

MKPUK&I
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Yvette Forbes
Barnaby Reason
Paula Chinnery
Deborah Gale
Jonathan Hooker
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Charity number

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Principal address

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Independent examiner

Gary Howard FCA
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TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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)".

Special Note from the Chairman

The Covid 19 pandemic has continued to make planning uncertain for much of this financial period. Our main source of income has always been face-to-face trainings in groups of 60 to 90 men. These were cancelled for the whole of the previous financial year and caused MKP UK&I to draw on our reserves. We were well-supported by the men in our community, and we were able to continue without drawing on our emergency reserves. This year we ran three weekend trainings, two staff trainings and one Leadership Training.

Objectives and activities

Charitable objects

The charity's objects are the preservation and protection of mental health and wellbeing among men in the UK and Ireland by the provision of support, information and care of men facing mental health and wellbeing challenges.

Aims of the charity

"Changing the world, a man at a time" is not just a motto, but a fundamental underpinning of our values as an organisation and the purpose that drives us.

The aims of the charity are to offer a response to the emotional health and wellbeing of men. In an environment that sees men taking their own lives; peaking at 4,882 deaths in 2014, it was notable the rise was most marked amongst middle aged men. We see this as an ongoing challenge, to change the rhetoric around men's roles in society which create unrealistic expectations on men, particularly in their roles as fathers, partners, brothers, role-models and mentors. We help men find more purpose in their lives and develop a new understanding of what it means to be a successful man in the world of today.

Overview of activities

MKP UK&I has traditionally offered two linked training weekends which introduce men to personal development. The first one is called The New Warrior Training Adventure (NWTa) and it introduces men to the idea of living with integrity, holding themselves accountable and being true to their word. It also introduces the idea of having a mission or purpose which is greater than themselves: this is to inspire them to want to improve who they are and how they live and to become better versions of themselves. The second follow-on training is the Primary Integration Training (PIT) which allows men to integrate many of the learnings they got from their NWTa: it teaches men how to be in men's groups, listening to, and supporting others and how to recognise and communicate their emotions in a healthy way. Traditionally after doing the PIT a man would join an Integration Group (I-Group) which would meet every two weeks and allow the members to check-in with each other and support each other to continue their ongoing personal development work. The I-Groups are peer-led groups which are supported by MKP UK&I but not part of our organisation.

To develop the skills of the men who lead these trainings we also run Leadership Development Trainings 1, 2 and 3 and a Staff Training. These trainings develop men in their roles as leaders more generally as well as preparing them to support and lead the training weekends.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Use of volunteers

The charity provides services to adult men and the majority of those services are provided by volunteers working under the guidance of paid leaders. We are committed to ensuring that all volunteers adhere to the highest standards that safeguard the interests of all those who use our services. For the NWT weekend we aim to fill the training with 36 men and will have about 45 men staffing. Of those there will be four paid leaders and the rest will pay to staff and will pay their own travel expenses. Adding in the time they take off from work, we estimate the volunteer value of a weekend, which is made up of staff paying for their own travel expenses, taking time off from work and paying a fee to staff, to be in the region of £25k for each NWT.

MKPUK&I's Evolution to a Charity

The charity was registered with the Charity Commission on 1 July 2016 and commenced operations, after a period of set up, on 1 April 2017. The organisation had previously existed as a non-profit company and has been running personal development courses for men in the UK and Ireland for over 25 years.

Objectives for the year (This was planned pre-covid and changed with the lockdown and uncertainty)

- To deliver three Adventure trainings accommodating 36 male participants per training with a staff team of up to 50 men (volunteers) per training.
- To deliver nine follow-on Online Primary Integration Trainings with 8 – 12 men per training.
- To continue to run Coffee & Connection Groups for our community members.
- To continue a programme of Deeper Sharing Circles to allow men to dig more deeply into issues associated with their own personal development.
- To continue to run drop-in style Connection Groups for any men who want to try out a men's group.
- To actively profile and promote the work of the charity.

MKPUK&I OBJECTIVES 2021-22

Our core purpose is to maintain and strengthen men's mental well-being by keeping them connected with a healthy and supportive community of men. We were heartened by the ease with which men switched to online I-Group meetings during the pandemic lockdowns, and we have continued to create more online connection opportunities for the men of the community.

