

MEN TOO

England & Wales · Charity number 1176745

Details

Status Registered

Legal form CIO

Registered 2018-01-19

Register [View on the Charity Commission register](#)

Contact

Address 32 Argyle Street
Birkenhead
Merseyside
CH41 6AE

Phone 01516533771

Email info@webmerseyside.org

Website www.webmerseyside.org

Activities

Objects: THE PROVISION OF FACILITIES FOR RECREATION AND OTHER LEISURE-TIME OCCUPATION IN THE INTERESTS OF SOCIAL WELFARE WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE FOR THOSE PERSONS IN PARTICULAR VULNERABLE MEN AND BOYS WITH MULTI/COMPLEX NEEDS AND OR SUICIDE IDEATION RESIDENT IN BIRKENHEAD AND NEIGHBOURING AREAS OF MERSEYSIDE

Activities: The provision of facilities for recreation and other leisure-time occupation in the interests of social welfare with the object of improving the conditions of life for those persons in particular vulnerable men and boys with multi/complex needs and or suicide ideation resident in Birkenhead and neighbouring areas of Merseyside.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Liverpool City
- Wirral

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£43,058	£35,289	-	-
2024-03-31	£14,996	£23,335	-	-
2023-03-31	£65,662	£52,696	-	-
2022-03-31	£30,873	£25,817	-	-
2021-03-31	£26,992	£11,054	-	-

Trustees

Name	Role	Appointed
Gaynor Williams		2019-01-30
JANE GRAHAM		2018-09-19
Jacqueline Howe		2025-08-06
SHARON MARIE STANTON		2018-09-19

MEN TOO

England & Wales - Charity number 1176745

Accounts



**MEN TOO
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

APH Accountants Ltd
Chartered Management Accountants
259 Wallasey Village
Wallasey
Merseyside
CH45 3LR

Men Too Contents

	Page
Trustees' Report	1—6
Independent Examiner's Report	7
Statement of Financial Activities	8
Comparative Statement of Financial Activities	9
Statement of Financial Position	10
Notes to the Financial Statements	11—16

Men Too
Trustees' Report For The Year Ended 31 March 2025

The trustees present their report and the financial statements for the year ended 31 March 2025.

Objectives and Activities

Aims and Objectives

The purpose of the Charity is to provide facilities for recreation and other leisure-time occupation in the interests of social welfare with the object of improving the conditions of life for those persons, in particular, vulnerable men and boys with multi/complex needs and/or suicide ideation resident in Birkenhead and neighbouring areas of Merseyside.

BACKGROUND & HISTORY: MEN TOO CHARITY:

The formation of MEN TOO has come about through small groups of men accessing personal development training; 1-1 therapeutic counselling and group counselling services from a small charity called WEB Merseyside. After accessing the training from WEB, the men requested that WEB put on weekly services for them as they had found it so beneficial in helping them to cope and recover. Unfortunately, WEB was unable to provide weekly sessions due to lack of funding/resources. However, WEB continued to support these men from their unrestricted reserves for over 18mths, organising activity-based sessions twice monthly which were well attended.

In regular consultation with the men, WEB Merseyside went about setting up a specific charity for men that would allow them to meet in small groups on a weekly basis. The men have been involved at every stage of setting up this small but much needed charity. From the name of the organisation to its aims and objectives, from weekly activities they think would support them up to governance and managing the organisation; meeting trustees and sharing their views of what has helped them and what they would like more of.

AIMS: MEN TOO were granted charitable status on 19/01/2018 our aims are to support men who have a range of mental health issues, complex needs, and suicide ideation. MEN TOO works with men aged 18 and above.

SERVICES:

- Group support -weekly via 'maintenance for the mind' sessions
- Range of confidence/esteem building training, and anger management training
- Range of Holistic therapies: aromatherapy nurturing touch, relaxation, sound healing, mindfulness training; chair yoga, meditation and a range of therapeutic art/craft activities.

All of MEN TOO services that we deliver have elements of confidence building training underpinning it; this has helped the men to be able to open up and talk about their feelings openly; preventing further attempts of suicide, and more importantly helping them to cope and recover.

VOLUNTEERING: Some of the men who have participated in past sessions also want to volunteer in mentoring roles, supporting other men through their difficult times. Men Too has worked with partner charity WEB Merseyside in order to develop a volunteering training package, and appropriate resources to allow this to happen, and further support sustainability via volunteering.

Public Benefit

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Achievements and Performance

Men Too
Trustees' Report (continued)
For The Year Ended 31 March 2025

Main Achievements

This is our seventh year of service delivery, and I continue to be proud of the hard work and commitment from all the staff, volunteers, sessional workers and Trustees at MEN TOO.

I have heard first hand from the men how vital the support that they receive is. Men have informed me that they reached out in absolute desperation, not knowing where to turn, and that they have been given the warmest welcome, they have been accepted without judgement, and given a lifeline of support when they have needed it most.

More importantly, I hear the success stories from men who have not only survived difficult circumstances, poor mental health, and the impacts of poverty, but that they have gone on to thrive from the support they have received from us. From learning new coping techniques, gaining new friendships from peer support circles, accessing food/hygiene hampers when times were tough, then going on to volunteer and gain employment. Many men have come through the doors of Men Too and been left richer for the experience. Equally each man has left some legacy or words of wisdom behind for others to benefit from.

Men Too aims are to reduce social isolation, improve mental health and community connections and reduce suicide ideation for men across Merseyside. Our weekly support groups continue to be seen by many as an absolute lifeline. Our therapeutic approach and services have been the 'key ingredient' to support men to make positive changes and life choices. Our ethos of equality is a huge factor in men's growth and development, with qualified counsellors as group facilitators role modelling within groups.

Despite our best efforts this year has been an extremely tough and especially difficult year in securing funding. The austerity measure that is hitting families is harsh, families are feeling the 'cost of living crisis' also lots of small charities like ours have been hit especially hard, with several long standing local charities having folded in these austere times. Through the hard work of our small staff team and trustees continuous efforts we have been fortunate enough to have received some small pots of funding that has enabled us to continue serving our community.

WBC Household Support Fund enabled us to provide 100 food hampers and 100 hygiene hampers to families impacted by food poverty. We partnered with the fabulous PHEW services to get these hampers delivered to families in need. Our food hampers were gratefully received by the men and their families and they felt comfortable in taking them without any stigma attached. They found the contents of the food hamper to be especially thoughtful and helpful.

Successful funding from Awards for All in 2023 (fund ended July 2024) allowed Men Too to develop and deliver a 'bespoke training programme' Pro-Active Parenting. Men Too coordinator has been piloting and delivering these sessions with great success and fabulous feedback. This programme support parents to have better adult relationships with partners and ex partners, supporting improved communication, and healthy relationships keeping their focus on the 'children's health and well-being' and 'positive role modelling'. Staff and volunteers have received intensive training and development that will support their personal and professional development in future programme deliveries, Staff feel very confident in their ability to deliver future training programmes and will try and secure future funding that will enable Men Too to deliver these programmes moving forward.

WBC Pathfinders Fund helped us to provide 'befriending services' to fathers who were struggling with their mental health and wellbeing, supporting reduction of isolation, and development of peer support groups and friendships. Men Too had fabulous uptake on this service showing a clear need for this support, especially for young dads with neurodiverse needs who often find it difficult to access group support, establish friendship circles.

Neurodiversity: Throughout the past 3 years of delivering services; we have discovered that we were coming into contact with more men who are neurodiverse. According to user needs we have adapted our sessions to make sure we have been accommodating needs appropriately. We have kept group sizes small as requested. We have delivered more 'awareness sessions on understanding neurodiversity'. Through our therapeutic sessions we have seen the men grow in confidence, understand their own mental health triggers and most importantly the men have learnt what strategies work for them and what they can put in place to make sure they keep good mental health. This has reduced the reported amount of suicide ideation within the group and the men have expressed how they feel more confident to talk to people about their feelings and when they need to ask for help. Through learning and developing as we grow as an organisation; men who access our services are now role modelling a 'trauma informed way of being' to new users of the group and this has enhanced the peer support within the group.

**Men Too
Trustees' Report (continued)
For The Year Ended 31 March 2025**

Main Achievements - continued

User Led Service: As a 'User Led service' all sessions are planned and consulted with the men and put on a 6-week advance rota to ensure that we are providing the relevant support that men want/need that addresses issues that are current to them.

2 x small grants: allowed us to continue provide weekly therapeutic 'Maintenance for the Mind' sessions. Supporting men to develop a wide range of coping strategies, developing their confidence and self-esteem and upskilling them in order to enable them to cope with life, and ultimately build their resilience in their mental health.

Maintenance for the Mind: Weekly Sessions: We have managed to deliver 45 sessions of 'maintenance for the mind'. All sessions are 5hrs inc set up/debrief with snacks and refreshments provided. A maximum of 8 men can attend a session in order to keep the safe therapeutic environment. An established booking on system is in operation.

Grow Well Being: Men Too partnered with Grow Wellbeing charity: to complete a 5 week course with the men at woodland school It was amazing to see the men push themselves to get out in nature and learn new skills. They thoroughly enjoyed themselves getting in touch with nature.

Types of sessions delivered in the past year have included: Awareness sessions on: Prostrate cancer, neurodiversity, Domestic Abuse, eating disorders, children's mental health, nutrition, parental mental health. Also did variety of sessions like: Chair yoga, Goal Setting, Affirmations, Art Therapy, Creative Writing, Well Being Cards, Quiz, Check In's, Emotional Contagion, Neurodiversity Awareness, Desert Island Discs, Positive versus Negative Talk, Planning Sessions, Sandplay, Games Day, Counselling Theories & Techniques, Pathway 2MPowerment exercises, Pumpkin Carving, Empowerment outward bound socials, and exercise sessions. Sound Healing, Clay Making, Making Robots, & Storybooks for neurodiverse children.

Volunteers & Their Impact: As a small charity we rely on our volunteers to support us in the running of our groups and to support us in the 'Welcome Sessions' for new men all of this is very time heavy but vital in our safeguarding of all concerned. Without our small army of amazing volunteers, we would be unable to provide all of our services and activities. We are pleased and proud that we have supported many of our volunteers go onto paid work, and/or further education and training that has enhanced their career opportunities. All of our volunteers have a minimum of 3-day Induction training in volunteering which covers everything from expectations of volunteering, boundaries, suicide reduction & prevention training, safeguarding and listening/communication skills. We also have a small number of counselling volunteers who provide 1-1 therapeutic counselling to men, they are supported in this role via our partnership with sister charity WEB Merseyside. This has supported men to access 373 therapeutic counselling sessions.

Volunteer Training:

- **Volunteer Induction Training:** Men Too volunteers have accessed Intensive Volunteer Induction Training across 2 x cohorts (3days training per cohort). A total of 6 new volunteers from Men Too have accessed this training.
- **Listening Service Training=1 day training:** 6 new volunteers accessed Listening Support Training.
- **Welcome Session Training:** 2 new volunteers were trained to support 'Welcome Session Inductions' for our service users.
- **Counselling Volunteers:** 7 counselling volunteers have wanted to volunteer for Men Too, so we have developed close partnership work with sister charity WEB Merseyside and volunteer training that benefits both charities, and our service users. This has enabled Men Too users to access 373 free therapeutic counselling appointments.

Ongoing Training & Development: In addition to the above training our staff and volunteers have accessed the following additional training: Neglect awareness, Totem training-Empowering people & having difficult conversation, Safeguarding refreshers, Domestic Abuse-safeguarding training.

Men Too received 117 referrals this past 12 months.

- **Welcome Sessions:** Men Too facilitated 106 new appointments and welcomed 56 new men into the service.
...CONTINUED

Men Too
Trustees' Report (continued)
For The Year Ended 31 March 2025

Main Achievements - continued

- *All 56 men were given a warm welcome and each introduction section lasted between 60-120 minutes.*
- **Men Too supported 78 Men in the last 12mths:** Along with our 56 new users 22 existing users continued to access support; resulting in Men Too supporting a total of 78 men in this reporting period
- **Telephone Support & Signposting:** 61 men have received telephone support and/or signposting services.
- **45 x Maintenance for the Mind Weekly Therapeutic Group Sessions:** Men Too have delivered 40 sessions of 'maintenance for the mind' with a total of 335 attendances.
- **Counselling Service:** Has provided 373 free therapeutic counselling appointments for Men

The impact of Men Too service provision has made on the lives of vulnerable men in our community has in their own words been **'Life changing' and 'Life saving'** this is the single most common feedback we hear from our users year after year, which we humbly acknowledge with gratitude that we were able to help. Massive thank you to all our Funders, Donors, Partners, staff, volunteers and trustees who support us to make a difference in our communities. Thank You

Financial Review

Financial Position

The Charity had total incoming resources of £43,058 (2024: £14,995) and resources expended of £35,289 (2024: £23,333), which has resulted in a net surplus of £7,769 (2024: loss £8,338). There were no 'other recognised gains and losses' in 2025 or 2024.

The Balance Sheet has, as a result of the above, seen an increase in total funds to £35,527 (2024: £27,758) of which £29,799 are unrestricted and £5,728 restricted.

The trustees consider the financial performance by the charity during the year to have been satisfactory. The Charity is in its 6th year and financial performance is reliant upon funding from external sources to fund the Charity's activities. This period has seen funding received at a similar rate to the previous year and applications for future funding have been accepted, and further funding applications are currently being made.

Reserves Policy

The Trustees have reviewed the Reserves of the Charity. The Charity is dependent on Grant funding to provide its services and this income is inevitably subject to fluctuation.

In order to provide for possible delays in obtaining adequate funding and to maintain services at their present level, the Trustees consider that they should retain, in Unrestricted income funds, sufficient resources to meet four months expenditure.

Based on the Accounts to 31st March 2024, this would require reserves of £11,763. Unrestricted Income funds at 31st March 2025 were £29,799. Therefore the Trustees consider the current levels of reserves to be adequate going forward.

Structure, Governance and Management

Trustee Selection Methods

The Trustees are appointed from nominations made to the Annual General meeting.

Men Too
Trustees' Report (continued)
For The Year Ended 31 March 2025

Reference and Administrative Details

Trustees

Mrs Jane Graham
Mrs Gaynor Williams
Ms Sharon Stanton

Charity Number

1176745

Principal Address

12 Argyle Street
Birkenhead
Merseyside
CH41 6AE

Independent Examiner

Paul White CIMA
APH Accountants Ltd
Chartered Management Accountants
259 Wallasey Village
Wallasey
Merseyside
CH45 3LR

Men Too
Trustees' Report (continued)
For The Year Ended 31 March 2025

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 period. In preparing the financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at anytime the financial position of the charity and to enable them to ensure that the accounts 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 are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' report was approved by the board of trustees and signed on its behalf by:


Gaynor Williams (Oct 10, 2025 09:43:10 GMT+1)

Mrs Gaynor Williams

Trustee
19th September 2025

Men Too
Independent Examiner's Report to the Trustees of Men Too
For The Year Ended 31 March 2025

I report to the trustees on my examination of the accounts of Men Too (the Trust) for the year ended 31 March 2025.

Responsibilities and Basis of Report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and contents 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 accounts to be reached.



