

Report of the Trustees and
Financial Statements for the Year
ended 30 March 2024 for the
Men's Health Forum

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

TAG Accountants Group Limited
Chartered Accountants
Unit 8, Pendeford Place
Pendeford Business Park
Wobaston Road
Wolverhampton
WV9 5HD

**Contents of the Financial Statements
for the Year Ended 30 March 2024**

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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 30 March 2024. 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 policy-makers and opinion formers 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 2023-2024 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*, we have focused on building a strong coalition to support the campaign and working to raise awareness of the need for a men's health strategy in Parliament. A group of interested parties from the voluntary sector (including representation from the Men's Health Forum, the Men and Boys Coalition and Men's Health Unlocked) has met fortnightly to progress these issues.

One notable success in pursuing a Men's Health Strategy was the announcement by the Health and Social Care Committee of an Inquiry into men's health, as a result of representations by the Forum and other interested parties. The Forum helped organise a meeting on 3 August 2023 attended by over a hundred people, all from the Forum's mailing list, to discuss the strategy for submitting evidence to the Inquiry. The Forum submitted written evidence, published on 29 November 2023, and Martin Tod gave oral evidence on 21 January 2024 on the Forum's behalf. Professor Alan White, the Forum's patron, was appointed as the Health and Social Care Committee's specialist adviser for the Inquiry.



The Forum's evidence to the Inquiry emphasised that men's health needed urgent action, given the recent fall in life-expectancy, wider health inequalities than for women's health, and significantly higher mortality from multiple causes. The healthcare system needed to respond appropriately and correct the disparities in diagnosis rates and the lower engagement with services, particularly by men of working age. Our evidence argued for gender-informed healthcare and a Men's Health Strategy that would include better gendered measurement and analysis of data, improvements in outreach, access, prevention, screening, research and the training of healthcare professionals, support for voluntary sector organisations, and the appointment of a Men's Health Ambassador and a clinical lead for men's health in NHS England.

Although it is outside the scope of this annual report and will be covered more fully in next year's report, the Inquiry was incomplete when the 2019-2024 Parliament was dissolved. However, the Chair of the Health and Social Care Committee wrote to the Secretary of State for Health and Social Care about progress, recommending the publication of a Men's Health Strategy, a focus on addressing preventable causes of death, the provision of gender-responsive care, funding for community-based organisations, and better engagement with employers and utilisation of the workplace for health support.

Raising awareness: Men's Health Week

One of our top annual priorities is to organise Men's Health Week. The focus of Men's Health Week 2023, held from 12 to 18 June, was men's mental health. Two new Man Manuals, *Porn Free* (which focused on pornography and men's health) and *Wanna Bet?* (which addressed gambling and men's health) were launched to coincide with the Week, and the *CAN DO* Manual (based on five proven evidence-based ways to feel better) was refreshed. The Forum organised a webinar on 13 June, attended by nearly 200 people discussing men and online harms and facilitated by Dr Marcus Maloney of the University of Coventry, who was interviewed by Jim Pollard as part of the webinar. Additionally, Jim Pollard on behalf of the Forum interviewed Dr Hilary Jones, general practitioner, presenter and writer about medical issues, concerning men's health on 15 June. The Forum also launched a new Toolbox Talk on men's health and the internet.



The Men's Health Forum

Report of the Trustees for the Year Ended 30 March 2024

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 2023-2024, we had more than 540,000 visits to our website at www.menshealthforum.org.uk. In addition, we circulated more than 25,100 regular printed manuals and 7,600 bespoke printed manuals - so 32,700 altogether! via direct sale and via employers - with the Man Manual, Man MOT, Man MOT for the Mind and Beat Stress, Feel Better being the most popular.



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

One other area with continuing high levels of participation are our forums on Health Unlocked, where over 35,000 people have participated to date.

Men's Health Champions training programme

Our training programme continues to grow, driven by the Men's Health Champions programme, with more than 400 people trained as Men's Health Champions since the programme launched. This is supplemented by our Man MOT training, our Toolbox Talk training, and our 'How to make health services work better for men' training; all of these were delivered to workplaces, organisations and groups during the course of the year. We continue to publicise these training opportunities, mainly via e-mail.

Working with others

In addition to our work on a Men's Health Strategy, we continue to work 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.