In addition, we have continued to deliver connection opportunities for men who had not yet joined the community. A number of those have since attended a weekend training event since they have recommenced.

THE STRATEGIES & ACTIVITIES FOR MAINTAINING AND IMPROVING CONNECTION

The pandemic and the lockdowns gave an extreme need for connection and men who were off work stepped forward to volunteer and run these activities. This year coming out of the pandemic has required a review and reduction of these services to offer a relevant amount of support for a population of men coming back to a more normal existence.

This section details the specific activities being run for the community and for men yet to join.

Internal Programmes for the men in the Community

- Daily Check-ins – Men can drop into an online meeting to share how they are feeling and what is going on in their life. This is a supportive sharing circle for listening to others and being heard. In this year we ran 192 of these circles. Post pandemic we moved from running this five times per week to three times.
- Deeper Sharing Circles – These are twice-monthly meetings which have a theme such as fear, shame or can be for single fathers or divorced dads. We ran 44 of these events which were staffed using over 400 volunteer hours.
- MKP Spotlight – These are twice-yearly events usually featuring and man specialised in men's work or men's groups.
- Morning Meditations – The Lodge Keepers Society (LKS) which tends to be more spiritual and connected to nature hosted morning meditations, to give men a chance to try this if they had not done so before, or to offer guided meditations for men who enjoy connecting in this way.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

External Programmes for the men not yet in the Community

- **Connection Groups** – These are daily meetings that any man can join to experience a safe place in which to share and listen to others. We held over 171 of these meetings which were attended by 1,110 men and which were delivered using 1,040 volunteer hours.
- **Connection Groups in Ireland** – We started running regular online Connection Groups in Ireland. This is especially impactful with the history of tension and unrest and where the location of meetings can cause men to be at risk. The online groups allow men to meet and connect from the safety of their own homes. The men of some parts of Ireland are also statistically more likely to suffer from depression and anxiety and are more prone to suicide than in other parts of the UK and Ireland. The men of Ireland have now run 47 groups which have been attended by 182 men.
- **Equality, Diversity and Inclusion** – 2021 was another big year for MKPUK&I's work to improve our appeal to men from more diverse backgrounds. In particular we ran two types of event:
 - Crossing the Road** – This event is based on the idea that traditionally crossing the road has been an action based on avoiding someone or something, and usually someone or something different from ourselves. In this case men are encouraged to find a man in his local area who is from a different ethnic background and with whom he has some small contact and invite him to join a meeting of men from diverse backgrounds. These events have now run twelve times and have been attended by over 265 men. The aim is to show men who may be in a minority in the UK that we welcome them and create a place for them that is safe to be in.
 - Giving Voice** – This event is designed as a one-way communication where men from minority ethnic groups speak about their experience of growing up and living in the UK and Ireland. The other attendees listen to hear and understand the experience of someone from a minority. This helps those of us in the majority to understand more clearly what it is like for men who are different from us, and to be more supportive and better able to fulfil the role of an ally. We have continued this programme and are looking at ways to expand it.
 - Rainbow Circles** – We have also started a rainbow circle for the LGBTQ+ men of our community and this has met five times and was attended by 30 men.
- **Grant Applications** – We applied for, and won, our first grant in 2020-2021 which was from the National Lottery. This year we applied for an additional £10,000 from them and were awarded that as well.

Public Benefit Statement

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Financial review

During the year ended 31 March 2022 total income was £147,920 (2021: £82,405), an increase against the previous year of £65,515. Total expenditure was up by £49,321 at £142,905 (2021: £93,584).

The charity is committed to holding a minimum of £40,000 in reserves, equivalent to six months' operational costs. The reserves at the end of the year were £70,434 which is in excess of that target, the trustees consider this to be a satisfactory position for the charity.

Principal sources of income and how expenditure meets objects

Through adherence to our Financial Control Policies and Procedures, the charity is committed to prudent financial management, transparency and the safeguarding of its assets, ensuring sufficient reserves to sustain the charity in the event of a temporary suspension of its activities, such as happened last year due to Covid. The Board of Trustees has the overall responsibility for managing MKPUK&I funds; approving the budget, ensuring the accuracy of the accounting records, adherence to financial controls and policies, and timely preparation of financial statements. In practice, other than budget approval, the day-to-day responsibilities for these actions are overseen by the Treasurer and delegated to the Finance Manager with input from the Finance Action Circle.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Our primary source of income comes via the trainings we deliver (as described above). Each training is separately budgeted and an overall budget for the year is developed by the Training Manager and Finance Manager, assisted by the Treasurer, Finance Action Circle and the Training & Outreach Director, with Board of Trustees scrutiny.