Paul White CIMA

19th September 2025
259 Wallasey Village
Wallasey
Merseyside
CH45 3LR

Men Too
Statement of Financial Activities
For The Year Ended 31 March 2025

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	-	-	-	3,924
Charitable activities	4	15,055	26,776	41,831	10,950
Investments	5	1,227	-	1,227	121
		<u>16,282</u>	<u>26,776</u>	<u>43,058</u>	<u>14,995</u>
EXPENDITURE ON:					
Raising funds	6	1	(1,334)	(1,333)	-
Charitable activities	6	(4,012)	(29,944)	(33,956)	(23,333)
		<u>(4,011)</u>	<u>(31,278)</u>	<u>(35,289)</u>	<u>(23,333)</u>
NET INCOME/(EXPENDITURE)		<u>12,271</u>	<u>(4,502)</u>	<u>7,769</u>	<u>(8,338)</u>
NET MOVEMENT IN FUNDS		<u>12,271</u>	<u>(4,502)</u>	<u>7,769</u>	<u>(8,338)</u>
RECONCILIATION OF FUNDS:					
Total funds brought forward		17,528	10,230	27,758	36,096
TOTAL FUNDS CARRIED FORWARD	13	<u>29,799</u>	<u>5,728</u>	<u>35,527</u>	<u>27,758</u>

The notes on pages 11 to 16 form part of these financial statements.

Men Too
Comparative Statement of Financial Activities
For The Year Ended 31 March 2025

				2024
		Unrestricted funds	Restricted funds	Total funds
	Notes	£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	3,924	-	3,924
Charitable activities	4	1,001	9,949	10,950
Investments	5	121	-	121
		<u>5,046</u>	<u>9,949</u>	<u>14,995</u>
EXPENDITURE ON:				
Charitable activities	6	(13,383)	(9,950)	(23,333)
NET EXPENDITURE		<u>(8,337)</u>	<u>(1)</u>	<u>(8,338)</u>
NET MOVEMENT IN FUNDS		<u>(8,337)</u>	<u>(1)</u>	<u>(8,338)</u>
RECONCILIATION OF FUNDS:				
Total funds brought forward		<u>25,865</u>	<u>10,231</u>	<u>36,096</u>
TOTAL FUNDS CARRIED FORWARD	13	<u><u>17,528</u></u>	<u><u>10,230</u></u>	<u><u>27,758</u></u>

The notes on pages 11 to 16 form part of these financial statements.

Men Too
Statement of Financial Position
As At 31 March 2025

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
CURRENT ASSETS					
Debtors	10	-	3,333	3,333	4,060
Cash at bank and in hand		28,530	15,002	43,532	44,954
		28,530	18,335	46,865	49,014
Creditors: Amounts Falling Due Within One Year	11	(8,004)	(3,334)	(11,338)	(21,256)
NET CURRENT ASSETS (LIABILITIES)		20,526	15,001	35,527	27,758
TOTAL ASSETS LESS CURRENT LIABILITIES		20,526	15,001	35,527	27,758
NET ASSETS		20,526	15,001	35,527	27,758
FUNDS OF THE CHARITY					
Restricted Funds				5,728	10,230
Unrestricted Funds				29,799	17,528
TOTAL FUNDS	13			35,527	27,758

On behalf of the board

Gaynor Williams
Gaynor Williams (Oct 10, 2025 09:43:10 GMT+1)

Mrs Gaynor Williams

Trustee
19th September 2025

The notes on pages 11 to 16 form part of these financial statements.

Men Too
Notes to the Financial Statements
For The Year Ended 31 March 2025

1. General Information

Men Too is a charitable incorporated organisation registered with the Charity Commission, registered charity number 1176745. The principal address is 12 Argyle Street, Birkenhead, Merseyside, CH41 6AE.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements 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 Charities Act 2011.

The charity is a Public Benefit Entity as defined by FRS 102.

2.2. Fund Accounting

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

Designated funds comprise unrestricted funds that have been set aside by the trustees for a specific purpose.

Restricted funds are to be used for specific purposes as laid down by the donor.

2.3. Incoming Resources

Income is categorised as donations, being general donations to unrestricted funds for use by the Charity in its charitable activities as it sees fit. And as grants included in charitable activities, as restricted funds for specific projects identified as furthering the Charity's objectives.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Any grant that is subject to performance-related conditions received in advance of delivering the goods and services required by that condition, or is subject to unmet conditions wholly outside the control of the recipient charity, is accounted for as a liability and shown on the balance sheet as deferred income. Deferred income is released to income in the reporting period in which the performance-related or other conditions that limit recognition are met.

...CONTINUED

Men Too
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

2.3. Incoming Resources - continued

When income from a grant or donation has not been recognised due to the conditions applying to the gift not being wholly within the control of the recipient charity, it is disclosed as a contingent asset if receipt of the grant or donation is probable once those conditions are met.

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Any condition that allows for the recovery by the donor of any unexpended part of a grant does not prevent recognition of the income concerned, but a liability to any repayment is recognised when repayment becomes probable.

2.4. Resources Expended

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity. The charity depends on the support of its volunteers, which is much appreciated. The arrangements with volunteers are difficult to value precisely in monetary terms and have not been recognised in the Statement of Financial Activities. The volunteers and the charity accept and agree that no contract of employment is created by these arrangements.

2.5. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

2.6. Taxation

The charity is exempt from tax as all its income is charitable and applied for charitable purposes.

2.7. Pensions

The charity operates a defined pension contribution scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

3. Income from Donations and Legacies

Men Too
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Donations and gifts	-	3,924

4. Income from Charitable Activities

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Grants	15,055	26,776	41,831

	Unrestricted funds	Restricted funds	2024 Total funds
	£	£	£
Grants	1,001	9,949	10,950

5. Investment Income

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Bank interest receivable	1,227	121

6. Analysis of Expenditure

	Activities undertaken directly	Support costs (see note 7)	2025 Total
	£	£	£
Raising funds	1,334	(1)	1,333
Grants	25,835	8,121	33,956
	27,169	8,120	35,289

	Activities undertaken directly	Support costs (see note 7)	2024 Total
	£	£	£
Grants	15,655	7,678	23,333

Men Too
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

7. Support Costs

	2025		
	Raising funds	Grants	Total
	£	£	£
Employee costs	-	2,004	2,004
Premises expenses	-	3,699	3,699
General administration	(1)	2,358	2,357
Interest payable	-	60	60
	<u>(1)</u>	<u>8,121</u>	<u>8,120</u>

	2024	
	Grants	
	£	
Employee costs	821	
Premises expenses	5,085	
General administration	1,712	
Interest payable	60	
	<u>7,678</u>	

8. Staff Costs

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

9. Average Number of Employees

Average number of employees during the year was: NIL (2024: NIL)

10. Debtors

	2025	2024
	£	£
Due within one year		
Trade debtors	3,333	-
Other debtors	-	4,060
	<u>3,333</u>	<u>4,060</u>

Men Too
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

11. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Trade creditors	8,005	8,515
Accruals and deferred income	3,333	12,741
	<u>11,338</u>	<u>21,256</u>

12. Deferred Income

Deferred income movements in the year were as follows:

	2025	2024
	£	£
Balance at the start of the period	12,741	2,821
Income deferred in the current period	3,333	12,741
Amounts released in income from previous periods	(12,741)	(2,821)
Balance at the end of the period	<u>3,333</u>	<u>12,741</u>

13. Movement in Funds

	As at 1 April 2024	Income	Expenditure	As at 31 March 2025
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	17,528	16,282	(4,011)	29,799
Restricted funds				
National Lottery - Awards for All	-	6,686	(6,686)	-
Household Support Fund	-	13,423	(12,560)	863
Skelton	149	-	-	149
Wirral Borough Council	809	-	-	809
Koala - Pathfinder	-	6,667	(2,760)	3,907
Sundry Other funds	9,272	-	(9,272)	-
Total restricted funds	<u>10,230</u>	<u>26,776</u>	<u>(31,278)</u>	<u>5,728</u>
Total funds	<u>27,758</u>	<u>43,058</u>	<u>(35,289)</u>	<u>35,527</u>

Men Too
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	As at 1 April 2023	Income	Expenditure	As at 31 March 2024
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	25,865	5,046	(13,383)	17,528
Restricted funds				
Comic relief	1	2,820	(2,821)	-
National Lottery - Awards for All	-	3,314	(3,314)	-
Household Support Fund	-	3,815	(3,815)	-
Skelton	149	-	-	149
Wirral Borough Council	809	-	-	809
Sundry Other funds	9,272	-	-	9,272
Total restricted funds	10,231	9,949	(9,950)	10,230
Total funds	36,096	14,995	(23,333)	27,758

14. Transactions with Trustees

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

No trustee expenses have been incurred.

15. Related Party Disclosures

There have been no related party transactions in the reporting period that require disclosure.

MEN TOO

England & Wales - Charity number 1176745

Accounts

The Charity Registration Number is :- 1176745

Men Too
Report and Accounts
31 March 2024

Men Too

Report and accounts for the year ended 31 March 2024

Contents

	Page
Charity information	1
Trustees' Annual Report	1
Statement of directors' responsibilities	11
Independent Accountant's Report	12
<i>Funds Statements:-</i>	
Statement of Financial Activities	13
Statement of Financial Activities - Prior Year statement	14
Statement of total recognised gains and losses	15
Movements in funds	16
Revenue Funds	16
Income and Expenditure account	17
Summary of funds	17
Balance sheet	18
Notes to the accounts	19

Men Too

Trustees' Annual Report for the year ended 31 March 2024

The Trustees present their Report and Accounts for the year ended 31 March 2024.

Reference and administrative details

The charity name.

The legal name of the charity is:- Men Too

The charity's areas operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1176745

Legal structure of the charity

The charity is constituted as a Charitable Incorporated Organisation (CIO) in England & Wales. The governing document of the charity is the constitution of the CIO as approved by the Charity Commission in England & Wales (CCEW) .

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

The trustees are all individuals.

Men Too

Trustees' Annual Report for the year ended 31 March 2024

The principal operating address of the charity is:-

32 Argyle Street
Birkenhead, Merseyside
CH41 6AE,

The Trustees in office on the date the report was approved were:-

Gaynor Williams
Lesley Woods
Jane Graham
Sharon Stanton
Keri Lockhart Thomson

The following persons served as Trustees during the year ended 31 March 2024 :-

The trustees who served as a trustee in the reporting period were as shown above, and there were no changes during the year, or in the period between the year end and the approval of the accounts.

Objects and activities of the charity

The purposes of the charity as set out in its governing document.

The purpose of the Charity is to provide facilities for recreation and other leisure-time occupation in the interests of social welfare with the object of improving the conditions of life for those persons, in particular, vulnerable men and boys with multi/complex needs and/or suicide ideation resident in Birkenhead and neighbouring areas of Merseyside.

BACKGROUND & HISTORY: MEN TOO CHARITY:

The formation of MEN TOO has come about through small groups of men accessing personal development training; 1-1 therapeutic counselling and group counselling services from a small charity called WEB Merseyside. After accessing the training from WEB, the men requested that WEB put on weekly services for them as they had found it so beneficial in helping them to cope and recover. Unfortunately, WEB was unable to provide weekly sessions due to lack of funding/resources. However, WEB continued to support these men from their unrestricted reserves for over 18mths, organising activity-based sessions twice monthly which were well attended.

In regular consultation with the men, WEB Merseyside went about setting up a specific charity for men that would allow them to meet in small groups on a weekly basis. The men have been involved at every stage of setting up this small but much needed charity. From the name of the organisation to its aims and objectives, from weekly activities they think would support them up to governance and managing the organisation; meeting trustees and sharing their views of what has helped them and what they would like more of. All of this took over 12 months of consultation and meetings and formed the stages which we are now up to, in our 4th year of delivering services to men.

Men Too

Trustees' Annual Report for the year ended 31 March 2024

AIMS: MEN TOO were granted charitable status on 19/01/2018 our aims are to support men who have a range of mental health issues, complex needs, and suicide ideation. MEN TOO works with men aged 18 and above.

SERVICES:

- Group support -weekly via 'maintenance for the mind' sessions
- Range of confidence/esteem building training, and anger management training
- Range of Holistic therapies: aromatherapy nurturing touch, relaxation, sound healing, mindfulness training; chair yoga, meditation and a range of therapeutic art/craft activities.

Support & Referrals: Men access services for confidence building training & support and group counselling. All the men had been referred from a variety of mental health/social care services (42 referring agencies) due to range of complex needs, prior suicide attempts and feeling unable to cope.

From the early training days, that WEB have worked with these men, it was clear that these men needed a safe space and safe people who could facilitate their feelings/emotions and provide a range of coping mechanisms and tools that they could use to stay healthy and enable them to cope with day to day living.

As this is new charity and men are notoriously difficult to engage in services. We envisioned from experience that we would initially be working in small group settings of between 4-10 men who would attend the weekly sessions; and approximately 8-10 men who would attend the Pathways 2MPOWERment Training.

All of MEN TOO services that we deliver have elements of confidence building training underpinning it; this has helped the men to be able to open up and talk about their feelings openly; preventing further attempts of suicide, and more importantly helping them to cope and recover.

VOLUNTEERING: Some of the men who have participated in past sessions also want to volunteer in mentoring roles, supporting other men through their difficult times. MEN TOO has worked with partner charity WEB Merseyside in order to develop a volunteering training package, and appropriate resources to allow this to happen, and further support sustainability via volunteering.

The main activities undertaken in relation to those purposes during the year.

This is our sixth year of service delivery, and I am extremely proud of the hard work and commitment from all the staff, volunteers, sessional workers and Trustees at MEN TOO. The welcome that staff and volunteers give to the men, the effort they go to, giving men a warm welcome to put men at their ease at a time when they are feeling at their most vulnerable and in need of help is second to none. Via direct consultations with the men both in groups and on 'one to one' chats, I have heard from the men the impact and the difference that the warm welcome they receive makes to them. Time after time I hear the words 'this support has saved my life' and 'I don't know where I would be without Men Too'.

Men Too aims are to reduce social isolation, improve community connections and reduce suicide ideation for men across Merseyside. Our weekly support groups are seen by many as an absolute lifeline for the group members. We hear from the men, that this is 'their 'safe space' and 'how much they look forward to their 'maintenance for the mind' sessions, and that this 'sense of community, belonging, and understanding' keeps men going.

This is why staff and trustees work so hard in trying to secure funding to keep our doors open. Despite our best efforts this year has been an extremely tough and especially difficult year in securing funding. The austerity measure that is hitting families is harsh, families are feeling the 'cost of living crisis' also lots of small charities like ours have been hit especially hard, and/or folded in these austere times.

However, through the hard work of our small staff team and trustees continuous efforts we have been fortunate enough to have received some funding from the following donors; Awards for All, a donor who wishes to remain anonymous and Wirral Borough Council's Household Support Fund; Magenta Living & Resilience Programme; we also had some DA support fund from Wirral Council from previous year which the delivery crossed over to this financial year (caring dad's programme). It is with the gracious support from our donors that has allowed us to keep our doors open and continue serving our community's need.

Men Too

Trustees' Annual Report for the year ended 31 March 2024

The main activities undertaken during the year to further the charity's purpose for the public benefit.

Magenta Living & Resilience Strategic Support: –Men Too put in an application to Magenta Living Housing Association for strategic support from one of Magenta's partners. Jamie Martin (head of Community Regeneration-Magenta Living) supported our application, and Men Too was successful with being accepted onto the Resilience Programme. This support gave Men Too various levels of 'paid consultancy support' with regards to how we can expand our 'Trustee board' and some support with 'how best we can become sustainable' in the future. Consultancy support also helped to develop a 3yr business plan, to support future growth and sustainability. Men Too are very grateful for all the support we received from our partners at Magenta and the Resilience Partners who supported us to develop.