We join other organisations in joint letters, statements and initiatives. For example, we were a co-signatory of a letter (coordinated by the Fatherhood Institute) to Kemi Badenoch, Secretary of State for Business and Trade, President of the Board of Trade and Minister for Women and Equalities, about paternity leave.

One of our Trustees, Annette Fenner, participated in a Men's Sheds event in Portcullis House on 20 March 2024, and was able to brief Parliamentarians about men's health issues.

Separately, we are active members of Global Action on Men's Health, supporting its work to raise men's health as an issue globally and regionally amongst professionals and policy-makers. We participated in a GAMH meeting concerning Movember's proposal for a global Men's Health Institute and in a planning meeting about Men's Health Week 2024.

On the academic front, we continued 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.

The Men's Health Forum

Report of the Trustees for the Year Ended 30 March 2024

Our Chair John Chisholm attended the CHAPS/Tackle/Masonic Prostate Cancer Steering Project Launch Conference on 26 March 2024.

Our patron Alan White and Martin Tod were speakers at the Men and Boys Coalition conference - Men's Health in Strategy, Policy and Practice - on 23 November 2023.

We also continue to engage with government policy issues and consultations.

We were pleased to see reference to men's health in the Department of Health and Social Care policy paper Major conditions strategy: case for change and our strategic framework, published on 21 August 2023. We responded to the Major conditions strategy call for evidence.

We welcomed the Government announcements on International Men's Day, 19 November 2023, of the £16 million backing for Prostate Cancer UK's prostate cancer screening programme; the intention to appoint a Men's Health Ambassador; and the creation of a Men's Health Task Force. Martin Tod subsequently represented the Forum on the Task Force, which first met on 27 February 2024.

We also had input to evidence to the Labour Party's Mental Health Review, chaired by Luciana Berger.

Organisation

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

Martin Tod stood down as Chief Executive on 31 August 2023 after a decade of dedicated service in the role. We are delighted that he is continuing to serve the Forum in a voluntary capacity, particularly in our work on a Men's Health Strategy, the maintenance of our website, our financial transactions and commercial activities. He has been a fantastic, energetic and committed Chief Executive, contributing to the charity's strategy and the development of its training courses and materials, led the creation of our manifesto, responded to the COVID pandemic and campaigning for a national Men's Health Strategy. His communications and advocacy skills have helped enormously in pursuing the Forum's mission of helping improve the health of men and boys, and his IT skills have helped achieve the impressive reach of the Forum's website as an invaluable resource and provider of information for men and for healthcare professionals.

The Forum continues actively to explore opportunities for fundraising, which is so necessary for the achievement of its mission. It has been working with a financial consultant and has approached numerous grant-awarding organisations for support.

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 2023-2024.

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 has 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 healthcare resources, sick pay and welfare benefits and the human, societal, 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 2024-2025.

www.menshealthforum.org.uk/give



The Men's Health Forum

Report of the Trustees for the Year Ended 30 March 2024

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 negative £3,704 (2023 - positive £4,825). The Trustees are more than aware that the current deficit of £53,704 (2023 : £45,175) 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 ten 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

Trustees

Ajanta Biswas
John William Chisholm
Shaun Paul Davis
Annette Elizabeth Fenner
Matthew David Longley
Ruth Pott
Sara Richards
Adelle Heather Shaw-Flach
David James Simpson (resigned 5.3.24)
Su Wang

The Men's Health Forum

Report of the Trustees for the Year Ended 30 March 2024

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

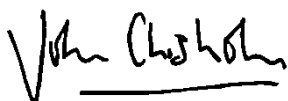
Martin Paul Niebuhr Tod

Independent Examiner

Mr Anthony Lee Morris FCCA
TAG Accountants Group Limited
Chartered Accountants
Unit 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 19 December 2024 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 30 March 2024.

