stress, Feel Better* was made possible thanks to donations in memory of James Kelly (1978-2022).

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Building partnership: campaigning for a Men's Health Strategy

After making progress running our Men's Health Strategy campaign on a standalone basis, we concluded we could accelerate the pace and increase its impact through improved partnership working. We held an inaugural meeting and starting to recruit other organisations in support - including Global Action on Men's Health (GAMH), Mankind Initiative, Men and Boys Coalition, UK Men's Sheds Association and Orchid. This grew over the summer - with recruitment of further partners such as the Patients Association and Prostate Cancer UK - and presentations to the All-Party Parliamentary Group on issues affecting men & boys in July and October - also raising the issue at the Cross-Party Group for Inequalities in Scotland - and culminated in the launch of our case for a men's health strategy on November 17, 2021.



Following the launch, new partners - both corporate and individual - and including leading academics in the world on public health and men's health - continued to back the campaign.

Increasing numbers of people continue to sign-up to back the campaign and access the case for a men's health strategy via menshealthforum.org.uk/strategy

Applying partnership more widely

In addition, we continued to partner with other organisations - including on some work remaining from the DHSC Health & Wellbeing Alliance:

- Joining the launch and backing the dissemination of the DHSC Health & Wellbeing Alliance project: VCSE data & intelligence - looking at how voluntary sector organisations can use data and intelligence to help the health system support their beneficiaries more effectively.
- Supporting the launch of Alder Hey Foreskin website - <https://4skin-health.alderhey.nhs.uk/>
- Ongoing support for the University of Stirling's Game of Stones men's weight research project - <https://www.gameofstonesresearch.com/Public/Public/index.cshtml>
- Participation in the University of Oxford's GP-SUS (Access to General Practice: Innovation, Impact and Sustainable Change) Steering Committee - reviewing GP Access Interventions
- Taking part in a round table on men and cancer organised by the European Cancer Organisation.
- Supporting a new Men's Health Group in the Department of Health & Social Care

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Responding on wider health issues

While the Men's Health Strategy campaign has been our primary focus, we have also responded to:

- The Women & Equalities Commons Select Committee Follow Up Work on the Mental Health of Men and Boys
- The NHS Equalities Core20Plus5 strategy - asking that they use a gender-lens while tackling inequalities amongst the groups they identify.
- The independent Khan review: making smoking obsolete - highlighting the continuing role of gender in the levels and type of smoking still prevalent in the UK today
- The DHSC 10-year Cancer Plan - drawing attention to the higher rates of most cancers amongst men, the need for specific prevention measures that target men, supporting Prostate Cancer UK's call to work towards a prostate cancer screening programme for men and the need for better data and reporting on cancer and its impacts amongst men.

Even today, too many men are dying too young

Ultimately, the evidence base for a men's health strategy reinforces the case for us to continue our work.

In 2020, 19% of UK male deaths - around one in five - were before the age of 65.

Men are:

- 75% of deaths from suicide - with suicide the biggest cause of male death under 50
- 76% of premature deaths from heart disease
- 43% more likely to die from cancer
- 63% of premature deaths from COVID
- 26% more likely to have type 2 diabetes, and 68.5% of diabetic amputations
- 66% of alcohol-related deaths.

In September 2021, the ONS reported the first decline in male life expectancy since the 1980s.

Society pays a huge cost for this - with 676,000 years of life lost every year in the working age male population in England and Wales (16-64), mostly through avoidable premature mortality.

Aside from the emotional and social consequences, this imposes huge costs in health costs, sick pay and welfare benefits and the economic and tax losses of lives unnecessarily cut short.

And it doesn't have to be this way: a sex- and gender-informed approach to healthcare and prevention will produce better results both for men and for women.

There is plenty to do - and we look forward to working with our supporters and partners to help make it happen in 2022/23.

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 £25,438 (2021 : £36,947). The Trustees are more than aware that the current deficit of £24,562 (2021 : £13,053) is below the ideal reserves level.

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

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.