Awards for All: Men Too were successful with a funding grant from Awards for All, this has allowed Men Too to develop and deliver a 'bespoke training programme' Pro-Active Parenting that will support parents to have better 'adult relationships with partners and ex partners, supporting them in improved communication, and healthy relationships keeping their focus on the 'children's health and well-being' and positive role modelling' especially when their relationships with 'ex partners' have failed in the past. The aim of this programme was to upskill staff and volunteers and to support Men Too charity to become more sustainable moving forward in being able to 'secure an income from future training deliveries.

With this support staff and volunteers' team have received intensive training and development that will support their personal and professional development in future programme deliveries, and the programme has been adapted according to feedback given. Staff feel very confident in their ability to deliver future training programmes and will try and secure future funding that will enable Men Too to deliver these programmes moving forward.

Anonymous Donor Support: Men Too were successful with funding from a donor who wishes to remain anonymous. This donation was vital, as since our Comic Relief grant funding ended, Men Too were having to dip into our unrestricted reserves to enable Men Too to continue to keep our doors open. This vital and much needed donation has enabled us to continue with our weekly delivery session of our 'Maintenance for the Mind' sessions. Supporting men to develop a wide range of coping strategies, developing their confidence and self-esteem and upskilling them in order to enable them to cope with life, and ultimately build their resilience in their mental health. Men Too have used elements of our award-winning Pathways 2MPowerment Programme, guided meditations & NLP techniques, weekly check ins and check outs via our circle of support sessions. We have used a range of art therapy, sandplay and therapeutic sessions that supports healing and recovery of trauma in men's lives.

Men Too

Trustees' Annual Report for the year ended 31 March 2024

Household Support Fund: With support from Wirral Borough Council Men Too has been able to provide and deliver 54 food hampers. In addition to these 58 hygiene hampers were given out. Men Too were also able to provide 31 slow cookers and 33 air fryers to those in need. Our food hampers have been gratefully received by the men and they felt comfortable in taking them without any stigma attached to it. They found the contents of the food hamper to be especially thoughtful and helpful to them with things that they would actually eat and make meals from. They also felt valued by some of the little extras that they have had to go without like biscuits, crisps and sachets of warm drinks. Each man who received a hamper commented on how thoughtful the hampers had been put together and how much of a difference it had made to them. Several men feedback they had not felt embarrassed in taking one as Men Too had done it in such a way that made them feel comfortable. In addition, we have a small donations basket where we have been able to offer men some essential items such as deodorant, shower gel and the odd toothbrush. However, we know from what our men have told us that they will not go out in the summer if they smell due to them not being able to afford items such as deodorant and shower gel. This massively impacts on their mental health due to the isolation they then feel, and the cycle of self-loathing continues. Men Too staff and volunteers put together cost of living hampers with the basics in that men needed like decent razors, hair gel, beard cleaning product, shower gel, deodorant, toothbrush etc. Within our hygiene hampers we also included cleaning products for their home as we know this is something our men struggle to purchase due to the cost. When consulting with the men on what would help them cook better, healthier and economically to improve their mental health and reduce their anxiety & depression. The men asked for slow cookers and Air Fryers as they believe these appliances will enable them to batch cook, cook healthier and be economical both with food cost and electricity. The idea of air fryers and slow cookers was something our men thought would be useful, but they did have some apprehension on using them due to their cooking skills. We found that with encouragement and support and some training sessions from Men Too the men all came back and shared what they had cooked and how this had helped with budgeting and less food waste. Several also commented on how this helped with electricity costs as the slow cooker allowed them to batch cook and the air fryer to cook quickly and efficiently. The food and hygiene hampers took a massive strain off both their households and their mental health, and the men were very grateful for all the support they received both in receiving the hampers and the sessions that taught them how to use the electrical equipment.

Maintenance for the Mind: Weekly Sessions: We have delivered 40 sessions of 'maintenance for the mind' with a total of 285 attendances. All sessions are 5hrs inc set up/debrief with snacks and refreshments provided. A maximum of 8 men can attend a session in order to keep the safe therapeutic environment. On average we have had 7-8 men attend each session; and a booking on system is in operation, due to our limited resources.

Types of sessions we deliver are: Desert Island Discs, Goal Setting, Affirmations, Art Therapy, Creative Writing, Well Being Cards, Quiz, Check In's, Emotional Contagion, Neurodiversity Awareness, Remember When, Positive versus Negative Talk, Planning Sessions, Sandplay, Games Day, Counselling Theories & Techniques, Pathway 2MPowerment exercises, Pumpkin Carving, Empowerment Exercises, Meal Out, Sound Healing, Clay Making, Painting Gongs & Christmas session.

User Led Service: As a 'User Led service' all sessions are planned and consulted with the men and put on a 6-week advance rota to ensure that we are providing the relevant support that men want.

Neurodiversity: Throughout the past 2 years of delivering services; we have discovered that we were coming into contact with more men who are neurodiverse. According to need we have adapted our sessions to make sure we have been accommodating needs appropriately; we have kept group sizes small as requested by men. We have put on more 'awareness sessions on understanding neurodiversity' so the men can as a group understand not only themselves more but also their peers gain skills and new knowledge too. Through our therapeutic sessions we have seen the men grow in confidence, understand their own mental health triggers and most importantly the men have learnt what strategies work for them and what they can put in place to make sure they keep good mental health. This has reduced the reported amount of suicide ideation within the group and the men have expressed how they feel more confident to talk to people about their feelings and when they need to ask for help.

Men Too

Trustees' Annual Report for the year ended 31 March 2024

Capacity Building: 3 staff and 2 volunteers from Men Too have now been trained up in 'Trauma informed practise training'. Over the last 2 years we have been embedding our trauma informed practice within Men Too services. Enabling our staff to improve their personal and professional development ensuring that we provide a warm and safe environment for our users. Upskilling our staff to be able to deal with the level of trauma and neurodiverse needs that men are presenting with and providing them with therapeutics tools and techniques has increased their confidence levels; especially at 'Welcome Sessions' for new men. We often receive referrals for men who show signs of anxiety or agitation at welcome sessions, some men who attend may also come across as aggressive at these sessions and may have been refused services from other organisations due to this. The trauma informed training that staff and volunteers have received have allowed staff to understand the impact of trauma on people's behaviours and how to deal with this in a trauma informed way; calming and diffusing fears of men who attend. This way of working has now become the 'norm' within Men Too and is role modelled to volunteers and the service users themselves.

Men Too Charity & WEB Collaboration Work: Caring Dads Programme: Extended Programme from 33hrs to 44hrs: Wirral Borough Council's Domestic Abuse fund: has enabled us to reach and support men and their families within our communities with the delivery of our Caring Dad's Programme.

Men Too worked together in joint partnership with WEB Merseyside charity to deliver Domestic Abuse Programme for Men. As both charities have staff who are trained and licensed 'Caring Dads' facilitators we decided to utilise the skills of both trainers by delivering The Caring Dads programme. This is a CBT programme designed to increase fathers' awareness as to the wellbeing and safety of their children, build capacity for the application of child-centered fathering and promote respectful co-parenting with children's mothers. This is a national program originating in Canada (33-hour Programme, run over 17 weeks, or 11 weeks re: group preference). Although Men Too delivered an extended version of this Programme (44hrs at Men's request). This is a service open to men who voluntarily wish to take part. This was the 2nd delivery of Men Too's contracted programme -(Wirral Borough Council funded). The client group Men Too worked with on this programme was a small (6 each programme) but very diverse group with multiple, complex and neurodiverse needs. Men Too have received multiple requests for this programme, but unfortunately there has been no further funding available to deliver this training programme. However, Men Too are in process of applying for funding to roll out their 'Pro-Active Parenting Programme' which will be if funded be very beneficial to families on Wirral.

Trauma Recovery Programme: Men Too in partnership with WEB Merseyside delivered: a 5-day Trauma Recovery programme to a group of 7 men. The impact and benefit for these men and their families has been massive; all of the men had been referred by C2C MDTeam. The men who attended the programme feedback that this programme was life changing. Several of the men also commented that this training should be delivered in schools at a much younger age to help break the cycle of family trauma-again this is comments we hear many times from previous programme deliveries. Many felt this program was healing, insightful and helped them understand their own behaviours; an example of just a few comments taken from the 6day programme evaluation forms are as below:

"What helped me to feel safe; was the group rules, the counsellors, the visualisations, the honesty we shared, and all the individuals in the group".

"This has helped me let go of some parts of my guilt over how I dealt with my trauma and mental health issues. I've had amazing learning from this course that's helped me enormously "

"I am so glad I attended this course, I have so much more self-awareness. It's helped me identify my trauma responses and create strategies to deal with things in a better way"

Through learning and development as we grow as an organisation; men who access our services are now role modelling a 'trauma informed way of being' to new users of the group and this has enhanced the peer support within the group.

Men Too

Trustees' Annual Report for the year ended 31 March 2024

Volunteers & Their Impact: As a small charity we rely on our volunteers to support us in the running of our groups and to support us in the 'Welcome Sessions' for new men all of this is very time heavy but vital in our safeguarding of all concerned. Without our small army of amazing volunteers, we would be unable to provide all of our services and activities. We are pleased and proud that we have supported many of our volunteers go onto paid work, and/or further education and training that has enhanced their career opportunities. As a minimum all of our volunteers have a minimum of 3-day Induction training in volunteering which covers everything from expectations of volunteering, boundaries, suicide reduction & prevention training, safeguarding and listening/communication skills.

We also have a small number of counselling volunteers who provide 1-1 therapeutic counselling to men, they are supported in this role via our partnership with sister charity WEB Merseyside.

Volunteer Training:

•**Volunteer Induction Training:** Men Too volunteers have accessed Intensive Volunteer Induction Training across 2 x cohorts (3days training per cohort). A total of 8 new volunteers from Men Too have accessed this training.

•**Listening Service Training=1 day training:** 8 new volunteers access Listening Support Training.

•**Welcome Session Training:** 3 new volunteers were trained to support 'Welcome Session Inductions' for our service users.

•**Counselling Volunteers:** Several counselling volunteers have wanted to volunteer for Men Too, so we have developed close partnership work with sister charity WEB Merseyside and volunteer training that benefits both charities, and our service users. This has enabled a total of 31 of our male service users to access therapeutic counselling.

Additional Training & Development: In addition to the above training our staff and volunteers have accessed an additional 97hrs of training at Men Too ranging from 'allergy training, to food hygiene Certificate Level 2, to First Aid, and Personal Development Training to name just a few. With the support from our amazing team of staff and volunteers alongside the support from all of supporters, grant funders and Donors it has allowed our small charity to provide the following:

56 Welcome Appts: The last 12 months has saw Men Too facilitate 56 new x 1-1 welcome appointments out of the 130 referrals we received. This is a reduction of 20 on the number of men accessing our services from previous year and correlates to the reduced grant income we have received for this year. All 56 men were given a warm welcome and each introduction section lasted between 60-120minutes.

Men Too supported 71 Men in the last 12mths: Along with our 56 new users 15 existing users continued to access support; resulting in Men Too supporting a total of 71 men in this reporting period

Crisis Appts: Men Too have also provided 11 x 1-1 crisis listening appointments; again, due to limited resources this is less than half that we were able to provide compared to last year (23)

Telephone Support & Signposting: 74 men have received telephone support and/or signposting services.

40 x Maintenance for the Mind Weekly Therapeutic Group Sessions: Men Too have delivered 40 sessions of 'maintenance for the mind' with a total of 285 attendances; using a weekly 'booking on system' which supports our limited resources. On average 7-8 men attend each session

Men Too

Trustees' Annual Report for the year ended 31 March 2024

The impact of Men Too service provision has made on the lives of vulnerable men in our community has in their own words been **'Life Saving'**

We know our services are very much needed and we see the growth and development of these men who go on to make a positive impact in their families and in our communities.

We couldn't have provided any of the services or support without the help of
**'ALL OF OUR AMAZING STAFF, VOLUNTEERS, TRUSTEES,
SUPPORTERS, & GRANT FUNDERS'**

Who support us to serve our communities. We are extremely grateful for your support and commitment, none of this would have been possible without you.

Thank You

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

Men Too

Trustees' Annual Report for the year ended 31 March 2024

Fundraising activities during the year.

The charity relies on grant aid from the donors identified in the accounts, whose support is valued. There have been no other material fundraising activities, other than small donations made by the general public.

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

The Trustees are appointed from nominations made to the Annual General meeting.

The charity's organisational structure.

Bankers	CAF Bank, 25 Kings Hill Avenue, Kings Hill, West malling, Kent, ME19 4JQ
Accountants	APH Accountants, 259 Wallasey Village, Wallasey, Merseyside, CH45 3LR

Financial review

The charity's financial position at the end of the year ended 31 March 2024

The financial position of the charity at 31 March 2024 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2024	2023
	£	£
Net (expenditure)/income	(8,339)	12,968
Unrestricted Revenue Funds available for the general purposes of the charity	17,526	25,867
Restricted Revenue Funds	10,230	10,230
Total Funds	27,756	36,097

Financial review of the position at the reporting date, 31 March 2024 .

The trustees consider the financial performance by the charity during the year to have been satisfactory. The Charity is in its 5th year and financial performance is reliant upon funding from external sources to fund the Charity's activities. This period has seen funding received at a similar rate to the previous year and applications for future funding have been accepted, and further funding applications are currently being made.

Policies on reserves.

The Trustees have reviewed the Reserves of the Charity. The Charity is dependent on Grant funding to provide its services and this income is inevitably subject to fluctuation.

In order to provide for possible delays in obtaining adequate funding and to maintain services at their present level, the Trustees consider that they should retain, in Unrestricted income funds, sufficient resources to meet four months expenditure.

Men Too

Trustees' Annual Report for the year ended 31 March 2024

Based on the Accounts to 31st March 2024, this would require reserves of £7,778. Unrestricted Income funds at 31st March 2024 were £17,526. Therefore the Trustees consider the current levels of reserves to be adequate going forward.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Men Too

Trustees' Annual Report for the year ended 31 March 2024

Statement of Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), .

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. 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 are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that , on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 13 September 2024.


Keri Lockhart-Thomson (Oct 18, 2024 15:40 GMT+1)

Keri Lockhart-Thomson
Trustee

Men Too

Report of the Independent Accountant to the Trustees of the charity on the accounts for the year ended 31 March 2024

We report on the financial statements of Men Too for the year ended 31 March 2024, as set out on pages 13 to 27, which comprise the Statement of Financial Activities, the Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement and the related notes to the financial statements, including a summary of significant accounting policies. In our opinion, the accompanying financial statements of the charity are prepared, in all material respects, in accordance with charity law applicable within the jurisdiction of England & Wales and the accounts have been prepared in accordance with FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW), effective January 2016, under the historical cost convention, and in accordance with the accounting policies set out on page 19, which framework constitutes the applicable United Kingdom Generally Accepted Accounting Practice.

Respective responsibilities of the directors and the accountant

As described on page 11, you, the charity's Trustees are responsible for the preparation of the accounts.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. The Trustees also consider the charity to be exempt from the requirement to be subject to Independent Examination.

Our responsibility is to prepare accounts upon the basis of the information supplied to us, without conducting any formal scrutiny.

No statement of opinion

We have not carried out any audit procedures and have relied upon information supplied to us by the Trustees, and the information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently we do not express an audit or other assurance opinion on the view given by the accounts.