As each separate training is budgeted, this allows the charity to make financial projections for the year ahead, and budget accordingly to ensure the charity meets its object. The resumption of weekend trainings this year has allowed us to begin to recover financially, however the trainings will no longer cover the costs of our increased outreach activities and we will need to become more adept at fundraising.

However, we have donors within the community which contribute each month, and we received one-off donations during the year. In addition, we received money through Gift Aid which means the total raised internally for the year was £39,548.

Having successfully tested the concept of Connection Groups for men who are new to our work and having won funding from the National Lottery Covid Emergency Fund last year of just over £39k. This year we submitted an additional request for £10k and were also awarded that.

The Trustees remain confident that the charity will be able to deliver significantly against our aims and objects within the resources that will be available.

Details of plans for future periods

The Trustees remain confident that the charity will be able to deliver significantly against our aims and objects within the resources that will be available.

Risk factors and review

We have a robust financial risk management policy and procedures; a full risk assessment in relation to health and safety, accompanied by contingency plans and a comprehensive insurance policy. Our main risks are financial, reputational and IT related. We are in conformance with all legislation regarding GDPR and have described separately the financial controls and care. The trustees propose to work more carefully through the risk register which was established this year, during the next annual cycle.

Structure, governance and management

We have one part time employee, the Development and Outreach Director who is Laurence Johns. He is supported by three part-time contractors who are the Finance Manager, The Training Manager and the Enrolment Coordinator. In addition, there is a Finance Action Circle, an Operations Action Circle who meet weekly and make day to day decisions and have actions approved and overseen by a monthly trustee meeting. There is also a Equality, Diversity and Inclusion Action Circle. All these meetings are minuted and the minutes are open to the community. There are at least two and usually three trustees in each of these sub-groups.

One trustee is paid as a contractor to be the Enrolment Coordinator. He too has other income from other work and can choose to refuse work with MKP UK&I and is the best qualified candidate to fulfil this role given his mix of MKP experience, his IT capability, and his soft skills. He has transformed our enrolment processes. He is excluded from any Board discussions relating to his role. The board is aware of the Conflicts of Interest policy and openly declares the above arrangements having met the requirements as we have understood them.

Specialist work such as leadership of the adventure weekends, PITs and leadership trainings are undertaken by well-trained and experienced men working as contractors and supported by volunteers. Volunteering for Action Circles and to staff on weekend trainings is part of the ongoing development process men in the community can choose to take part in.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

The MKPUK&I Board is Aware of, and familiar with, the **Charity Governance Code** and is working to ensure that we make full use of this tool to improve and refine our effectiveness as a board of trustees.

1 Organisational purpose

The board is clear about the charity's aims and ensures that these are being delivered effectively and sustainably. We have discussed and revised the Vision and Mission of MKPUK&I and shared it widely with the community.

2 Leadership

Every charity is led by an effective board that provides strategic leadership in line with the charity's aims and values. The board developed the strategy and it has quarterly targets and progress is reported monthly at the board meetings.

3 Integrity

The board acts with integrity, adopting values and creating a culture which helps achieve the organisation's charitable purposes. The board is aware of the importance of the public's confidence and trust in charities, and trustees undertake their duties accordingly. The board places high value on our values and the processes which facilitate their adoption. The board ensures conformance to charity commission guidelines.

4 Decision-making, risk and control

The board makes sure that its decision-making processes are informed, rigorous and timely and that effective delegation, control and risk assessment and management systems are set up and monitored. Important work has been carried out this year to establish specialised sub-groups called Action Circles to carry out specialist activities and oversight and report back to the board. Risk Assessment and Management is now included on every board agenda and we are undertaking a thorough review of all risks.

5 Board effectiveness

The board works as an effective team, using the appropriate balance of skills, experience, backgrounds and knowledge to make informed decisions. The board is more diverse now than before and represents a wider range of views about the charity and how to move forward. We continue to seek well-qualified and experienced individuals to cover all the important areas of expertise. We are not yet where we would like to be.