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

7-14 Great Dover Street
London
SE1 4YR

Trustees

John William Chisholm
Shaun Paul Davis
John Garth Larkin (resigned 31.5.22)
Sara Richards
Su Wang
Adelle Heather Shaw-Flach
David James Simpson
Matthew David Longley
Christopher Allen (resigned 18.12.21)
Annette Elizabeth Fenner (appointed 11.5.22)
Ajanta Biswas (appointed 11.5.22)
Ruth Pott (appointed 11.5.22)

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.

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary

Martin Paul Niebuhr Tod

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 16 December 2022 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 2022.

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

16 December 2022

THE MEN'S HEALTH FORUM

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted	Total	2022 Restricted	2021 Total
	Notes	fund £	funds £	funds £	funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	12,784	-	12,784	13,650
Charitable activities					
Communication and awareness raising		105,956	-	105,956	144,387
Other income		<u>2,944</u>	<u>-</u>	<u>2,944</u>	<u>3,708</u>
Total		<u>121,684</u>	<u>-</u>	<u>121,684</u>	<u>161,745</u>
EXPENDITURE ON					
Raising funds	4	11,648	-	11,648	1,730
Charitable activities					
Communication and awareness raising		<u>121,545</u>	<u>-</u>	<u>121,545</u>	<u>140,748</u>
Total		<u>133,193</u>	<u>-</u>	<u>133,193</u>	<u>142,478</u>
NET INCOME/(EXPENDITURE)		(11,509)	-	(11,509)	19,267
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>36,947</u>	<u>-</u>	<u>36,947</u>	<u>17,680</u>
TOTAL FUNDS CARRIED FORWARD		<u>25,438</u>	<u>-</u>	<u>25,438</u>	<u>36,947</u>

The notes form part of these financial statements

THE MEN'S HEALTH FORUM

**BALANCE SHEET
31 MARCH 2022**

		Unrestricted	Total	2022 Restricted	2021 Total
	Notes	fund £	funds £	funds £	funds £
CURRENT ASSETS					
Stocks	8	21,815	-	21,815	31,080
Debtors	9	12,672	-	12,672	6,217
Cash at bank		<u>39,384</u>	-	<u>39,384</u>	<u>44,671</u>
		73,871	-	73,871	81,968
CREDITORS					
Amounts falling due within one year	10	<u>(48,433)</u>	-	<u>(48,433)</u>	(45,021)
NET CURRENT ASSETS		<u>25,438</u>	-	<u>25,438</u>	<u>36,947</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>25,438</u>	-	<u>25,438</u>	<u>36,947</u>
NET ASSETS		<u>25,438</u>	-	<u>25,438</u>	<u>36,947</u>
FUNDS	11				
Unrestricted funds				<u>25,438</u>	<u>36,947</u>
TOTAL FUNDS				<u>25,438</u>	<u>36,947</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 16 December 2022 and were signed on its behalf by:



David James Simpson - Trustee

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

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 2022

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

	2022 £	2021 £
Corporate donations	-	8,000
Donations £5,000 and under	<u>12,784</u>	<u>5,650</u>
	<u>12,784</u>	<u>13,650</u>

Corporate donations received in the previous year relate to £8,000 from DPD Group.

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022 £	2021 £
Mini manuals	Communication and awareness raising	61,039	27,220
Training income	Communication and awareness raising	17,931	20,547
Consultancy and event income	Communication and awareness raising	12,500	11,165
Grants	Communication and awareness raising	13,995	85,000
Toolbox talks	Communication and awareness raising	491	455
		<u>105,956</u>	<u>144,387</u>

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

	2022 £	2021 £
Department of Health & Social Care - Health & Wellbeing Alliance	-	80,000
London Borough of Hackney Business Support Grant	-	5,000
Tudor Foundation Trust	<u>13,995</u>	-
	<u>13,995</u>	<u>85,000</u>

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2022

4. RAISING FUNDS

Raising donations and legacies

	2022	2021
	£	£
Staff costs	11,598	1,514
Other fundraising costs	<u>50</u>	<u>216</u>
	<u>11,648</u>	<u>1,730</u>

5. SUPPORT COSTS

	Management Totals		Governance Finance	costs
	£	£	£	£
Communication and awareness raising	<u>12,744</u>	<u>1,706</u>	<u>15,882</u>	<u>30,332</u>

All support costs are allocated on the basis of staff time.