Signed:-



Paul White - Independent Accountant

Chartered Management Accountants

Times House
259 Wallasey Village
Wallasey
Merseyside
CH45 3LR

This report was signed on 13 September 2024

Men Too - Statement of Financial Activities for the year ended 31 March 2024

Statement of Financial Activities for the year ended 31 March 2024

	SORP Ref	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
		2024 £	2024 £	2024 £	2023 £
Income & Endowments from:					
Donations & Legacies	A1	3,924	-	3,924	13,736
Charitable activities	A2	1,000	9,951	10,951	51,926
Investments	A4	121	-	121	-
Total income	A	5,045	9,951	14,996	65,662
Expenditure on:					
Charitable activities	B2	13,385	9,950	23,335	52,695
Total expenditure	B	13,385	9,950	23,335	52,695
Net (expenditure)/income for the year		(8,340)	1	(8,339)	12,968
Net income after transfers	A-B-C	(8,340)	1	(8,339)	12,968
Net movement in funds		(8,340)	1	(8,339)	12,968
Reconciliation of funds:-	E				
Total funds brought forward		25,866	10,230	36,096	23,129
Total funds carried forward		17,526	10,231	27,757	36,097

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations

The notes attached on pages 19 to 27 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2024

Men Too - Analysis of prior year total funds, as required by paragraph 4.2 of the SORP

	SORP Ref	Prior Year Unrestricted Funds 2023 £	Prior Year Restricted Funds 2023 £	Prior Year Total Funds 2023 £
Income from:				
Donations & Legacies	A1	13,736	-	13,736
Charitable activities	A2		51,926	51,926
Total income	A	13,736	51,926	65,662
Expenditure on:				
Charitable activities	B2	2,390	50,306	52,695
Total expenditure	B	2,390	50,306	52,695
Net income for the year		11,347	1,620	12,968
Net income after transfers		11,347	1,620	12,968
Net movement in funds		11,347	1,620	12,968
Reconciliation of funds:-	E			
Total funds brought forward		14,519	8,610	23,129
Total funds carried forward		25,866	10,230	36,097

All activities derive from continuing operations

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.'

The notes attached on pages 19 to 27 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2024

Men Too - Resources applied in the year ended 31 March 2024 towards fixed assets for Charity use:-

	2024	2023
	£	£
Funds generated in the year as detailed in the SOFA	(8,339)	12,968
Net resources available to fund charitable activities	<u>(8,339)</u>	<u>12,968</u>

The notes attached on pages 19 to 27 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2024

Movements in revenue and capital funds for the year ended 31 March 2024

Revenue accumulated funds

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Last year Total Funds 2023 £
Accumulated funds brought forward	25,866	10,230	36,096	23,129
Recognised gains and losses before transfers	(8,340)	1	(8,339)	12,968
	17,526	10,231	27,757	36,097
Closing revenue funds	17,526	10,231	27,757	36,097

Summary of funds

	Unrestricted and Designated funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Last Year Total Funds 2023 £
Revenue accumulated funds	17,526	10,231	27,757	36,097

The notes attached on pages 19 to 27 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2024

Men Too Income and Expenditure Account for the year ended 31 March 2024 as required by the Companies Act 2006

	2024 £	2023 £
Income		
Income from operations	14,875	65,662
Investment income		
Interest receivable	121	-
Gross income in the year before exceptional items	14,996	65,662
Gross income in the year including exceptional items	14,996	65,662
Expenditure		
Charitable expenditure, excluding depreciation and amortisation	23,335	52,695
Realised losses on disposals of social investments which are programme related	-	-
Total expenditure in the year	23,335	52,695
Net income before tax in the financial year	(8,339)	12,967
Tax on surplus on ordinary activities	-	-
Net income after tax in the financial year	(8,339)	12,967
Retained surplus for the financial year	(8,339)	12,967

All activities derive from continuing operations

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

The notes attached on pages 19 to 27 form an integral part of these accounts.

Men Too - Balance Sheet as at 31 March 2024

	Note	SORP Ref	2024 £	2023 £
Current assets		B		
Debtors	9	B2	4,060	-
Cash at bank and in hand		B4	44,954	45,118
Total current assets			49,014	45,118
Creditors: amounts falling due within one year	10	C1	(21,257)	(9,022)
Net current assets			27,757	36,096
The total net assets of the charity			27,757	36,096

The total net assets of the charity are funded by the funds of the charity, as follows:-

Restricted funds				
Restricted Revenue Funds	15	D2	10,231	10,230
Unrestricted Funds				
Unrestricted Revenue Funds	15	D3	17,526	25,866
Designated Funds				
Total charity funds			27,757	36,096

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 12.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

Keri Lockhart-Thomson
Keri Lockhart-Thomson (Oct 18, 2024 15:40 GMT+1)

Keri Lockhart-Thomson

Trustee

Approved by the board of trustees on 13 September 2024

The notes attached on pages 19 to 27 form an integral part of these accounts.

Men Too

Notes to the Accounts for the year ended 31 March 2024

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW) , effective January 2016, , and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Risks and future assumptions

The charity is a public benefit entity.

The risks to which the Charity is exposed, as identified by the Trustees, have been reviewed and systems have been established to manage those risks.

Policies relating to categories of income and income recognition.

Nature of income

Gross income represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Categories of Income

Income is categorised as donations, being general donations to unrestricted funds for use by the Charity in its charitable activities as it sees fit. And as grants included in charitable activities, as restricted funds for specific projects identified as furthering the Charity's objectives.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Any grant that is subject to performance-related conditions received in advance of delivering the goods and services required by that condition, or is subject to unmet conditions wholly outside the control of the recipient charity, is accounted for as a liability and shown on the balance sheet as deferred income. Deferred income is released to income in the reporting period in which the performance-related or other conditions that limit recognition are met.

Men Too

Notes to the Accounts for the year ended 31 March 2024

When income from a grant or donation has not been recognised due to the conditions applying to the gift not being wholly within the control of the recipient charity, it is disclosed as a contingent asset if receipt of the grant or donation is probable once those conditions are met.

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Any condition that allows for the recovery by the donor of any unexpended part of a grant does not prevent recognition of the income concerned, but a liability to any repayment is recognised when repayment becomes probable.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity. However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers and this is described more fully in Note 5.

Policies relating to assets, liabilities and provisions and other matters.

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Creditors and provisions

Creditors are measured at the value of the financial obligation at the balance sheet date.

Financial instruments including cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal or as implied by law.

2 Liability to taxation

Men Too

Notes to the Accounts for the year ended 31 March 2024

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Significance of financial instruments to the charity's position

The Charity has no financial instruments of significance to the Charity's position.

5 The contribution of volunteers

The charity depends on the support of its volunteers, which is much appreciated. The arrangements with volunteers are difficult to value precisely in monetary terms and have not been recognised in the Statement of Financial Activities. The volunteers and the charity accept and agree that no contract of employment is created by these arrangements.

6 Staff costs and emoluments

Salary costs	2024	2023
	£	£
Gross Salaries excluding trustees and key management personnel	6,478	30,731
Total salaries, wages and related costs	6,478	30,731

Neither the trustees nor any persons connected with them have received any remuneration from the charity or any related entity, either in the current or prior year.

No employees received emoluments (excluding pension costs) in excess of £60,000 per annum.

7 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

8 Deferred income - Restricted funds

	Opening	Released	Received	Deferred
	Deferrals	from prior	less released	at year end
	£	years	in year	£
Household Support Fund	-	-	6,055	6,055
National Lottery - Awards for All	-	-	6,686	6,686
Comic Relief	2,821	(2,821)	-	-
Total	2,821	(2,821)	12,741	12,741
			2024	2023

Men Too

Notes to the Accounts for the year ended 31 March 2024

	£	£
These deferrals are included in creditors	12,741	2,821

The deferrals included in creditors relate to funding specified by the funders as relating to specific periods and represent those parts of restricted funds which relate to periods subsequent to the accounting year end and are treated as grants in advance, or, alternatively, where there are conditions which must be fulfilled prior to entitlement or use of the restricted funds by the charity.

9 Debtors

	2024	2023
	£	£
Prepayments and accrued income	4,060	-

10 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	8,515	6,201
Deferred Income - Restricted funds	12,741	2,821
	21,256	9,022

11 Loans to trustees included in debtors

There are no loans to Trustees

12 Guarantees made by the charity on behalf of trustees

There were no guarantees made by the Charity on behalf of the trustees during the year

13 Income and Expenditure account summary

	2024	2023
	£	£
At 1 April 2023	36,096	23,129
(Loss)/surplus after tax for the year	(8,339)	12,967
At 31 March 2024	27,757	36,096

14 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2024	Unrestricted funds	Designated funds	Restricted funds	Total Funds
	£	£	£	£
Current Assets	34,014		15,000	49,014
Current Liabilities	(16,486)	-	(4,771)	(21,257)
	17,528	-	10,229	27,757

Men Too

Notes to the Accounts for the year ended 31 March 2024

At 1 April 2023	Unrestricted funds	Designated funds	Restricted funds	Total Funds
	£	£	£	£
Current Assets	(29,865)	-	74,983	45,118
Current Liabilities	57,350	-	(66,372)	(9,022)
	27,485	-	8,611	36,096

15 Change in total funds over the year as shown in Note 14 , analysed by individual funds

	Funds brought forward from 2023	Movement in funds in 2024	Transfers between funds in 2024	Funds carried forward to 2025
	£	See Note 16 £	See Note 0 £	£
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	25,866	(8,340)	-	17,526
Total unrestricted and designated funds	25,866	(8,340)	-	17,526
Restricted funds:-				
Peoples Health	4,787	-	-	4,787
Wirral Borough Council	809	-	-	809
Skelton	149	-	-	149
PH Holt	4,494	-	-	4,494
Comic Relief	(8)	-	-	(8)
Total restricted funds	10,231	-	-	10,231
Total charity funds	36,097	(8,340)	-	27,757

16 Analysis of movements in funds over the year as shown in Note 15

	Income	Expenditure	Other Gains & Losses	Movement in funds
	2024	2024	2024	2024
	£	£	£	£
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	5,045	(13,385)	-	(8,340)
Restricted funds:-				
Comic Relief	2,821	(2,821)	-	-
National Lottery - Awards for All	3,314	(3,314)	-	-
Household Support Fund	3,815	(3,815)	-	-
	14,996	(23,335)	-	(8,340)

17 The purposes for which the funds as detailed in note 15 are held by the charity are:-

Unrestricted and designated funds:-

Men Too

Notes to the Accounts for the year ended 31 March 2024

Unrestricted Revenue Funds	These funds are held for the meeting the objectives of the charity, and to provide reserves for future activities, and , subject to charity legislation, are free from all restrictions on their use.
----------------------------	---

Restricted funds:-

Restricted Revenue Funds	These funds are held to be used for specific charitable activities as described in the individual grant policy.
--------------------------	---

18 Ultimate controlling party

The charity is under the control of its legal members.

Every member of the charity has unlimited joint and several liability for the debts of the charity.

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2024 as required by the SORP 2015

This analysis is classssified by conventional nominal descriptions and not by activity.

19 Donations and Legacies

	Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Donations and gifts from individuals				
Small donations individually less than £1000	3,924	-	3,924	13,736
Total donations and gifts from individuals	3,924	-	3,924	13,736
Total Donations and Legacies	A1 3,924	-	3,924	13,736

20 Charitable income from funders

	Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Contractual payments from public bodies to fund charitable activities				
Wirral Borough Council	-	-	-	39,257
Total contractual payments from public bodies	-	-	-	39,257
Contractual payments from non public bodies to fund charitable activities				
Small payments individually less than £1000	1,000	-	1,000	-
Peoples Health Trust	-	-	-	5,990
Comic Relief	-	2,821	2,821	6,679
National Lottery - Awards for All	-	3,315	3,315	-
Household Support Fund	-	3,815	3,815	-
Total contractual payments from non public bodies	1,000	9,951	10,951	12,669
Total Charitable income from funders	1,000	9,951	10,951	51,926

21 Total Income from charitable activities

	Current year Unrestricted Funds £ 2024	Current year Restricted Funds £ 2024	Current year Total Funds £ 2024	Prior Year Total Funds £ 2023
Total Charitable income from funders	1,000	9,951	10,951	51,926

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2024 as required by the SORP 2015

Total from charitable activities	A2	1,000	9,951	10,951	51,926
22 Investment income					
		Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Bank Interest Receivable		121	-	121	-
Total investment income	A4	121	-	121	-
23 Expenditure on charitable activities - Direct spending					
		Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Temporary Staff - Charitable Activities		5,107	1,371	6,478	30,731
Travel and Subsistence - Charitable Activities		822	-	822	440
Refreshments		1,562	1,783	3,345	2,524
Arts/Craft/Materials and other activities		2,440	3,170	5,610	3,852
Sessional workers		-	-	-	8,169
Volunteers expenses and training		23	200	223	1,337
Total direct spending	B2a	9,954	6,524	16,478	47,053
24 Support costs for charitable activities					
		Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Premises Expenses					
Rent payable under operating leases		1,275	3,035	4,310	3,060
Rates and water charges		236	331	567	539
Cleaning and waste management		184	24	208	59
Administrative overheads					
Telephone, fax and internet		505	36	541	715
Stationery and printing		200	-	200	500
IT Support		673	-	673	406
Liability and contents insurance		298	-	298	291
Financial costs					
Bank charges		60	-	60	72
Support costs before reallocation		3,431	3,426	6,857	5,642

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2024 as required by the SORP 2015

Total support costs	<u>3,431</u>	<u>3,426</u>	<u>6,857</u>	<u>5,642</u>
---------------------	--------------	--------------	--------------	--------------

The basis of allocation of costs between activities is described under accounting policies

25 Total Charitable expenditure

		Current year Unrestricted Funds 2024 £	Current year Restricted Funds 2024 £	Current year Total Funds 2024 £	Prior Year Total Funds 2023 £
Total direct spending	B2a	9,954	6,524	16,478	47,053
Total support costs	B2d	3,431	3,426	6,857	5,642
Total charitable expenditure	B2	<u>13,385</u>	<u>9,950</u>	<u>23,335</u>	<u>52,695</u>

MEN TOO

England & Wales - Charity number 1176745

Accounts

The Charity Registration Number is :- 1176745

Men Too
Report and Accounts
31 March 2023

Men Too

Report and accounts for the year ended 31 March 2023

Contents

	Page
Charity information	1
Trustees' Annual Report	1
Statement of directors' responsibilities	10
Independent Accountant's Report	11
<i>Funds Statements:-</i>	
Statement of Financial Activities	12
Statement of Financial Activities - Prior Year statement	13
Statement of total recognised gains and losses	14
Movements in funds	15
Revenue Funds	15
Income and Expenditure account	16
Summary of funds	17
Balance sheet	17
Notes to the accounts	18

Men Too

Trustees' Annual Report for the year ended 31 March 2023

The Trustees present their Report and Accounts for the year ended 31 March 2023.

Reference and administrative details

The charity name.

The legal name of the charity is:- Men Too

The charity's areas operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1176745

Legal structure of the charity

The charity is constituted as a Charitable Incorporated Organisation (CIO) in England & Wales. The governing document of the charity is the constitution of the CIO as approved by the Charity Commission in England & Wales (CCEW) .

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

The trustees are all individuals.

