

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE PERIOD 1 APRIL 2022
TO 30 MARCH 2023
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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Wobaston Road
Wolverhampton
WV9 5HD

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FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023**

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THE MEN'S HEALTH FORUM
Report of the Trustees
FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

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 period 1 April 2022 to 30 March 2023. 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

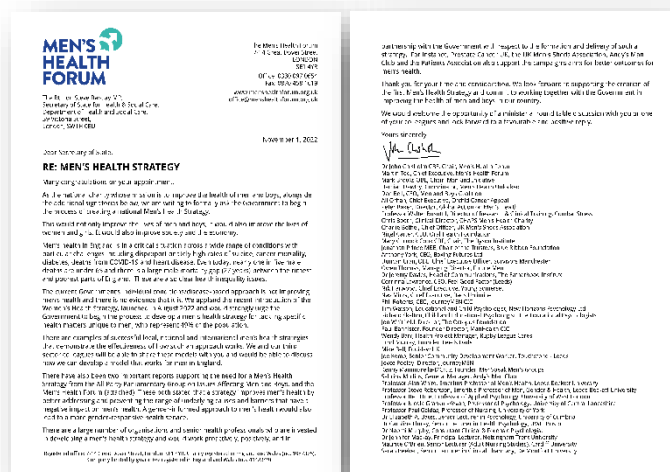
ACHIEVEMENT AND PERFORMANCE: Charitable activities undertaken for the public benefit

Our main focus in 2022/23 has been leading the campaign for a men's health strategy, while continuing to raise awareness of men's health issues through Men's Health Week, providing men's health information direct to men via our website and our Man Manuals and extending our ongoing Men's Health Champions training programme.

Working in partnership for a Men's Health Strategy

Following the launch of our Men's Health Strategy campaign in November 2021 and the publication of our case for a men's health strategy in the March 2022 edition of 'Trends in Urology and Men's Health', our focus over the summer of 2022 was the building of a strong coalition to support the campaign and working to raise awareness of the need for a men's health strategy in parliament.

In November, we wrote to the Secretary of State for Health & Social Care to put forward our case. Other signatories included representatives from the ManKind Initiative, Men's Health Unlocked, the Men and Boys Coalition, Orchid Cancer Appeal, Global Action on Men's Health, Combat Stress, CHAPS Men's Health Charity, UK Men's Sheds Association, Oral Health Foundation, The Dyson Institute, Blue Ribbon Foundation, Boxing Futures, Survivors Manchester, Future Men, The Fatherhood Institute, Dads Unlimited, Rugby League Cares and Andy's Man Club. In addition, we had 11 academics as signatories including Professor Alan White, Professor Steve Robertson, Professor Ben Hine, Professor Nicola Graham-Kevan and Professor Paul Galdas.



Other backers of our campaign include the Patients Association, Prostate Cancer UK, Association of Mental Health Providers, British Society of Sexual Medicine, Primary Care Urology Society, School and Public Health Nurses Association, the Adult Dyslexia Association and the Black Men's Consortium.

To date, we have 644 signatories to our petition, 414 backing the campaign and 117 signing the letter.

Throughout the year, the steering committee - which includes our Chief Executive, our Patron and representatives of the Men and Boys Coalition and Men's Health Unlocked met regularly and coordinated support to push ahead our activities in parliament.

This paid dividends towards the end of the financial year, as we were able to engage directly with the Chair of the Health Select Committee, Steve Brine MP, to scope ideas for a potential men's health review, sharing ideas as to what a men's health review might look like. This review - directly citing our work - launched shortly afterwards.

Raising awareness: Men's Health Week

One of our top priorities was, once again, to organize Men's Health Week 2022. And the MOT campaign for Men's Health Week was a clear hit.



The main message for men was 'It's time for your MOT' addressing the impact of lower engagement with primary care by men during the Covid pandemic.

Early-stage cancer diagnoses fell by third in the first lockdown in 2022 and that shortfall continued. Macmillan reckon that around 50,000 people missed a cancer diagnosis during the pandemic. Prostate cancer diagnoses, for example, were down 29% between 2019 and 2020. That's not because prostate cancer was getting rarer (it wasn't), but because men weren't seeing their GPs to begin to get diagnosed. Indeed, male GP visits fell more than female visits.

Meanwhile, NHS Health Checks, which should be offered to most people over 40, were paused. To address this, we offered:

- The Forum's easy online DIY MOT - <https://www.menshealthforum.org.uk/diy-man-mot>. More than 30,000 people visited the page out of the 52,000 who visited our Men's Health Week page.
- Free downloads of our new 'CAN DO' manual, a FREE download PDF gathering together all the great ideas our Men's Health Champions have had for things we can all do to boost our mental wellbeing.
- A resource pack for employers, public health departments, NHS trusts and other organisations to raise awareness amongst men about when they might need to be checked.