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

TAG Accountants Group Limited
Chartered Accountants
Unit 8, Pendeford Place
Pendeford Business Park
Wobaston Road
Wolverhampton
WV9 5HD

19 December 2024

The Men's Health Forum

**Statement of Financial Activities
for the Year Ended 30 March 2024**

				Year Ended 30.3.24 Total funds £	Period 1.4.22 to 30.3.23 Total funds £
	Notes	Unrestricted fund £	Restricted funds £		
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	6,876	-	6,876	8,215
Charitable activities	3				
Communication and awareness raising		68,752	-	68,752	80,937
Other income		520	-	520	960
Total		<u>76,148</u>	<u>-</u>	<u>76,148</u>	<u>90,112</u>
EXPENDITURE ON					
Raising funds	4	4,623	-	4,623	7,082
Charitable activities					
Communication and awareness raising		80,054	-	80,054	103,643
Total		<u>84,677</u>	<u>-</u>	<u>84,677</u>	<u>110,725</u>
NET INCOME/(EXPENDITURE)		(8,529)	-	(8,529)	(20,613)
RECONCILIATION OF FUNDS					
Total funds brought forward		4,825	-	4,825	25,438
TOTAL FUNDS CARRIED FORWARD		<u>(3,704)</u>	<u>-</u>	<u>(3,704)</u>	<u>4,825</u>

The notes form part of these financial statements

The Men's Health Forum

Balance Sheet 30 March 2024

	Notes	Unrestricted fund £	Restricted funds £	30.3.24 Total funds £	30.3.23 Total funds £
CURRENT ASSETS					
Stocks	8	22,859	-	22,859	19,970
Debtors	9	3,586	-	3,586	3,251
Cash at bank		4,566	-	4,566	16,380
		<u>31,011</u>	<u>-</u>	<u>31,011</u>	<u>39,601</u>
CREDITORS					
Amounts falling due within one year	10	(34,715)	-	(34,715)	(34,776)
		<u>(3,704)</u>	<u>-</u>	<u>(3,704)</u>	<u>4,825</u>
NET CURRENT ASSETS/(LIABILITIES)					
		<u>(3,704)</u>	<u>-</u>	<u>(3,704)</u>	<u>4,825</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>(3,704)</u>	<u>-</u>	<u>(3,704)</u>	<u>4,825</u>
NET ASSETS		<u>(3,704)</u>	<u>-</u>	<u>(3,704)</u>	<u>4,825</u>
FUNDS	11				
Unrestricted funds				<u>(3,704)</u>	<u>4,825</u>
TOTAL FUNDS				<u>(3,704)</u>	<u>4,825</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 March 2024.

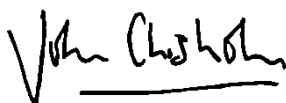
The members have not required the company to obtain an audit of its financial statements for the year ended 30 March 2024 in accordance with Section 476 of the Companies Act 2006.

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 19 December 2024 and were signed on its behalf by:



John William Chisholm - Trustee

**Notes to the Financial Statements
for the Year Ended 30 March 2024**

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 exemption 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.

**Notes to the Financial Statements - continued
for the Year Ended 30 March 2024**

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

	Year Ended 30.3.24 £	Period 1.4.22 to 30.3.23 £
Corporate donations	100	-
Donations £5,000 and under	6,776	8,215
	<u>6,876</u>	<u>8,215</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	Year Ended 30.3.24 £	Period 1.4.22 to 30.3.23 £
Mini manuals	Communication and awareness raising	46,075	54,535
Training income	Communication and awareness raising	22,032	24,007
Consultancy and event income	Communication and awareness raising	-	1,193
Toolbox talks	Communication and awareness raising	645	1,202
		<u>68,752</u>	<u>80,937</u>

4. RAISING FUNDS

Raising donations and legacies

	Year Ended 30.3.24 £	Period 1.4.22 to 30.3.23 £
Staff costs	2,069	5,431
Other fundraising costs	2,554	1,651
	<u>4,623</u>	<u>7,082</u>

5. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
Communication and awareness raising	<u>15,570</u>	<u>1,607</u>	<u>6,110</u>	<u>23,287</u>

**Notes to the Financial Statements - continued
for the Year Ended 30 March 2024**

5. SUPPORT COSTS - continued

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

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

Management

	Year Ended 30.3.24	Period 1.4.22 to 30.3.23
	Communication and awareness raising £	Total activities £
Communications	2,599	2,235
Postage and stationery	449	571
Sundries	425	1,742
Premises costs	1,898	2,862
Accountancy	3,941	3,989
Contractors and Associates	6,258	6,602
	<u>15,570</u>	<u>18,001</u>

Finance

	Year Ended 30.3.24	Period 1.4.22 to 30.3.23
	Communication and awareness raising £	Total activities £
Bank charges	1,607	1,879
	<u>1,607</u>	<u>1,879</u>

Governance costs

	Year Ended 30.3.24	Period 1.4.22 to 30.3.23
	Communication and awareness raising £	Total activities £
Staff costs	2,069	5,431
Accountancy	3,941	3,989
Communications	100	92
	<u>6,110</u>	<u>9,512</u>

**Notes to the Financial Statements - continued
for the Year Ended 30 March 2024**

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 March 2024 nor for the period ended 30 March 2023.