Men Too

Trustees' Annual Report for the year ended 31 March 2023

The principal operating address of the charity is:-

32 Argyle Street
Birkenhead, Merseyside
CH41 6AE,

The Trustees in office on the date the report was approved were:-

Gaynor Williams
Lesley Woods
Jane Graham
Sharon Stanton
Keri Lockhart Thomson

The following persons served as Trustees during the year ended 31 March 2023 :-

The trustees who served as a trustee in the reporting period were as shown above, and there were no changes during the year, or in the period between the year end and the approval of the accounts.

Objects and activities of the charity

The purposes of the charity as set out in its governing document.

The purpose of the Charity is to provide facilities for recreation and other leisure-time occupation in the interests of social welfare with the object of improving the conditions of life for those persons, in particular, vulnerable men and boys with multi/complex needs and/or suicide ideation resident in Birkenhead and neighbouring areas of Merseyside.

BACKGROUND & HISTORY: MEN TOO CHARITY:

The formation of MEN TOO has come about through small groups of men accessing personal development training; 1-1 therapeutic counselling and group counselling services from a small charity called WEB Merseyside. After accessing the training from WEB, the men requested that WEB put on weekly services for them as they had found it so beneficial in helping them to cope and recover. Unfortunately, WEB was unable to provide weekly sessions due to lack of funding/resources. However, WEB continued to support these men from their unrestricted reserves for over 18mths, organising activity-based sessions twice monthly which were well attended.

In regular consultation with the men, WEB Merseyside went about setting up a specific charity for men that would allow them to meet in small groups on a weekly basis. The men have been involved at every stage of setting up this small but much needed charity. From the name of the organisation to its aims and objectives, from weekly activities they think would support them up to governance and managing the organisation; meeting trustees and sharing their views of what has helped them and what they would like more of. All of this took over 12 months of consultation and meetings and formed the stages which we are now up to, in our 4th year of delivering services to men.

Men Too

Trustees' Annual Report for the year ended 31 March 2023

AIMS: MEN TOO were granted charitable status on 19/01/2018 our aims are to support men who have a range of mental health issues, complex needs, and suicide ideation. MEN TOO works with men aged 18 and above.

SERVICES:

- Group support -weekly via 'maintenance for the mind' sessions
- Range of confidence/esteem building training, and anger management training
- Range of Holistic therapies: aromatherapy nurturing touch, relaxation, sound healing, mindfulness training; chair yoga, meditation and a range of therapeutic art/craft activities.

Support & Referrals: Men access services for confidence building training & support and group counselling. All the men had been referred from a variety of mental health/social care services (42 referring agencies) due to range of complex needs, prior suicide attempts and feeling unable to cope.

From the early training days, that WEB have worked with these men, it was clear that these men needed a safe space and safe people who could facilitate their feelings/emotions and provide a range of coping mechanisms and tools that they could use to stay healthy and enable them to cope with day to day living.

As this is new charity and men are notoriously difficult to engage in services. We envisioned from experience that we would initially be working in small group settings of between 4-10 men who would attend the weekly sessions; and approximately 8-10 men who would attend the Pathways 2MPOWERment Training.

All of MEN TOO services that we deliver have elements of confidence building training underpinning it; this has helped the men to be able to open up and talk about their feelings openly; preventing further attempts of suicide, and more importantly helping them to cope and recover.

VOLUNTEERING: Some of the men who have participated in past sessions also want to volunteer in mentoring roles, supporting other men through their difficult times. MEN TOO has worked with partner charity WEB Merseyside in order to develop a volunteering training package, and appropriate resources to allow this to happen, and further support sustainability via volunteering.

The main activities undertaken in relation to those purposes during the year.

This is our fifth year of service delivery, and I am extremely proud of the hard work and commitment from all the staff, volunteers, sessional workers and Trustees at MEN TOO and the care and dedication they have put into supporting some of the most vulnerable and disadvantaged men in our community.

Men Too aims are to reduce social isolation, improve community connections and reduce suicide ideation for men across Merseyside. Weekly groups are seen by many as an absolute lifeline for the group members.

This year through the hard work of our staff and trustees applying for funding; we have been fortunate enough to have received funding from Comic Relief and Wirral Borough Council's CVF fund and Wirral Borough Council's DA fund which has been a massive support in our ability to reach and support more than double the number of vulnerable men we worked with last year, making a massive and very positive impact within our communities.

Men Too

Trustees' Annual Report for the year ended 31 March 2023

The main activities undertaken during the year to further the charity's purpose for the public benefit.

CVF Funding: Men Too were successful in gaining funding from the CVF fund to provide two areas of work to the Men of Wirral through the Men Too charity. Both work areas are based around providing a safe, therapeutic environment for men to improve their well-being and mental health. As Men Too is a service user led charity and we consult with our men regularly. On one of our consultation the men requested to attend our 60hr Trauma, Bereavement & Loss program. This is a very specialist program provided by a highly trained therapist and costs more than Pathways 2Mpowerment to provide. We therefore approached the funders and requested to change our Pathways 2Mpowerment funding to be able to provide the Trauma, Bereavement & Loss Program instead for the same cost. This change was agreed by funders and 10x men attended the 60hr Trauma, Bereavement & Loss program.

Feedback: The men who attended the Trauma, Bereavement & Loss program stated it was life changing and that this work should be done with young people to stop the cycle of trauma continuing. Doing it as a male only group really made it a safe environment for the men to open up within.

"Having a safe environment to explore my trauma and hear other people's experiences in such a meaningful way has really helped me".

"Everyone should do this course; it really is life changing".

"I feel like a weight has been lifted and I understand so much more about my own responses and behaviors".

2nd area of work: Project Outline Mind Maintenance Group: Men Too offer's a weekly Mind Maintenance session which allow men the opportunity to continue to enhance their wellbeing and are very much user lead and influenced as we believe that this is an important part of helping people address issues that are impacting on their wellbeing. Men Too is about breaking the silence and cycle of male mental health and the Mind Maintenance is crucial in allowing men the therapeutic space to flourish and grow. For the purpose of the bid, we looked to keep our day Mind Maintenance group & expand to have an evening group, so more men could access the support, especially those that work. The outline of the group was 1x therapeutic member of staff already trained to run sessions and 1x trained sessional worker, the evening group would be 48x5hr sessions inc set up/debrief plus resources for activities within the group. As part of the fund, we were able to provide 48 group sessions and we provided listening appointments to each of the men who couldn't attend, so they had someone to check in with and have a positive interaction and someone who listened to them for that week. Each Listening appointment lasted an hour, and each week would be to 3-4 Men who couldn't attend the group. On average each group had 4 men within it, and they all expressed how having a small group really helped with their anxiety and allowed them to access the group due to its size. The safety in the room was very important to the men and the small group helped them move forward in their own mental health and improve on their wellbeing. Each group activity is user led in that they help decide what themes will be undertaken within the group, here are a few of the themes most liked by our men: Reiki, Yoga, EFT, Deservability, Drama Triangle, Breadmaking, Games Night, Art therapy, Sound healing, Pumpkin carving, Affirmations, Basic Human Rights, Family Crest, Clay carving, Meditation

Men Too

Trustees' Annual Report for the year ended 31 March 2023

Feedback: comments from the Men who attended Men Too additional evening sessions:

"Group Sessions have helped me in lots of different ways. It gives me a safe place where I can talk and listen to others in private and you soon realise the mirrors in the room. You are not alone and can learn how to cope by listening to each other and by forming friendships."

"A safe place to meet. Non-judgemental of anybody. You are able to share things with other like-minded men that you may find you can't share with family or friends as it may be embarrassing. After each session you feel your self-worth. You look forward to the following week as it re-charges your batteries. You meet other men who you can share your issues with who may have the same."

"The way the world is now we have social media as the way forward and we judge ourselves on these social influences and unfortunately that is not how life is."

"Allows an insight and awareness that is difficult to gain alone. Allowed me to accept and feel more comfortable with how I feel. Group talking, I think has created very individual connections with others in the group because a Lot of feelings are reflected throughout. Almost like I gain unconscious internal positivity every time I partake in the sessions."

Maintenance for the Mind for Men Evening Group: Unfortunately, since CVF funding ceased in March 2023 and Men Too charity have been unable to source any additional funding to extend this evening group delivery.

Comic Relief Funding: Men Too were successful with some continuation funding from Comic Relief, in order to continue our Maintenance for the Mind weekly sessions for men. This funding has supported men to develop a wide range of coping strategies via our highly successful personal development programmes. Men Too have invested in our men by developing their confidence and self-esteem and upskilling them in order to enable them to cope with life, and ultimately get them to have resilience in their mental health. We have used elements of our award-winning Pathways 2MPowerment Programme, guided meditations & NLP techniques, weekly check ins and check outs via our circle of support sessions. We have used art therapy, sandplay and sessions that support healing and recovery of trauma in men's lives. Over the course of the year, we have delivered: 37x sessions took place through the year. All sessions are 5hrs inc set up/debrief with snacks and refreshments provided. 174x attendances at session. A maximum of 8 men can attend a session in order to keep the safe therapeutic environment. On average we have had 4-6 men attend each session.

Types of sessions delivered were Desert Island Discs, Goal Setting, Affirmations, Art Therapy, Creative Writing, Well Being Cards, Quiz, Check In's, Emotional Contagion, Neurodiversity Awareness, Remember When, Positive versus Negative Talk, Planning Sessions, Sandplay, Games Day, Counselling Theories & Techniques, Pathway 2MPowerment exercises, Pumpkin Carving, Empowerment Exercises, Meal Out, Sound Healing, Clay Making, Painting Gongs & Christmas session. All sessions had been planned and consulted with the men as we are a service user led organisation and need to know we are providing the relevant and right support for the men whilst still engaging them in our service.

Neurodiversity: Through the year we discovered that we were coming into contact with more men who are neurodiverse and have had to adapt our sessions to make sure we have been accommodating their needs such as smaller groups when doing certain activities or doing sessions on understanding neurodiversity so the men can as a group understand not only themselves more but their peers. Through our therapeutic sessions we have seen the men grow in confidence, understand their own mental health triggers and most importantly the men have learnt what strategies work for them and what they can put in place to make sure they keep good mental health. This has reduced the reported amount of suicide ideation within the group and the men have expressed how they feel more confident to talk to people about their feelings and when they need to ask for help.

Men Too

Trustees' Annual Report for the year ended 31 March 2023

Capacity Building: 2 staff from Men Too accessed a 5-day Trauma informed practise training that was delivered by WEB Merseyside. This was the start of us embedding our trauma informed practice within Men Too services. Enabling our staff to improve their personal and professional development in a safe environment. Upskilling staff to be able to deal with the level of trauma that men are presenting with and use therapeutics tools and techniques whilst delivering services. Capacity was built for our staff to go on to co-facilitate a course for service users to access which was well attended (8men). This training has enabled our staff to have a greater understanding of the impact and effect of trauma on our service users. The training has allowed staff to be upskilled in dealing with people, especially men who come to us for the first time. All men have a welcome session before entering a group or program within Men Too. We often have men who are anxious, agitated or even come across as aggressive at these sessions and may have been refused services from other. The trauma training has allowed staff to understand the impact of trauma on people's behaviours and how to deal with this in a trauma informed way. This way of working has now become the 'norm' within Men Too and is role modelled to volunteers and the service users themselves.

Since staff have been trained on the 5-day program a number of our service users had done the 2-day Introduction to Trauma, a number of them asked if they could do the 5-day Trauma program as they had seen the impact and benefit to staff in how they now dealt with situations. We were able to get a small amount of funding to provide this 5-day training to 8 men with a member of our staff co-facilitating for additional experience.

The feedback from the men was that this program along with the 2day program was life changing and that this work should be done in schools at a much younger age to help break the cycle of family trauma. Many felt this program was healing, insightful and helped them understand their own behaviours and how they can challenge that within themselves. These men are now role modelling a trauma informed way of being and this has enhanced the peer support within the group. As a service we are continuing to work in a trauma informed way and use a number of the skills, knowledge and activities from the courses within our group sessions.

Volunteers & Their Impact: As a small charity we rely on our volunteers to support us in the running of our groups and to support in Welcome Sessions for new men. Without them we would struggle to provide all of our activities. All of our volunteers have all had a minimum of free 3-day Induction training in volunteering which covers everything from expectations of volunteering, boundaries, suicide reduction & prevention training, safeguarding and listening/communication skills. We also have a small number of counselling volunteers who provide 1-1 therapeutic counselling to men. One of our volunteer's also attended our 2-day Trauma Training with staff and service users. This volunteer now regularly supports in group and works from a trauma informed practice alongside staff and those members of the group who have attended trauma training. This creates an environment that is safe to all and where challenge can take place in a positive way. We have had a volunteer who has supported a female member of staff to undertake Welcome Sessions for new men seeking support from Men Too. This has enabled them to learn how to undertake Welcome Sessions, which is skills in how we listen, understand what someone's story is. Help sign posted when needed and complete our paperwork. This support has been invaluable as our female member of staff cannot be a lone worker for Welcome Sessions due to our comprehensive risk assessment and so our volunteer has enabled us to do a weekly Welcome Session for new men to access support. Our other volunteers have supported in group which started when the group was moved back to a day session. This enabled us to reduce our staffing in the group and allowed for staff to have planning time and availability to network in order to better support our men.

Unfortunately, our Comic Relief funding has since ended; and Men Too are currently funding weekly 'maintenance for the mind' sessions out of its unrestricted reserves; whilst we try to secure further funding to continue this much needed service for men.

Men Too

Trustees' Annual Report for the year ended 31 March 2023

Caring Dads Programme – Men Too & WEB Merseyside charity (facilitated partnership work to deliver DA support programme) as both charities have staff who are licensed 'Caring Dads' facilitators. The Caring Dads programme is a CBT programme designed to increase fathers' awareness as to the wellbeing and safety of their children, build capacity for the application of child-centered fathering and promote respectful co-parenting with children's mothers. This is a national program originating in Canada (33-hour programme, run over 17 weeks, or 11 weeks as we chose to deliver- re: group preference). This is a service open to men who voluntarily wish to take part. 2 staff have completed their facilitator training and hold licenses to deliver this programme. We jointly delivered 2 of these programmes and the results of both programmes were amazingly well received with the men learning so much and discussing their own traumatic childhoods; and identifying changes that they would like to make. This resulted in a further consultation with the men and the 'Assistant Director of Children's Services' as to what changes could be put in place to better support fathers who wished to be in their children's lives. The assistant director was so impressed with the joint delivery work that Men Too & partners WEB Merseyside had delivered with the men and the outcomes of this training that she requested further consultation work to go ahead with her team of social workers re: educating them on 'father's perspective'. As part of Men Too & WEB's ethos, the conditions we agreed to deliver **Finally, a brief summary of activities we have delivered over the period of 1st April 2022 – 31st March 2023**

REFERRALS: We have received a total of 187 new male referrals, (71 in 2022). All referrals were contacted by Men Too, and 76 of those newly referred chose to access our services.

WELCOME SESSIONS: With the support we received from the additional funding above, we have been able to facilitate 76 new welcome sessions in this reporting period, which is more than double our previous year (32 in 2022).

NEW USERS: 76 new males accessed Men Too's service for either 1-1 or therapeutic group support, counselling, or training. All 76 men were given a welcome introduction section lasting between 60-120minutes.

EXISTING USERS: 13 Previously existing service users continue to access services, resulting in Men Too supporting a total of 89 men accessing services in this reporting period (52 in 2022).

1-1CRISIS LISTENING APPOINTMENTS: 23 crisis listening appointments were made during this period.