More than 2,059 different people ordered our Men's Health Week Man MOT campaign pack to enable them to support the week with events and social media.

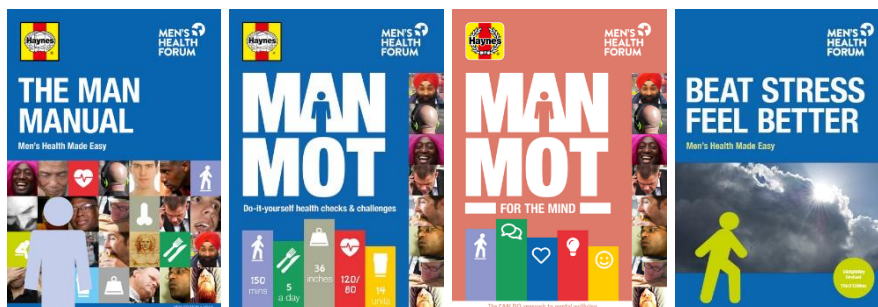
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We had high profile social media support from MIND and Prostate Cancer UK and our Chief Executive had a 10-minute slot with Trisha Goddard on Talk TV - as well as interviews with various other radio stations including BBC Radio Leeds and BBC Radio Lancashire.



Man Manuals and information for men

Alongside our campaigning for policy change and Men's Health Week, we continued to focus on distributing our award-winning information for men as widely as possible. During 2022/23, we had more than 780,000 visits to our website at www.menshealthforum.org.uk. In addition, we circulated more than 45,000 printed manuals to men - via direct sale, via employers and via bespoke printing - with the Man Manual, Man MOT, Man MOT for the Mind and Beat Stress being the most popular.



In addition, we continued to reach people via X (formerly known as Twitter) with around 14,000 followers by the end of the year and had nearly 12,000 signed up to receive our emails as well as increasing numbers of followers on Facebook and LinkedIn.

One area with continuing high levels of participation are our forums on Health Unlocked, where over 31,000 people have participated to date.

Men's Health Champions programme

Our training programme continues to grow driven by the Men's Health Champions programme with more than 300 people trained as Men's Health Champions since the programme launched. This is supplemented by our Man MOT training direct to workplaces, Toolbox Talk training, as well as our new 'How to make health services work better for men' training.



We continue to publicise the training - mainly via email - although our lead trainer, Jim Pollard, also presented to the NHS Health & Wellbeing Champions conference in November about our Men's Health Champions programme and had a very positive response.

Working with others

In addition to our work on a Men's Health Strategy, we continue to work to in partnership on other issues where men's health plays an important role including via:

- Alcohol Health Alliance
- Obesity Health Alliance
- HPV Coalition
- Prostate Cancer UK's 'Boys need bins' campaign

Separately, we are active members of Global Action on Men's Health, supporting their work to raise men's health as an issue globally and regionally amongst professionals and policy makers.

On the academic front, we continue to support:

- Game of Stones - a weight management via texting project - University of Stirling
- GP-SUS Steering Committee - reviewing GP Access Interventions - University of Oxford

while also taking part in more ad hoc events such as a round table on men and cancer organised by the European Cancer Organisation.

We also continue to engage on government policy issues and consultations, including:

- Women & Equalities Select Committee Follow Up on the Mental Health of Men and Boys
- Tobacco Independent Review
- DHSC 10-year Cancer Plan

We also have worked constructively where possible with DHSC policy teams where possible, with a positive and constructive meeting the CVD Health Team at DHSC - which led to a workshop on July 1 to support the development of a cardiovascular disease campaign.

In addition to the materials widely used for Men's Health Week, we continue to support men's health via local government, most recently through participation in a joint Local Government Association panel on men's mental health at the Annual Public Health Conference in March 2023.

Organisation:

After more than 18 years of service as a Trustee, John Larkin, stood down in May 2022. We are very grateful for the legal expertise he brought to the board and, in his many years as Treasurer, his careful scrutiny and consideration of our finances.

THE MEN'S HEALTH FORUM
Report of the Trustees
FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

At the same time, we welcomed Ruth Pott, Annette Fenner and Ajanta Biswas to the board and their depth of knowledge and experience in across a wide range of men's mental and physical health research and inequalities issues.

The Forum continues to rely on its staff and associates to deliver its day-to-day work - particularly Martin Tod, our Chief Executive, and Jim Pollard - our Editorial and Creative Consultant and Lead Trainer. We are grateful for everything they do to drive the Forum forward.

Even today, too many men are dying too young

As we refreshed our evidence base for a men's health strategy, it reinforced, once again, the vital need for us to continue our work and continue the progress made during 2022/23.