6 Equality, diversity and inclusion

The board's approach to diversity supports its effectiveness, leadership and decision-making. We have actively encouraged men from more diverse backgrounds to take on positions and roles of responsibility including the board, and our Equality Diversity and Inclusion Action Circle meet monthly.

7 Openness and accountability

The board leads the organisation in being transparent and accountable. The charity is open in its work, unless there is good reason for it not to be. The board works to share information that is appropriate to share and involves others in decision-making where possible and appropriate.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Charity constitution

The charity is registered with the Charity Commission in England and Wales as a Charitable Incorporated Organisation (CIO).

Recruitment and appointment of trustees and directors' interests

The recruitment process was open and transparent, offering the roles to the MKPUK&I community but also actively reaching out to a wider cohort. We did this by advertising widely throughout the MKPUK&I network, encouraging members to nominate and recommend possible trustees with the necessary skills, assessing applications through specific selection criteria, shortlisting and interview process.

As with many smaller charities the trustees are involved in moving forward and overseeing the work of many of the Action Circles. In addition, the Training and Outreach Director meets weekly with the Operation Action Circle which includes the Chair and Vice-chair, Enrolment Coordinator, Training Manager and one other trustee, and he and this group report to the whole board monthly.

Induction and training of trustees

All new Trustees were given an induction pack, outlining their duties and responsibilities to the charity with specific regard to the roles of Chair, Vice Chair and Treasurer. Details of available training to enhance their skills and knowledge in relation to their trustee roles were disseminated prior to a formal introductory meeting. We then held introductory forums for the Trustees whereby a presentation on the work of MKPUK&I was delivered by the Training & Outreach Director and the Trustees were given the space and time to get to know each other and to engage in 'question and answer' sessions. All new trustees were paired-up with an existing trustee so that the new trustees had a mentor and close point of contact whilst finding their feet. In addition, we found a Trustee training course run by Buzzacott which is a requirement of all new Trustees to attend at least one of these trainings within the first six months of their tenure. These courses are also a good forum to search for new potential trustees. The NCVO is also a great source of material and is helping us to improve our overall governance.

Organisational structure

The charity is governed by a Board of Trustees with responsibility for legal compliance, good governance processes, policies and procedures and oversight of the work of the Training & Outreach Director, the Finance Manager and any other part-time contractors working to develop the charity or who are responsible for the day to day running of the charity. Monthly board meetings are scheduled in advance with reporting procedures in place to ensure the charity is achieving its charitable aims and objectives. The Action Circles meet monthly too and report to the board with the exception of the Operations Action circle which meets weekly.

Relationship with wider network

We have built a range of relationships, not only with the wider MKP international network, but also with closely aligned organisations such as A Band of Brothers, Journeyman, Woman Within, Women in Power, The National Coalition Building Institute (NCBI), Mental Health First Aid (England) and the Men and Boys Coalition.

In addition, although we had to cancel our physical meetings in the previous year we have managed to continue to maintain relationships with the following: Southern Housing Group, Dorset Wharf Community Centre, High Heathercombe Centre, Initiatives of Change, The Loft, East Grange Outdoor Activity Centre, Townley Hall (Ireland), Hillview Counselling Centre (Belfast), Embercombe Retreat Centre, Unstone Grange and the Union Chapel Islington.

Relationships with related parties

Our relationships with our wider network are built on mutual trust and cooperation. We take referrals from the Union Chapel and the wider MKP International network and have working agreements with the Southern Housing Group that allow us to access and use their premises to facilitate our trainings and actively promote the work of the charity.

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

External partnerships

This year coming out of the lockdowns we have focused on maintaining Connection and community provision for as many men as possible and have not had the resources to work on external partnerships. We continue to have close relationships with our sister organisations: Women in Power and Woman Within and we are a member of the Men and Boys Coalition.