TELEPHONE SUPPORT: 52 Telephone support appointments have been made during this period, in order to 'maintain/support mental health of men who couldn't make it into the Centre'.

COUNSELLING SUPPORT: In addition to our service delivery; we have worked with our partner charity WEB Merseyside in order to signpost men who access Men Too services for additional 1-1 therapeutic counselling support from WEB Merseyside. Several of our counselling volunteers have wanted to volunteer for Men Too, so we have developed some partnership work and volunteer training that benefits both charities, and our service users. This has enabled a total of 32 of our male service users to access therapeutic counselling from WEB.

Counselling Stats:

- A total of 385 counselling appointment for Men Too users were made
- A total of 294 counselling appointments were attended by a total of 32 men.
- There were 25 dna's (did not attend)
- There were 66 cancelled appointments

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

Men Too

Trustees' Annual Report for the year ended 31 March 2023

Fundraising activities during the year.

The charity relies on grant aid from the donors identified in the accounts, whose support is valued. There have been no other material fundraising activities, other than small donations made by the general public.

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

The Trustees are appointed from nominations made to the Annual General meeting.

The charity's organisational structure.

Bankers	CAF Bank, 25 Kings Hill Avenue, Kings Hill, West malling, Kent, ME19 4JQ
Accountants	APH Accountants, 259 Wallasey Village, Wallasey, Merseyside, CH45 3LR

Financial review

The charity's financial position at the end of the year ended 31 March 2023

The financial position of the charity at 31 March 2023 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2023	2022
	£	£
Net income	12,966	5,056
Unrestricted Revenue Funds available for the general purposes of the charity	25,866	14,520
Restricted Revenue Funds	10,229	8,610
Total Funds	36,095	23,130

Financial review of the position at the reporting date, 31 March 2023 .

The trustees consider the financial performance by the charity during the year to have been satisfactory. The Charity is in its 5th year and financial performance is reliant upon funding from external sources to fund the Charity's activities. This period has seen funding received at a similar rate to the previous year and applications for future funding have been accepted, and further funding applications are currently being made.

The Charity had total incoming resources of £65,662 (2022: £30,873) and resources expended of £52,696 (2022: £25,818), which has resulted in a net surplus of £12,966 (2022: £5,056). There were no 'other recognised gains and losses' in 2023 or 2022.

The Balance Sheet has, as a result of the above, seen an increase in total funds to £36,095 (2022: £23,129) of which £10,229 are unrestricted and £25,866 restricted.

Policies on reserves.

Men Too

Trustees' Annual Report for the year ended 31 March 2023

The Trustees have reviewed the Reserves of the Charity. The Charity is dependent on Grant funding to provide its services and this income is inevitably subject to fluctuation.

In order to provide for possible delays in obtaining adequate funding and to maintain services at their present level, the Trustees consider that they should retain, in Unrestricted income funds, sufficient resources to meet four months expenditure.

Based on the Accounts to 31st March 2023, this would require reserves of £17,565. Unrestricted Income funds at 31st March 2023 were £25,866. Therefore the Trustees consider the current levels of reserves to be adequate going forward.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Men Too

Trustees' Annual Report for the year ended 31 March 2023

Statement of Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), .

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. 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 are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that , on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 22 November 2023.

K Lockhart-Thomson
K Lockhart-Thomson (Jan 5, 2024 16:18 GMT)

Keri Lockhart-Thomson
Trustee

Men Too

Report of the Independent Accountant to the Trustees of the charity on the accounts for the year ended 31 March 2023

We report on the financial statements of Men Too for the year ended 31 March 2023, as set out on pages 12 to 26, which comprise the Statement of Financial Activities, the Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement and the related notes to the financial statements, including a summary of significant accounting policies. In our opinion, the accompanying financial statements of the charity are prepared, in all material respects, in accordance with charity law applicable within the jurisdiction of England & Wales and the accounts have been prepared in accordance with FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW), effective January 2016, under the historical cost convention, and in accordance with the accounting policies set out on page 18, which framework constitutes the applicable United Kingdom Generally Accepted Accounting Practice.

Respective responsibilities of the directors and the accountant

As described on page 10, you, the charity's Trustees are responsible for the preparation of the accounts.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. The Trustees also consider the charity to be exempt from the requirement to be subject to Independent Examination.

Our responsibility is to prepare accounts upon the basis of the information supplied to us, without conducting any formal scrutiny.

No statement of opinion

We have not carried out any audit procedures and have relied upon information supplied to us by the Trustees, and the information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently we do not express an audit or other assurance opinion on the view given by the accounts.

Signed:-



insert name of individual person on data work sheet row 28 - Independent Accountant

Chartered Management Accountants

Times House
259 Wallasey Village
Wallasey
Merseyside
CH45 3LR

This report was signed on 22 November 2023

Men Too - Statement of Financial Activities for the year ended 31 March 2023

Statement of Financial Activities for the year ended 31 March 2023

	SORP Ref	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
		2023 £	2023 £	2023 £	2022 £
Income & Endowments from:					
Donations & Legacies	A1	13,736	-	13,736	942
Charitable activities	A2	-	51,926	51,926	29,931
Total income	A	13,736	51,926	65,662	30,873
Expenditure on:					
Charitable activities	B2	2,390	50,306	52,696	25,818
Total expenditure	B	2,390	50,306	52,696	25,818
Net income for the year		11,346	1,620	12,966	5,056
Net income after transfers	A-B-C	11,346	1,620	12,966	5,056
Net movement in funds		11,346	1,620	12,966	5,056
Reconciliation of funds:-	E				
Total funds brought forward		14,519	8,610	23,129	18,073
Total funds carried forward		25,865	10,230	36,095	23,129

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations

The notes attached on pages 18 to 26 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2023

Men Too - Analysis of prior year total funds, as required by paragraph 4.2 of the SORP

	SORP Ref	Prior Year Unrestricted Funds 2022 £	Prior Year Restricted Funds 2022 £	Prior Year Total Funds 2022 £
Income from:				
Donations & Legacies	A1	942	-	942
Charitable activities	A2		29,931	29,931
Total income	A	942	29,931	30,873
Expenditure on:				
Charitable activities	B2	530	25,288	25,818
Total expenditure	B	530	25,288	25,818
Net income for the year		413	4,643	5,056
Net income after transfers		413	4,643	5,056
Net movement in funds		413	4,643	5,056
Reconciliation of funds:-				
	E			
Total funds brought forward		14,106	3,967	18,073
Total funds carried forward		14,519	8,610	23,129

All activities derive from continuing operations

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.'

The notes attached on pages 18 to 26 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2023

Men Too - Resources applied in the year ended 31 March 2023 towards fixed assets for Charity use:-

	2023 £	2022 £
Funds generated in the year as detailed in the SOFA	12,966	5,056
Net resources available to fund charitable activities	12,966	5,056

The notes attached on pages 18 to 26 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2023

Movements in revenue and capital funds for the year ended 31 March 2023

Revenue accumulated funds

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Last year Total Funds 2022 £
Accumulated funds brought forward	14,519	8,610	23,129	18,073
Recognised gains and losses before transfers	11,346	1,620	12,966	5,056
	25,865	10,230	36,095	23,129
Closing revenue funds	25,865	10,230	36,095	23,129

Summary of funds

	Unrestricted and Designated funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Last Year Total Funds 2022 £
Revenue accumulated funds	25,865	10,230	36,095	23,129

The notes attached on pages 18 to 26 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2023

Men Too Income and Expenditure Account for the year ended 31 March 2023 as required by the Companies Act 2006

	2023 £	2022 £
Income		
Income from operations	65,662	30,873
Investment income		
Gross income in the year before exceptional items	65,662	30,873
Gross income in the year including exceptional items	65,662	30,873
Expenditure		
Charitable expenditure, excluding depreciation and amortisation	52,696	25,818
Realised losses on disposals of social investments which are programme related	-	-
Total expenditure in the year	52,696	25,818
Net income before tax in the financial year	12,966	5,055
Tax on surplus on ordinary activities	-	-
Net income after tax in the financial year	12,966	5,055
Retained surplus for the financial year	12,966	5,055

All activities derive from continuing operations

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

The notes attached on pages 18 to 26 form an integral part of these accounts.

Men Too - Balance Sheet as at 31 March 2023

		SORP			
	Note	Ref		2023	2022
				£	£
Current assets		B			
Cash at bank and in hand		B4	45,118	93,182	
Creditors: amounts falling due within one year	9	C1	<u>(9,023)</u>	<u>(70,053)</u>	
Net current assets				36,095	23,129
The total net assets of the charity				<u>36,095</u>	<u>23,129</u>
The total net assets of the charity are funded by the funds of the charity, as follows:-					
Restricted funds					
Restricted Revenue Funds	14	D2		10,229	8,610
Unrestricted Funds					
Unrestricted Revenue Funds	14	D3		25,866	14,519
Designated Funds					
Total charity funds				<u>36,095</u>	<u>23,129</u>

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 11.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

K Lockhart-Thomson
K Lockhart-Thomson (Jan 5, 2024 16:18 GMT)

Keri Lockhart-Thomson

Trustee

Approved by the board of trustees on 22 November 2023

The notes attached on pages 18 to 26 form an integral part of these accounts.

Men Too

Notes to the Accounts for the year ended 31 March 2023

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW) , effective January 2016, , and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Risks and future assumptions

The charity is a public benefit entity.

The risks to which the Charity is exposed, as identified by the Trustees, have been reviewed and systems have been established to manage those risks.

Policies relating to categories of income and income recognition.

Nature of income

Gross income represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Categories of Income

Income is categorised as donations, being general donations to unrestricted funds for use by the Charity in its charitable activities as it sees fit. And as grants included in charitable activities, as restricted funds for specific projects identified as furthering the Charity's objectives.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Men Too

Notes to the Accounts for the year ended 31 March 2023

Any grant that is subject to performance-related conditions received in advance of delivering the goods and services required by that condition, or is subject to unmet conditions wholly outside the control of the recipient charity, is accounted for as a liability and shown on the balance sheet as deferred income. Deferred income is released to income in the reporting period in which the performance-related or other conditions that limit recognition are met.

When income from a grant or donation has not been recognised due to the conditions applying to the gift not being wholly within the control of the recipient charity, it is disclosed as a contingent asset if receipt of the grant or donation is probable once those conditions are met.

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Any condition that allows for the recovery by the donor of any unexpended part of a grant does not prevent recognition of the income concerned, but a liability to any repayment is recognised when repayment becomes probable.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated..

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers and this is described more fully in Note 5.

Policies relating to assets, liabilities and provisions and other matters.

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Creditors and provisions

Creditors are measured at the value of the financial obligation at the balance sheet date.

Financial instruments including cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Men Too

Notes to the Accounts for the year ended 31 March 2023

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal or as implied by law.

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Significance of financial instruments to the charity's position

The Charity has no financial instruments of significance to the Charity's position.

5 The contribution of volunteers

The charity depends on the support of its volunteers, which is much appreciated. The arrangements with volunteers are difficult to value precisely in monetary terms and have not been recognised in the Statement of Financial Activities. The volunteers and the charity accept and agree that no contract of employment is created by these arrangements.

6 Staff costs and emoluments

Salary costs	2023	2022
	£	£
Gross Salaries excluding trustees and key management personnel	30,731	12,480
Total salaries, wages and related costs	30,731	12,480

Neither the trustees nor any persons connected with them have received any remuneration from the charity or any related entity, either in the current or prior year.

No employees received emoluments (excluding pension costs) in excess of £60,000 per annum.

7 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

8 Deferred income - Restricted funds

Opening	Released	Received	Deferred
Deferrals	from prior	less released	at year end
	years	in year	

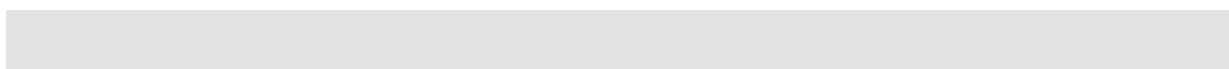
Men Too

Notes to the Accounts for the year ended 31 March 2023

	£	£	£	£
Wirral Borough Council	42,084	(42,084)	-	-
Wirral Borough Council -Public Health	10,339	(10,339)	-	-
Comic Relief	-	-	2,821	2,821
Total	52,423	(52,423)	2,821	2,821

	2023	2022
	£	£
These deferrals are included in creditors	2,821	52,423

The deferrals included in creditors relate to funding specified by the funders as relating to specific periods and represent those parts of restricted funds which relate to periods subsequent to the accounting year end and are treated as grants in advance, or, alternatively, where there are conditions which must be fulfilled prior to entitlement or use of the restricted funds by the charity.



9 Creditors: amounts falling due within one year	2023	2022
	£	£
Trade creditors	6,201	17,430
Accruals	-	200
Deferred Income - Restricted funds	2,821	52,423
	9,022	70,053

10 Loans to trustees included in debtors

There are no loans to Trustees

11 Guarantees made by the charity on behalf of trustees

There were no guarantees made by the Charity on behalf of the trustees during the year

12 Income and Expenditure account summary	2023	2022
	£	£
At 1 April 2022	23,128	18,073
Surplus after tax for the year	12,966	5,055
At 31 March 2023	36,094	23,128

13 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2023	Unrestricted funds	Designated funds	Restricted funds	Total Funds
-------------------------	---------------------------	-------------------------	-------------------------	--------------------

Men Too

Notes to the Accounts for the year ended 31 March 2023

	£	£	£	£
Current Assets	30,118		15,000	45,118
Current Liabilities	(4,252)	-	(4,771)	(9,023)

25,866	-	10,229	36,095
---------------	----------	---------------	---------------

At 1 April 2022

	Unrestricted funds	Designated funds	Restricted funds	Total Funds
	£	£	£	£
Current Assets	18,199	-	74,983	93,182
Current Liabilities	(3,681)	-	(66,372)	(70,053)
	14,518	-	8,611	23,129

14 Change in total funds over the year as shown in Note 13 , analysed by individual funds

	Funds brought forward from 2022	Movement in funds in 2023	Transfers between funds in 2023	Funds carried forward to 2024
	£	See Note 15 £	See Note 0 £	£
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	14,519	11,346	-	25,865
Total unrestricted and designated funds	14,519	11,346	-	25,865
Restricted funds:-				
Peoples Health	3,967	820	-	4,787
Wirral Borough Council	-	809	-	809
Skelton	149	-	-	149
PH Holt	4,494	-	-	4,494
Comic Relief	-	(9)	-	(9)
Total restricted funds	8,610	1,620	-	10,230
Total charity funds	23,129	12,966	-	36,095

15 Analysis of movements in funds over the year as shown in Note 14

	Income	Expenditure	Other Gains & Losses	Movement in funds
	2023	2023	2023	2023
	£	£	£	£
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	13,736	(2,390)	-	11,346
Restricted funds:-				
Peoples Health	5,990	(5,170)	-	820
Wirral Borough Council	39,257	(38,448)	-	809
Comic Relief	6,679	(6,688)	-	(9)

Men Too

Notes to the Accounts for the year ended 31 March 2023

<u>65,662</u>	<u>(52,696)</u>	<u>-</u>	<u>12,966</u>
---------------	-----------------	----------	---------------

16 The purposes for which the funds as detailed in note 14 are held by the charity are:-

Unrestricted and designated funds:-

Unrestricted Revenue Funds

These funds are held for the meeting the objectives of the charity, and to provide reserves for future activities, and , subject to charity legislation, are free from all restrictions on their use.