In 2022, 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.

The number of male deaths per year overtook female deaths per year during the pandemic for the first time since 1981 and have stayed higher ever since.

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. Improving men's health is better for everyone.

There is plenty to do - and we look forward to working with our supporters and partners to help make it happen in 2023/24.

THE MEN'S HEALTH FORUM

Report of the Trustees FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

FINANCIAL REVIEW

Principal funding sources

The principal funding sources for the charity are currently by way of grants, donations, training 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 £4,825 (2022 : £25,438). The Trustees are more than aware that the current deficit of £45,175 (2022 : £24,562) is below the ideal reserves level.

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 eleven individuals who meet frequently during the year and are responsible for the strategic direction and policy of the charity.

Management responsibility of the organisation rests with the Chairperson, John Chisholm, 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

THE MEN'S HEALTH FORUM
Report of the Trustees
FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

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
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.

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 2 January 2024 and signed on its behalf by:



John William Chisholm - Trustee

**Independent Examiner's Report to the Trustees
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 period 1 April 2022 to 30 March 2023.

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

2 January 2024

THE MEN'S HEALTH FORUM
Statement of Financial Activities
FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

				PERIOD 1.4.22 TO 30.3.23	YEAR ENDED 31.3.22
	Notes	Unrestricted fund £	Restricted funds £	Total funds £	Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	8,215	-	8,215	12,784
Charitable activities	3				
Communication and awareness raising		80,937	-	80,937	105,956
Other income		960	-	960	2,944
Total		90,112	-	90,112	121,684
 EXPENDITURE ON					
Raising funds	4	7,082	-	7,082	11,648
Charitable activities					
Communication and awareness raising		103,643	-	103,643	121,545
Total		110,725	-	110,725	133,193
 NET INCOME/(EXPENDITURE)		(20,613)	-	(20,613)	(11,509)
 RECONCILIATION OF FUNDS					
Total funds brought forward		25,438	-	25,438	36,947
 TOTAL FUNDS CARRIED FORWARD		4,825	-	4,825	25,438

The notes form part of these financial statements

THE MEN'S HEALTH FORUM

Balance Sheet 30 MARCH 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Stocks	8	19,970	-	19,970	21,815
Debtors	9	3,251	-	3,251	12,672
Cash at bank		16,380	-	16,380	39,384
		<u>39,601</u>	<u>-</u>	<u>39,601</u>	<u>73,871</u>
CREDITORS					
Amounts falling due within one year	10	(34,776)	-	(34,776)	(48,433)
		<u>4,825</u>	<u>-</u>	<u>4,825</u>	<u>25,438</u>
NET CURRENT ASSETS					
		<u>4,825</u>	<u>-</u>	<u>4,825</u>	<u>25,438</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>4,825</u>	<u>-</u>	<u>4,825</u>	<u>25,438</u>
NET ASSETS		<u>4,825</u>	<u>-</u>	<u>4,825</u>	<u>25,438</u>
FUNDS	11				
Unrestricted funds				4,825	25,438
TOTAL FUNDS				<u>4,825</u>	<u>25,438</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 March 2023.

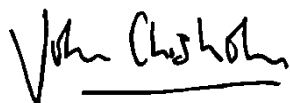
The members have not required the company to obtain an audit of its financial statements for the period ended 30 March 2023 in accordance with Section 476 of the Companies Act 2006.

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 2 January 2024 and were signed on its behalf by:



John William Chisholm - Trustee

THE MEN'S HEALTH FORUM
Notes to the Financial Statements
FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

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.

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.

THE MEN'S HEALTH FORUM

Notes to the Financial Statements - continued FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

1. ACCOUNTING POLICIES - continued

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

	PERIOD 1.4.22 TO 30.3.23 £	YEAR ENDED 31.3.22 £
Donations £5,000 and under	<u>8,215</u>	<u>12,784</u>

3. INCOME FROM CHARITABLE ACTIVITIES

		PERIOD 1.4.22 TO 30.3.23 £	YEAR ENDED 31.3.22 £
Mini manuals	Activity		
Training income	Communication and awareness raising	54,535	61,039
Consultancy and event income	Communication and awareness raising	24,007	17,931
Grants	Communication and awareness raising	1,193	12,500
Toolbox talks	Communication and awareness raising	-	13,995
		<u>1,202</u>	<u>491</u>
		<u>80,937</u>	<u>105,956</u>

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

	PERIOD 1.4.22 TO 30.3.23 £	YEAR ENDED 31.3.22 £
Tudor Foundation Trust	<u>-</u>	<u>13,995</u>

4. RAISING FUNDS

Raising donations and legacies

	PERIOD 1.4.22 TO 30.3.23 £	YEAR ENDED 31.3.22 £
Staff costs	5,431	11,598
Other fundraising costs	1,651	50
	<u>7,082</u>	<u>11,648</u>