Trustees

The trustees who served during the year and up to the date of signature of the financial statements were:

Yvette Forbes – Chair

Mark Powley - Vice Chair

Barnaby Reason - Treasurer

Paula Chinnery (appointed 30 August 2022)

Alexander Foster (resigned 29 April 2021)

Deborah Gale (appointed 30 August 2022)

Jonathan Hooker

Michael Irwin (resigned 26 October 2021)

Royston John

Robert Jump

Peter Mulhall

Daniel Perry (appointed 10 November 2022)

Andre Tomlinson (resigned 26 October 2021)

Stephen Walters (resigned 26 October 2021)

Tony Wilkinson (appointed 30 August 2022)

We briefly exceeded our intended maximum of 12 trustees, whilst new trustees found their feet, and have now stabilised at 10. We will offer two places at the next AGM if qualified and experienced people wish to serve on the board.

EXTERNAL PARTNERSHIPS

This year also saw the first collaboration with an external partner; the South London Consortium. We worked with local authorities to provide connection groups for special guardians. These are grandparents who have had to take on parenting responsibilities for their children's children, so have effectively started to parent again full-time as a grandparent.

We are currently speaking with another organisation to provide similar connection groups and open circles.

HIGHLIGHTS OF THIS YEAR

- We thrived without going into our emergency reserves and expanded our offerings.
- The launches of daily, weekly, monthly and quarterly activities for our community of men
- The launch of Connection Groups and Open Circles for men new to MKP (600 new men)
- Our first commercial partnership with an external organisation
- International Men's day connection of 100+ men
- We won our first grant application from the National Lottery (£39K+)
- We trained many more volunteers to hold space for others
- We exceeded our targets in terms of the number of men we reached
- We launched two ongoing initiatives to increase our appeal to men from more diverse backgrounds

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' report was approved by the Board of Trustees.


[Barnaby Reason \(Jan 9, 2023 14:43 GMT\)](#)

Barnaby Reason

Treasurer

Dated: 9 January 2023

MKPUK&I

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MKPUK&I

I report to the trustees on my examination of the financial statements of MKPUK&I (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 financial statements to be reached.

Gary Howard FCA

Howard Wilson Chartered Accountants
36 Crown Rise
Watford
Hertfordshire
WD25 0NE

Dated: 10 January 2023

MKPUK&I

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

Current financial year					
		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
	Notes				
<u>Income from:</u>					
Donations and voluntary income	3	38,573	-	38,573	39,150
Training and education	4	98,285	10,000	108,285	42,530
Other trading activities	5	1,049	-	1,049	575
Investments	6	13	-	13	150
Total income		137,920	10,000	147,920	82,405
<u>Expenditure on:</u>					
Raising funds	7	-	-	-	1,304
Training and education	8	132,905	10,000	142,905	92,280
Total expenditure		132,905	10,000	142,905	93,584
Net income/(expenditure) for the year/ Net movement in funds		5,015	-	5,015	(11,179)
Fund balances at 1 April 2021		65,419	-	65,419	76,598
Fund balances at 31 March 2022		70,434	-	70,434	65,419

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

MKPUK&I

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

Prior financial year

		Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes			
<u>Income from:</u>				
Donations and voluntary income	3	39,150	-	39,150
Training and education	4	2,858	39,672	42,530
Other trading activities	5	575	-	575
Investments	6	150	-	150
Total income		42,733	39,672	82,405
<u>Expenditure on:</u>				
Raising funds	7	-	1,304	1,304
Training and education	8	53,912	38,368	92,280
Total expenditure		53,912	39,672	93,584
Net income/(expenditure) for the year/ Net movement in funds		(11,179)	-	(11,179)
Fund balances at 1 April 2020		76,598	-	76,598
Fund balances at 31 March 2021		65,419	-	65,419

MKPUK&I

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Debtors	11	7,308		4,867	
Cash at bank and in hand		112,037		80,258	
		<u>119,345</u>		<u>85,125</u>	
Creditors: amounts falling due within one year	12	(48,911)		(19,706)	
Net current assets			70,434		65,419
Income funds					
<u>Unrestricted funds</u>					
Designated funds	15	3,557		2,871	
General unrestricted funds		<u>66,877</u>		<u>62,548</u>	
			70,434		65,419
			<u>70,434</u>		<u>65,419</u>

The financial statements were approved by the Trustees on 9 January 2023

Barnaby Reason
Barnaby Reason (Jan 9, 2023 14:43 GMT)

Barnaby Reason
Trustee & Treasurer

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

1 Accounting policies

Charity information

MKPUK&I is a Charitable Incorporated Organisation (CIO).