Restricted funds:-

Restricted Revenue Funds

These funds are held to be used for specific charitable activities as described in the individual grant policy.

17 Ultimate controlling party

The charity is under the control of its legal members.

Every member of the charity has unlimited joint and several liability for the debts of the charity.

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2023 as required by the SORP 2015

This analysis is classssified by conventional nominal descriptions and not by activity.

18 Donations and Legacies

	Current year Unrestricted Funds 2023 £	Current year Restricted Funds 2023 £	Current year Total Funds 2023 £	Prior Year Total Funds 2022 £
Donations and gifts from individuals				
Small donations individually less than £1000	13,736	-	13,736	942
Total donations and gifts from individuals	13,736	-	13,736	942
Total Donations and Legacies	A1 13,736	-	13,736	942

19 Charitable income from funders

	Current year Unrestricted Funds 2023 £	Current year Restricted Funds 2023 £	Current year Total Funds 2023 £	Prior Year Total Funds 2022 £
Contractual payments from public bodies to fund charitable activities				
Small payments individually less than £1000	-	-	-	8,961
Wirral Borough Council	-	39,257	39,257	-
Total contractual payments from public bodies	-	39,257	39,257	8,961
Contractual payments from non public bodies to fund charitable activities				
PH Holt	-	-	-	4,494
Peoples Health Trust	-	5,990	5,990	14,976
Skelton	-	-	-	1,500
Comic Relief	-	6,679	6,679	-
Total contractual payments from non public bodies	-	12,669	12,669	20,970
Total Charitable income from funders	-	51,926	51,926	29,931

20 Total Income from charitable activities

Current year Unrestricted Funds £ 2023	Current year Restricted Funds £ 2023	Current year Total Funds £ 2023	Prior Year Total Funds £ 2022
--	--	--	--

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2023 as required by the SORP 2015

Total Charitable income from funders	-	51,926	51,926	29,931
Total from charitable activities	A2	-	51,926	29,931

21 Expenditure on charitable activities - Direct spending

	Current year Unrestricted Funds 2023 £	Current year Restricted Funds 2023 £	Current year Total Funds 2023 £	Prior Year Total Funds 2022 £
Temporary Staff - Charitable Activities	-	30,731	30,731	12,480
Travel and Subsistence - Charitable Activities	98	342	440	455
Refreshments	-	2,524	2,524	2,005
Arts/Craft/Materials and other activities	1,520	2,332	3,852	1,517
Sessional workers	-	8,169	8,169	2,884
Volunteers expenses and training	327	1,010	1,337	293
Total direct spending	B2a	1,945	45,108	19,634

22 Support costs for charitable activities

	Current year Unrestricted Funds 2023 £	Current year Restricted Funds 2023 £	Current year Total Funds 2023 £	Prior Year Total Funds 2022 £
Premises Expenses				
Rent payable under operating leases	-	3,060	3,060	3,060
Rates and water charges	45	494	539	-
Cleaning and waste management	-	59	59	222
Administrative overheads				
Telephone, fax and internet	65	651	716	753
Stationery and printing	-	500	500	413
IT Support	34	372	406	333
Liability and contents insurance	291	-	291	-
Equipment,repairs,expenses and maintenance	-	-	-	1,307
Financial costs				
Bank charges	10	62	72	96
Support costs before reallocation	445	5,198	5,643	6,184
Total support costs	445	5,198	5,643	6,184

The basis of allocation of costs between activities is described under accounting policies

23 Total Charitable expenditure

Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
---------------------------------------	-------------------------------------	-----------------------------	---------------------------

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2023 as required by the SORP 2015

		2023 £	2023 £	2023 £	2022 £
Total direct spending	B2a	1,945	45,108	47,053	19,634
Total support costs	B2d	445	5,198	5,643	6,184
Total charitable expenditure	B2	2,390	50,306	52,696	25,818

MEN TOO

England & Wales - Charity number 1176745

Accounts

The Charity Registration Number is :- 1176745

Men Too
Report and Accounts
31 March 2022

Men Too

Report and accounts for the year ended 31 March 2022

Contents

	Page
Charity information	1
Trustees' Annual Report	1
Statement of directors' responsibilities	9
Independent Accountant's Report	10
<i>Funds Statements:-</i>	
Statement of Financial Activities	11
Statement of Financial Activities - Prior Year statement	12
Statement of total recognised gains and losses	13
Movements in funds	14
Revenue Funds	15
Income and Expenditure account	15
Summary of funds	16
Balance sheet	16
Notes to the accounts	17

Men Too

Trustees' Annual Report for the year ended 31 March 2022

The Trustees present their Report and Accounts for the year ended 31 March 2022.

Reference and administrative details

The charity name.

The legal name of the charity is:- Men Too

The charity's areas operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1176745

Legal structure of the charity

The charity is constituted as a Charitable Incorporated Organisation (CIO) in England & Wales. The governing document of the charity is the constitution of the CIO as approved by the Charity Commission in England & Wales (CCEW) .

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

The trustees are all individuals.

Men Too

Trustees' Annual Report for the year ended 31 March 2022

The principal operating address of the charity is:-

32 Argyle Street
Birkenhead, Merseyside
CH41 6AE,

The Trustees in office on the date the report was approved were:-

Gaynor Williams
Lesley Woods
Jane Graham
Sharon Stanton
Keri Lockhart Thomson

The following persons served as Trustees during the year ended 31 March 2022 :-

The trustees who served as a trustee in the reporting period were as shown above, and there were no changes during the year, or in the period between the year end and the approval of the accounts.

Objects and activities of the charity

The purposes of the charity as set out in its governing document.

The purpose of the Charity is to provide facilities for recreation and other leisure-time occupation in the interests of social welfare with the object of improving the conditions of life for those persons, in particular, vulnerable men and boys with multi/complex needs and/or suicide ideation resident in Birkenhead and neighbouring areas of Merseyside.

BACKGROUND & HISTORY: MEN TOO CHARITY:

The formation of MEN TOO has come about through small groups of men accessing personal development training; 1-1 therapeutic counselling and group counselling services from a small charity called WEB Merseyside. After accessing the training from WEB, the men requested that WEB put on weekly services for them as they had found it so beneficial in helping them to cope and recover. Unfortunately, WEB was unable to provide weekly sessions due to lack of funding/resources. However, WEB continued to support these men from their unrestricted reserves for over 18mths, organising activity-based sessions twice monthly which were well attended.

In regular consultation with the men, WEB Merseyside went about setting up a specific charity for men that would allow them to meet in small groups on a weekly basis. The men have been involved at every stage of setting up this small but much needed charity. From the name of the organisation to its aims and objectives, from weekly activities they think would support them up to governance and managing the organisation; meeting trustees and sharing their views of what has helped them and what they would like more of. All of this took over 12 months of consultation and meetings and formed the stages which we are now up to, in our 4th year of delivering services to men.

AIMS: MEN TOO were granted charitable status on 19/01/2018 our aims are to support men who have a range of mental health issues, complex needs, and suicide ideation. MEN TOO works with men aged 18 and above.

Men Too

Trustees' Annual Report for the year ended 31 March 2022

SERVICES:

- Group support -weekly via 'maintenance for the mind' sessions
- Range of confidence/esteem building training, and anger management training
- Range of Holistic therapies: aromatherapy nurturing touch, relaxation, sound healing, mindfulness training; chair yoga, meditation and a range of therapeutic art/craft activities.

Support & Referrals: Men access services for confidence building training & support and group counselling. All the men had been referred from a variety of mental health/social care services (42 referring agencies) due to range of complex needs, prior suicide attempts and feeling unable to cope.

From the early training days, that WEB have worked with these men, it was clear that these men needed a safe space and safe people who could facilitate their feelings/emotions and provide a range of coping mechanisms and tools that they could use to stay healthy and enable them to cope with day to day living.

As this is new charity and men are notoriously difficult to engage in services. We envisioned from experience that we would initially be working in small group settings of between 4-10 men who would attend the weekly sessions; and approximately 8-10 men who would attend the Pathways 2MPOWERment Training.

All of MEN TOO services that we deliver have elements of confidence building training underpinning it; this has helped the men to be able to open up and talk about their feelings openly; preventing further attempts of suicide, and more importantly helping them to cope and recover.

VOLUNTEERING: Some of the men who have participated in past sessions also want to volunteer in mentoring roles, supporting other men through their difficult times. MEN TOO has worked with partner charity WEB Merseyside in order to develop a volunteering training package, and appropriate resources to allow this to happen, and further support sustainability via volunteering.

The main activities undertaken in relation to those purposes during the year.

This is our fourth year of service delivery, and I am extremely proud of the hard work and commitment from all the staff, volunteers and sessional workers at MEN TOO and the care and dedication they have put into supporting some of the most vulnerable and disadvantaged men in our community.

Men Too aims are to reduce social isolation, improve community connections and reduce suicide ideation for men across Merseyside. Weekly groups are seen by many as an absolute lifeline for the group members. They inform us that this is their 'safe haven' they look forward to coming to sessions; meeting others who may be in similar situations to them and supporting each other.

Men Too

Trustees' Annual Report for the year ended 31 March 2022

The main activities undertaken during the year to further the charity's purpose for the public benefit.

Men Too have had 71 referrals since April 2021 and been able to complete 32 x 1-1 inductions into our service. We have had 16 DNAs and 33 cancellations. 13 men have not engaged, despite several attempts at contact and letters have been sent back to their referring agencies. We have also carried out a total of 8 x 1:1 crisis listening appointments for men. In addition to the 32 new men who have accessed services; we have had 20 men continue to access regular services; totalling 52 men regularly accessing support from Men Too over the past year.

We have delivered a total of 50 maintenance for the mind sessions' since April 2021. These sessions take place of a Tuesday morning from 10am to 2pm in our Argyle Street premises. Due to the nature and complexity of referrals from 134 partner organisations we have 2 members of staff delivering sessions, in order to safeguard. Men Too staff and volunteers know and understand the importance of setting clear boundaries and group ground rules that everyone abides by in order to keep the group members feeling safe, secure, and welcoming of new members. The importance of 1-1 inductions in supporting to allay fears and increase access to services for men is vital

Consultations with the men; resulted that in order to address needs; we needed to put on some additional evening sessions to support those who were struggling with their mental health and asking for support, but who were managing to stay in employment. So, in addition to our weekly 'Maintenance for the Mind sessions' we have also delivered 2 x 30hr Pathways 2MPowerment Programmes' (P2MP) these are 30hr personal development training programmes x 3hrs per evening session x 10 evenings. On the first 10wk course we had 7 men and 1 volunteer complete the course with 100% attendance. The second session we had 7 men booked on, but 2 had to cancel at very short notice, (1 day) due to Covid, so we made the decision to go ahead with the 5men who had been waiting for the programme, they went onto have 100% completion rate of this P2MP course also.

We were successful in our bid to Comic Relief to secure additional funding for regular group sessions to take place of an evening as requested by men; and whilst this is a very new service, we have delivered 3 evening sessions to date with 7 regular men accessing this service. This has meant that those men who work in the day have still been able to access this service, as we worked around their needs. Feedback has been that they were very grateful for our listening to their needs, and providing the support they requested, which has enormously improved and supported their mental health and wellbeing.

Each 'maintenance for the mind session' (M4M) starts with a 'check in' of how they are feeling, and also a 'check out' to see how they are feeling after the session. This gives the men the opportunity to open up about what's been going on for them in the week, and get the support they need from the group, and the facilitators. M4M sessions; have included a mixture of mindfulness seated yoga sessions, a wide range of therapeutic arts/crafts, and poetry. A 4-week pottery course, therapeutic sound healing workshops, and a range of focus support sessions on confidence building, self-care, gratitude, and affirmation workshops. At the end of each 6-week planned rota of sessions the men choose a trip of their choice to a place of interest. This could be to art galleries, museums, or Eastham woods for a walk, or a trip to New Brighton, or a game of mini golf. The men end their day with a lunchtime treat sitting together, reviewing highlights of their day, and more importantly making those social connections. The men thoroughly enjoy their sessions and inform us that they have something to look forward to all week, and that it really helps them to cope on a daily basis. During the self-care sessions, men learn a whole toolbox of self-help exercises that they are encouraged to practise, and to feedback their learning. All the men are encouraged to take part in the planning of activities via 6 weekly rotas. Service users who have progressed onto volunteering; have supported the coordination of the sessions, leading on a variety of tasks within the session e.g., check in & check out sessions

Men Too

Trustees' Annual Report for the year ended 31 March 2022

Progressions: 1 volunteer has progressed onto welcoming men into the group at the induction stage, helping to allay their fears and breaking down barriers to engagement. 1 volunteer has gone onto be trained to co-lead on Pathways 2MPowerment training course. Additionally, we have delivered 2 x 3-day volunteer induction training programmes which has given us an additional 7 volunteer counsellors who support men's counselling service. 6 men have returned to work/or gained employment.

We have signposted several men with complex counselling needs to our partner charity WEB Merseyside for 1:1 therapeutic counselling appointment; a total of 186 counselling appointments have taken place for men referred. We have had 9 DNAs and 48 counselling cancellations totalling 243 appts arranged. Cancellations have been higher than usual this year due to COVID and people needing to isolate.

Moving forward we are in the process of training and upskilling 2 new members of staff to enable us to expand our service provision accordingly to men's needs, so that we can offer a regular evening group of 'maintenance for the mind session' every week. We worked hard on trying to secure additional funding to make this happen; and recently were informed that we were successful with our Comic Relief Bid. We have 7 working men, who have since accessed the evening groups; and found it to be really beneficial to them in order to have that listening ear and maintain their mental health to enable them to continue working.

We have recently secured a small amount of funding to build a website for Men Too and are working directly with the men to get their ideas as to what they would like to appear on the website, encouraging them to take ownership over the content as well as learning new skills and improving their employment prospects.

Many of the men inform us that this is the only social network that they have. In addition to this several new friendships have formed throughout lockdown with a few of the men meeting up for socially distanced walks to support each other. After first lockdown eased up, a few of the men also met up for lunch and a chat which they informed us really helped them both immensely to feel more connected, less socially isolated and reduced their feelings of suicide ideation at what is usually a very difficult and isolating time for them.

Several men have been able to form natural friendships within the group; evidencing real progress of social connections; there have been several occasions in which group members have helped each other out; with either moving home; or small jobs around the house (for one elderly member) and other odd jobs.

The men have gone out of their way to help and assist each other-in a covid safe way; asking for support from each other (outside of Men Too services). This has been lovely for us to see, the growth and development in these men.

Supporting & Influencing Change in our Communities:

Men Too: have been involved in collaborative work with North Birkenhead's Cradle to Career Project; which is striving to make a difference to every child in North Birkenhead; providing better life chances. Men Too are one of the few male support services who are involved in this project providing better life chances for children and families in our communities through collaborative work with multiple agencies, local authority and funders.

In addition to this; Men Too will be involved in the local authority initiative in reducing domestic abuse, and staff from Men Too will become licensed to deliver: 'Caring Dad's Programme; which is aimed at developing better relationships within families and with children who are impacted by DA. Caring Dads programme it's about reducing DA in the community via education of men and their families, and we are doing this in conjunction with funding from PCC funding & the Local Authority.

Men Too are working with Public Health in reducing suicides in middle aged men in Wirral through the provision of 1-1 inductions into service; and via our weekly 'maintenance for the mind sessions', and delivery of 'Pathways 2MPowerment Programme, which are 30hr personal development workshops.