THE MEN'S HEALTH FORUM

Notes to the Financial Statements - continued FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

5. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
Communication and awareness raising	<u>18,001</u>	<u>1,879</u>	<u>9,512</u>	<u>29,392</u>

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

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

Management

	PERIOD 1.4.22 TO 30.3.23	YEAR ENDED 31.3.22
Communication and awareness raising	£	Total activities £
Communications	2,235	2,049
Postage and stationery	571	1,386
Sundries	1,742	2,208
Premises costs	2,862	2,724
Accountancy	3,989	4,220
Marketing	-	157
Contractors and Associates	6,602	-
	<u>18,001</u>	<u>12,744</u>

Finance

	PERIOD 1.4.22 TO 30.3.23	YEAR ENDED 31.3.22
Communication and awareness raising	£	Total activities £
Bank charges	1,879	1,706

Governance costs

	PERIOD 1.4.22 TO 30.3.23	YEAR ENDED 31.3.22
Communication and awareness raising	£	Total activities £
Staff costs	5,431	11,598
Accountancy	3,989	4,220
Communications	92	64
	<u>9,512</u>	<u>15,882</u>

THE MEN'S HEALTH FORUM

Notes to the Financial Statements - continued FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 30 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

During the year expenses totalling £nil (2022: £nil) were reimbursed to the trustees.

7. STAFF COSTS

	PERIOD 1.4.22 TO 30.3.23 £	YEAR ENDED 31.3.22 £
Wages and salaries	15,517	33,137
	<u>15,517</u>	<u>33,137</u>

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

	PERIOD 1.4.22 TO 30.3.23 1	YEAR ENDED 31.3.22 1
Chief executive officer	<u>1</u>	<u>1</u>

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

Wages and salaries include Pension payments totalling £430 (2022 : £887) and Employers National Insurance costs of £765 (2022 : £2,657).

8. STOCKS

	2023 £	2022 £
Stocks	<u>19,970</u>	<u>21,815</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	3,027	12,455
Prepayments and accrued income	224	217
	<u>3,251</u>	<u>12,672</u>

THE MEN'S HEALTH FORUM

Notes to the Financial Statements - continued
FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	7,156	5,934
Social security and other taxes	-	407
Other creditors	572	1,477
Accrued expenses	27,048	40,615
	<u>34,776</u>	<u>48,433</u>

11. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 30.3.23
	£	£	£
Unrestricted funds			
General fund	25,438	(20,613)	4,825
TOTAL FUNDS	<u>25,438</u>	<u>(20,613)</u>	<u>4,825</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	90,112	(110,725)	(20,613)
TOTAL FUNDS	<u>90,112</u>	<u>(110,725)</u>	<u>(20,613)</u>

Comparatives for 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>

Comparative 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 PERIOD 1 APRIL 2022 TO 30 MARCH 2023**

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 30 March 2023.

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 PERIOD 1 APRIL 2022 TO 30 MARCH 2023

	PERIOD 1.4.22 TO 30.3.23 £	YEAR ENDED 31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations £5,000 and under–	8,215	12,784
Charitable activities		
Mini manuals	54,535	61,039
Training income	24,007	17,931
Consultancy and event income	1,193	12,500
Grants	-	13,995
Toolbox talks	1,202	491
	80,937	105,956
Other income		
Other income	960	2,944
Total incoming resources	90,112	121,684
EXPENDITURE		
Raising donations and legacies		
Staff costs	5,431	11,598
Other fundraising costs	1,651	50
	7,082	11,648
Charitable activities		
Staff costs	4,655	9,941
Fixed costs	8,713	5,396
Contractors and Associates	33,004	36,727
Agencies	675	1,129
Web / IT	6,723	4,505
Man manuals	20,481	33,515
	74,251	91,213
Support costs		
Management		
Communications	2,235	2,049
Postage and stationery	571	1,386
Sundries	1,742	2,208
Premises costs	2,862	2,724
Accountancy	3,989	4,220
Marketing	-	157
Contractors and Associates	6,602	-
	18,001	12,744
Finance		
Bank charges	1,879	1,706
Governance costs		
Staff costs	5,431	11,598
Carried forward	5,431	11,598

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THE MEN'S HEALTH FORUM

Detailed Statement of Financial Activities FOR THE PERIOD 1 APRIL 2022 TO 30 MARCH 2023

	PERIOD 1.4.22 TO 30.3.23 £	YEAR ENDED 31.3.22 £
Governance costs		
Brought forward	5,431	11,598
Accountancy	3,989	4,220
Communications	92	64
	9,512	15,882
Total resources expended	110,725	133,193
Net expenditure	(20,613)	(11,509)

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