Trustees' expenses

During the year expenses totalling £nil (2023: £nil) were reimbursed to the trustees.

7. STAFF COSTS

	Year Ended 30.3.24 £	Period 1.4.22 to 30.3.23 £
Wages and salaries	5,911	15,517
	<u>5,911</u>	<u>15,517</u>

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

	Year Ended 30.3.24	Period 1.4.22 to 30.3.23
Chief executive officer	-	1
	<u>-</u>	<u>1</u>

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

Wages and salaries include Pension payments totalling £165 (2023 : £430) and Employers National Insurance costs of £237 (2023 : £765).

8. STOCKS

	30.3.24 £	30.3.23 £
Stocks	22,859	19,970
	<u>22,859</u>	<u>19,970</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.3.24 £	30.3.23 £
Trade debtors	3,194	3,027
Prepayments and accrued income	392	224
	<u>3,586</u>	<u>3,251</u>

Notes to the Financial Statements - continued
for the Year Ended 30 March 2024

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.3.24	30.3.23
	£	£
Trade creditors	9,133	7,156
Other creditors	561	572
Accrued expenses	25,021	27,048
	<u>34,715</u>	<u>34,776</u>

11. MOVEMENT IN FUNDS

	At 31.3.23 £	Net movement in funds £	At 30.3.24 £
Unrestricted funds			
General fund	4,825	(8,529)	(3,704)
TOTAL FUNDS	<u>4,825</u>	<u>(8,529)</u>	<u>(3,704)</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	76,148	(84,677)	(8,529)
TOTAL FUNDS	<u>76,148</u>	<u>(84,677)</u>	<u>(8,529)</u>

Comparatives for 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>

Comparative 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>

**Notes to the Financial Statements - continued
for the Year Ended 30 March 2024**

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 March 2024.

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 30 March 2024

	Year Ended 30.3.24 £	Period 1.4.22 to 30.3.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Corporate donations	100	-
Donations £5,000 and under	6,776	8,215
	<hr/> 6,876	<hr/> 8,215
Charitable activities		
Mini manuals	46,075	54,535
Training income	22,032	24,007
Consultancy and event income	-	1,193
Toolbox talks	645	1,202
	<hr/> 68,752	<hr/> 80,937
Other income		
Other income	520	960
	<hr/> 76,148	<hr/> 90,112
Total incoming resources		
	76,148	90,112
EXPENDITURE		
Raising donations and legacies		
Staff costs	2,069	5,431
Other fundraising costs	2,554	1,651
	<hr/> 4,623	<hr/> 7,082
Charitable activities		
Staff costs	1,773	4,655
Fixed costs	7,224	8,713
Contractors and Associates	30,600	33,004
Agencies	675	675
Web / IT	4,667	6,723
Man manuals	11,828	20,481
	<hr/> 56,767	<hr/> 74,251
Support costs		
Management		
Communications	2,599	2,235
Postage and stationery	449	571
Sundries	425	1,742
Premises costs	1,898	2,862
Accountancy	3,941	3,989
Contractors and Associates	6,258	6,602
	<hr/> 15,570	<hr/> 18,001
Finance		
Bank charges	1,607	1,879
Governance costs		
Staff costs	2,069	5,431
Carried forward	2,069	5,431

This page does not form part of the statutory financial statements

The Men's Health Forum

Detailed Statement of Financial Activities for the Year Ended 30 March 2024

	Year Ended 30.3.24 £	Period 1.4.22 to 30.3.23 £
Governance costs		
Brought forward	2,069	5,431
Accountancy	3,941	3,989
Communications	100	92
	<u>6,110</u>	<u>9,512</u>
Total resources expended	<u>84,677</u>	<u>110,725</u>
Net expenditure	<u>(8,529)</u>	<u>(20,613)</u>