Support costs, included in the above, are as follows:

Management

	2022	2021
	Communication and awareness raising	Total activities
	£	£
Communications	2,049	1,583
Postage and stationery	1,386	1,529
Sundries	2,208	2,550
Other staff costs	-	27
Premises costs	2,724	7,184
Accountancy	4,220	2,104
Marketing	<u>157</u>	<u>30</u>
	<u>12,744</u>	<u>15,007</u>

Finance

	2022	2021
	Communication and awareness raising	Total activities
	£	£
Bank charges	<u>1,706</u>	<u>889</u>

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2022

5. SUPPORT COSTS - continued Governance costs

	2022 Communication and awareness raising £	2021 Total activities £
Staff costs	11,598	1,514
Accountancy	4,220	2,104
Travel costs	-	13
Communications	64	29
	<u>15,882</u>	<u>3,660</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

During the year expenses totalling £nil (2021: £nil) were reimbursed to the trustees.

7. STAFF COSTS

	2022 £	2021 £
Wages and salaries	33,137	40,435
	<u>33,137</u>	<u>40,435</u>

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

	2022	2021
Project workers	-	1
Chief executive officer	1	1
	<u>1</u>	<u>2</u>

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

Wages and salaries include Pension payments totalling £887 (2021 : £911) and Employers National Insurance costs of £2,657 (2021 : £3,282).

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

8. STOCKS

	2022 £	2021 £
Stocks	<u>21,815</u>	<u>31,080</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	12,455	3,691
Other debtors	-	2,283
Prepayments and accrued income	<u>217</u>	<u>243</u>
	<u>12,672</u>	<u>6,217</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	5,934	3,954
Social security and other taxes	407	1,214
Other creditors	1,477	831
Accrued expenses	<u>40,615</u>	<u>39,022</u>
	<u>48,433</u>	<u>45,021</u>

11. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	36,947	(11,509)	25,438
TOTAL FUNDS	<u>36,947</u>	<u>(11,509)</u>	<u>25,438</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	121,684	(133,193)	(11,509)
TOTAL FUNDS	<u>121,684</u>	<u>(133,193)</u>	<u>(11,509)</u>

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

11. MOVEMENT IN FUNDS - continued

Comparatives for 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>

Comparative 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	<u>161,745</u>	<u>(142,478)</u>	<u>19,267</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.

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

THE MEN'S HEALTH FORUM

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

13. 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 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Corporate donations	-	8,000
Donations £5,000 and under	<u>12,784</u>	<u>5,650</u>
	12,784	13,650
Charitable activities		
Mini manuals	61,039	27,220
Training income	17,931	20,547
Consultancy and event income	12,500	11,165
Grants	13,995	85,000
Toolbox talks	<u>491</u>	<u>455</u>
	105,956	144,387
Other income		
Other income	<u>2,944</u>	<u>3,708</u>
Total incoming resources	121,684	161,745
EXPENDITURE		
Raising donations and legacies		
Staff costs	11,598	1,514
Other fundraising costs	<u>50</u>	<u>216</u>
	11,648	1,730
Charitable activities		
Staff costs	9,941	37,407
Fixed costs	5,396	16,241
Contractors and Associates	36,727	45,820
Agencies	1,129	931
Web / IT	4,505	5,221
Man manuals	33,515	15,544
Staff expenses	<u>-</u>	<u>28</u>
	91,213	121,192
Support costs		
Management		
Communications	2,049	1,583
Postage and stationery	1,386	1,529
Sundries	2,208	2,550
Other staff costs	-	27
Premises costs	2,724	7,184
Carried forward	8,367	12,873

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THE MEN'S HEALTH FORUM

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
Management		
Brought forward	8,367	12,873
Accountancy	4,220	2,104
Marketing	157	30
	12,744	15,007
 Finance		
Bank charges	1,706	889
 Governance costs		
Staff costs	11,598	1,514
Accountancy	4,220	2,104
Travel costs	-	13
Communications	64	29
	15,882	3,660
 Total resources expended	133,193	142,478
 Net (expenditure)/income	<u>(11,509)</u>	<u>19,267</u>

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