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1.5 Expenditure

Expenditure is accounted for on an accruals basis. Allocations of support costs are based on the appropriate combination of staff time, direct expenditure and activity levels.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies**(Continued)****1.7 Financial instruments**

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and voluntary income

	2022	2021
	£	£
Donations	22,925	22,498
Membership fees	15,648	16,652
	<u>38,573</u>	<u>39,150</u>

4 Training and education

	2022	2021
	£	£
Training income	98,285	2,858
Grants receivable	10,000	39,672
	<u>108,285</u>	<u>42,530</u>
Analysis by fund		
Unrestricted funds	98,285	2,858
Restricted funds	10,000	39,672
	<u>108,285</u>	<u>42,530</u>
Grants receivable		
The National Lottery Community Fund	10,000	39,672
	<u>10,000</u>	<u>39,672</u>

MKPUK&I

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

5 Other trading activities

	Unrestricted funds	Unrestricted funds
	2022 £	2021 £
Advertising income	1,049	575
	<u> </u>	<u> </u>

6 Investments

	Unrestricted funds	Unrestricted funds
	2022 £	2021 £
Interest receivable	13	150
	<u> </u>	<u> </u>

7 Raising funds

	Total	Restricted funds
	2022 £	2021 £
<u>Fundraising and publicity</u>		
Advertising	-	1,304
	<u> </u>	<u> </u>
	-	1,304
	<u> </u>	<u> </u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022
8 Training and education

	2022	2021
	£	£
Staff costs	32,275	37,444
Bursaries	3,582	450
Site rental	27,265	1,297
Insurance	1,549	1,474
Certified leaders fees	18,867	4,672
Materials and supplies	7,019	4,175
Conferences	500	-
Network fees	2,639	3,127
Travel and subsistence	-	127
Office costs	6,983	4,180
Legal and professional costs	35,968	29,816
Telephone	1,274	1,147
Bank charges and other finance costs	2,764	1,067
Bad and doubtful debts	-	1,444
Governance costs	2,220	1,860
	<u>142,905</u>	<u>92,280</u>
Analysis by fund		
Unrestricted funds	132,905	53,912
Restricted funds	10,000	38,368
	<u>142,905</u>	<u>92,280</u>
For the year ended 31 March 2021		
Unrestricted funds	53,912	
Restricted funds	38,368	
	<u>92,280</u>	

Governance costs comprise fees paid to the independent examiners of £2,220 (2021 - £1,860).

9 Trustees

One Trustee was in receipt of payments for services provided to MKPUK&I during the year as follows:

- Peter Mulhall for acting as Enrolment Coordinator - £7,477
- Peter Mulhall for acting as PIT Leader - £500 (standard rate for leaders)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
Management and Administration	1	1

Employment costs

	2022	2021
	£	£
Wages and salaries	30,619	36,903
Other pension costs	1,656	541
	<u>32,275</u>	<u>37,444</u>

There were no employees whose annual remuneration was £60,000 or more.

11 Debtors

	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	75	-
Other debtors	601	-
Prepayments and accrued income	6,632	4,867
	<u>7,308</u>	<u>4,867</u>

12 Creditors: amounts falling due within one year

	2022	2021
	£	£
Other taxation and social security	1,580	9
Trade creditors	-	5,040
Other creditors	38,276	-
Accruals and deferred income	9,055	14,657
	<u>48,911</u>	<u>19,706</u>

13 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £1,656 (2021 - £541).

MKPUK&I

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			Balance at 31 March 2022
	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 1 April 2021	Incoming resources	Resources expended	
	£	£	£	£	£	£	£
Mental Health and Emotional Wellbeing for Men	-	39,672	(39,672)	-	10,000	(10,000)	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Mental Health and Emotional Wellbeing for Men is a project funded by The National Lottery Community to address the harm families and communities suffer whenever their men become overwhelmed by stress and threats to their mental wellbeing.

15 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds			Movement in funds				Balance at 31 March 2022
	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 1 April 2021	Incoming resources	Resources expended	Transfers	
	£	£	£	£	£	£	£	£
Elders Fund	2,815	200	(144)	2,871	200	(724)	-	2,347
LKS Fund	-	-	-	-	2,750	(1,663)	123	1,210
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	2,815	200	(144)	2,871	2,950	(2,387)	123	3,557
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

16 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).