We have had some research done via work we have done with our partner charity WEB Merseyside; in which it has outlined the important impact of our services, excerpts of which we will attach to this document for your perusal.

Men Too

Trustees' Annual Report for the year ended 31 March 2022

University of Liverpool Interchange student (Walter 2021) completed independent research into Men Too's project and had this to say:

"The difference between MEN TOO and other mental health services is that it is a welfare service which was created from previous service users who have experienced similar poor mental health. Although the session leaders are trained through WEB, they are not estranged from the struggles that come from depression or anxiety. This may make the service users feel more relaxed as the session will be with other men who understand the intense emotions, rather than a young person who has no personal mental health experience and has the role of counsellor through education, which can come across as intimidating".

One of the things that we anticipate changing is the level of 'trauma' that people are presenting with our referrals after the impact of Covid 19; we can see this already with regards to complexity of referrals and high support needs.

Men Too are working closely with partner charity WEB Merseyside regarding men accessing 'their new Trauma workshops' which are 30hr therapeutic programmes, and we are looking to secure further funding, which means we will be able to roll this programme of support out to those most marginalised and in need.

Whilst COVID has had an impact on our numbers, with some 1-1 appointments having to be cancelled due to service user illness/isolation. However, due to word of mouth; our service has still received a large number of referrals throughout the pandemic. To end this report, I will leave the final words from the men who have accessed services:

'I was in such a dark place, I never thought I would see the light again, your support has been amazing and lifesaving, thank you'

'This place is an oasis of tranquillity in a world of madness, I never knew anything like this existed'

'I got taken to lots of different places by my support worker before coming here, none of them were for me, but you made me feel normal, and gave me a bit of hope, that's why I came back.'

'I truly do not think I would have been here today, if it wasn't for you, thank you'.

Men Too Trustees and staff are very grateful for the support from ALL of our grant funders, however the support received during and following the pandemic from The People's Health Trust in particular helped us to continue delivering vital 1-1 and group support services to men who were the most socially isolated and in need.

Additional funding from Public Health Wirral also supported us to keep our doors open, providing additional evening sessions; and 2 x 30hr personal development programmes for men. Comic Relief have supported us to start delivery of our evening M4M sessions, and we are also very grateful for the support we received from Renshaw staff, in particular (Tina & Margie) who have, since our inception; committed to fundraise for Men Too.

All the support we received from our funders and fundraisers have helped Men Too to continue serving our communities. We know the support we deliver to men is vital to their wellbeing; and are informed that the impact our service provision has made on the lives of men and their families in our community has been massive and very much needed. We couldn't have done it without you.

Thank You to all our funders and supporters for helping us to serve our communities.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

Men Too

Trustees' Annual Report for the year ended 31 March 2022

Fundraising activities during the year.

The charity relies on grant aid from the donors identified in the accounts, whose support is valued. There have been no other material fundraising activities, other than small donations made by the general public.

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

The Trustees are appointed from nominations made to the Annual General meeting.

The charity's organisational structure.

Bankers	CAF Bank, 25 Kings Hill Avenue, Kings Hill, West malling, Kent, ME19 4JQ
Accountants	APH Accountants, 259 Wallasey Village, Wallasey, Merseyside, CH45 3LR

Financial review

The charity's financial position at the end of the year ended 31 March 2022

The financial position of the charity at 31 March 2022 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2022	2021
	£	£
Net income	5,056	15,939
Unrestricted Revenue Funds available for the general purposes of the charity	14,519	14,107
Restricted Revenue Funds	8,610	3,967
Total Funds	23,129	18,074

Financial review of the position at the reporting date, 31 March 2022 .

The trustees consider the financial performance by the charity during the year to have been satisfactory. The Charity is in its 4th year and financial performance is reliant upon funding from external sources to fund the Charity's activities. This period has seen funding received at a similar rate to the previous year and applications for future funding have been accepted, with cash from a grant of £42,084 having been received just before the current year end relating to the next financial year,, and further funding applications are currently being made.

Policies on reserves.

The Trustees have reviewed the Reserves of the Charity. The Charity is dependent on Grant funding to provide its services and this income is inevitably subject to fluctuation.

Men Too

Trustees' Annual Report for the year ended 31 March 2022

In order to provide for possible delays in obtaining adequate funding and to maintain services at their present level, the Trustees consider that they should retain, in Unrestricted income funds, sufficient resources to meet four months expenditure.

Based on the Accounts to 31st March 2022, this would require reserves of £8,606. Unrestricted Income funds at 31st March 2022 were £14,519. Therefore the Trustees consider the current levels of reserves to be adequate going forward.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Men Too

Trustees' Annual Report for the year ended 31 March 2022

Statement of Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), .

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. 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 are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that , on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 21 October 2022.


gaynor williams (Nov 30, 2022 16:12 GMT)

GAYNOR WILLIAMS
Trustee

Men Too

Report of the Independent Accountant to the Trustees of the charity on the accounts for the year ended 31 March 2022

We report on the financial statements of Men Too for the year ended 31 March 2022, as set out on pages 11 to 25, which comprise the Statement of Financial Activities, the Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement and the related notes to the financial statements, including a summary of significant accounting policies. In our opinion, the accompanying financial statements of the charity are prepared, in all material respects, in accordance with charity law applicable within the jurisdiction of England & Wales and the accounts have been prepared in accordance with FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW), effective January 2016, under the historical cost convention, and in accordance with the accounting policies set out on page 17, which framework constitutes the applicable United Kingdom Generally Accepted Accounting Practice.

Respective responsibilities of the directors and the accountant

As described on page 9, you, the charity's Trustees are responsible for the preparation of the accounts.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. The Trustees also consider the charity to be exempt from the requirement to be subject to Independent Examination.

Our responsibility is to prepare accounts upon the basis of the information supplied to us, without conducting any formal scrutiny.

No statement of opinion

We have not carried out any audit procedures and have relied upon information supplied to us by the Trustees, and the information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently we do not express an audit or other assurance opinion on the view given by the accounts.

Signed:-



insert name of individual person on data work sheet row 28 - Independent Accountant

Chartered Management Accountants

Times House
259 Wallasey Village
Wallasey
Merseyside
CH45 3LR

This report was signed on 21 October 2022

Men Too - Statement of Financial Activities for the year ended 31 March 2022

Statement of Financial Activities for the year ended 31 March 2022

	SORP Ref	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Income & Endowments from:					
Donations & Legacies	A1	942	-	942	5,000
Charitable activities	A2	-	29,931	29,931	21,992
Total income	A	942	29,931	30,873	26,992
Expenditure on:					
Charitable activities	B2	529	25,288	25,817	11,053
Total expenditure	B	529	25,288	25,817	11,053
Net income for the year		413	4,643	5,056	15,939
Net income after transfers	A-B-C	413	4,643	5,056	15,939
Net movement in funds		413	4,643	5,056	15,939
Reconciliation of funds:-					
	E				
Total funds brought forward		14,106	3,967	18,073	2,135
Total funds carried forward		14,519	8,610	23,129	18,074

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations

The notes attached on pages 17 to 25 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2022

Men Too - Analysis of prior year total funds, as required by paragraph 4.2 of the SORP

	SORP Ref	Prior Year Unrestricted Funds 2021 £	Prior Year Restricted Funds 2021 £	Prior Year Total Funds 2021 £
Income from:				
Donations & Legacies	A1	5,000	-	5,000
Charitable activities	A2	10,000	11,992	21,992
Total income	A	15,000	11,992	26,992
Expenditure on:				
Charitable activities	B2	1,121	9,933	11,053
Total expenditure	B	1,121	9,933	11,053
Net income for the year		13,879	2,059	15,939
Net income after transfers		13,879	2,059	15,939
Net movement in funds		13,879	2,059	15,939
Reconciliation of funds:-				
	E			
Total funds brought forward		227	1,908	2,135
Total funds carried forward		14,106	3,967	18,074

All activities derive from continuing operations

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.'

The notes attached on pages 17 to 25 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2022

Men Too - Resources applied in the year ended 31 March 2022 towards fixed assets for Charity use:-

	2022	2021
	£	£
Funds generated in the year as detailed in the SOFA	5,056	15,939
Net resources available to fund charitable activities	5,056	15,939

The notes attached on pages 17 to 25 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2022

Movements in revenue and capital funds for the year ended 31 March 2022

Revenue accumulated funds

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Last year Total Funds 2021 £
Accumulated funds brought forward	14,106	3,967	18,073	2,135
Recognised gains and losses before transfers	413	4,643	5,056	15,939
	14,519	8,610	23,129	18,074
Closing revenue funds	14,519	8,610	23,129	18,074

Summary of funds

	Unrestricted and Designated funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Last Year Total Funds 2021 £
Revenue accumulated funds	14,519	8,610	23,129	18,074

The notes attached on pages 17 to 25 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the year ended 31 March 2022

Men Too Income and Expenditure Account for the year ended 31 March 2022 as required by the Companies Act 2006

	2022 £	2021 £
Income		
Income from operations	30,873	26,992
Investment income		
Gross income in the year before exceptional items	30,873	26,992
Gross income in the year including exceptional items	30,873	26,992
Expenditure		
Charitable expenditure, excluding depreciation and amortisation	25,818	11,053
Realised losses on disposals of social investments which are programme related	-	-
Total expenditure in the year	25,818	11,053
Net income before tax in the financial year	5,055	15,939
Tax on surplus on ordinary activities	-	-
Net income after tax in the financial year	5,055	15,939
Retained surplus for the financial year	5,055	15,939

All activities derive from continuing operations

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

The notes attached on pages 17 to 25 form an integral part of these accounts.

Men Too - Balance Sheet as at 31 March 2022

		SORP Note Ref	2022 £	2021 £
Current assets		B		
Cash at bank and in hand		B4	93,183	22,567
Creditors: amounts falling due within one year	9	C1	<u>(70,054)</u>	<u>(4,494)</u>
Net current assets			23,129	18,073
The total net assets of the charity			<u>23,129</u>	<u>18,073</u>
The total net assets of the charity are funded by the funds of the charity, as follows:-				
Restricted funds				
Restricted Revenue Funds	14	D2	8,610	3,967
Unrestricted Funds				
Unrestricted Revenue Funds	14	D3	14,519	14,106
Designated Funds				
Total charity funds			<u>23,129</u>	<u>18,073</u>

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 10.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

gaynor williams
gaynor williams (Nov 30, 2022 16:12 GMT)

GAYNOR WILLIAMS

Trustee

Approved by the board of trustees on 21 October 2022

The notes attached on pages 17 to 25 form an integral part of these accounts.

Men Too

Notes to the Accounts for the year ended 31 March 2022

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW) , effective January 2016, , and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Risks and future assumptions

The charity is a public benefit entity.

The risks to which the Charity is exposed, as identified by the Trustees, have been reviewed and systems have been established to manage those risks.

Policies relating to categories of income and income recognition.

Nature of income

Gross income represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Categories of Income

Income is categorised as donations, being general donations to unrestricted funds for use by the Charity in its charitable activities as it sees fit. And as grants included in charitable activities, as restricted funds for specific projects identified as furthering the Charity's objectives.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Men Too

Notes to the Accounts for the year ended 31 March 2022

Any grant that is subject to performance-related conditions received in advance of delivering the goods and services required by that condition, or is subject to unmet conditions wholly outside the control of the recipient charity, is accounted for as a liability and shown on the balance sheet as deferred income. Deferred income is released to income in the reporting period in which the performance-related or other conditions that limit recognition are met.

When income from a grant or donation has not been recognised due to the conditions applying to the gift not being wholly within the control of the recipient charity, it is disclosed as a contingent asset if receipt of the grant or donation is probable once those conditions are met.

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Any condition that allows for the recovery by the donor of any unexpended part of a grant does not prevent recognition of the income concerned, but a liability to any repayment is recognised when repayment becomes probable.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated..

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers and this is described more fully in Note 5.

Policies relating to assets, liabilities and provisions and other matters.

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Creditors and provisions

Creditors are measured at the value of the financial obligation at the balance sheet date.

Financial instruments including cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Men Too

Notes to the Accounts for the year ended 31 March 2022

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal or as implied by law.

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Significance of financial instruments to the charity's position

The Charity has no financial instruments of significance to the Charity's position.

5 The contribution of volunteers

The charity depends on the support of its volunteers, which is much appreciated. The arrangements with volunteers are difficult to value precisely in monetary terms and have not been recognised in the Statement of Financial Activities. The volunteers and the charity accept and agree that no contract of employment is created by these arrangements.

6 Staff costs and emoluments

Salary costs

	2022	2021
	£	£
Gross Salaries excluding trustees and key management personnel	12,480	-
Total salaries, wages and related costs	12,480	-

Neither the trustees nor any persons connected with them have received any remuneration from the charity or any related entity, either in the current or prior year.

No employees received emoluments (excluding pension costs) in excess of £60,000 per annum.

7 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

8 Deferred income - Restricted funds

Opening Deferrals	Released from prior years	Received less released in year	Deferred at year end
----------------------	---------------------------------	--------------------------------------	-------------------------

Men Too

Notes to the Accounts for the year ended 31 March 2022

	£	£	£	£
Wirral Borough Council	-	-	42,084	42,084
Wirral Borough Council -Public Health	-	-	10,339	10,339
PH Holt	4,494	-	(4,494)	-
Total	4,494	-	47,929	52,423

	2022	2021
	£	£
These deferrals are included in creditors	52,423	4,494

The deferrals included in creditors relate to funding specified by the funders as relating to specific periods and represent those parts of restricted funds which relate to periods subsequent to the accounting year end and are treated as grants in advance, or, alternatively, where there are conditions which must be fulfilled prior to entitlement or use of the restricted funds by the charity.

9 Creditors: amounts falling due within one year

	2022	2021
	£	£
Trade creditors	17,430	-
Accruals	200	-
Deferred Income - Restricted funds	52,423	4,494
	70,053	4,494

10 Loans to trustees included in debtors

There are no loans to Trustees

11 Guarantees made by the charity on behalf of trustees

There were no guarantees made by the Charity on behalf of the trustees during the year

12 Income and Expenditure account summary

	2022	2021
	£	£
At 1 April 2021	18,074	2,135
Surplus after tax for the year	5,055	15,939
At 31 March 2022	23,129	18,074

13 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2022	Unrestricted funds	Designated funds	Restricted funds	Total Funds
-------------------------	---------------------------	-------------------------	-------------------------	--------------------

Men Too

Notes to the Accounts for the year ended 31 March 2022

	£	£	£	£
Current Assets	18,200		74,983	93,183
Current Liabilities	(3,682)	-	(66,372)	(70,054)

14,518	-	8,611	23,129
---------------	----------	--------------	---------------

At 1 April 2021

At 1 April 2021	Unrestricted funds	Designated funds	Restricted funds	Total Funds
	£	£	£	£
Current Assets	14,106	-	8,461	22,567
Current Liabilities	-	-	(4,494)	(4,494)
	14,106	-	3,967	18,073

14 Change in total funds over the year as shown in Note 13 , analysed by individual funds

	Funds brought forward from 2021	Movement in funds in 2022	Transfers between funds in 2022	Funds carried forward to 2023
	£	See Note 15 £	See Note 0 £	£
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	14,106	413	-	14,519
Total unrestricted and designated funds	14,106	413	-	14,519
Restricted funds:-				
Peoples Health	3,967	-	-	3,967
Skelton	-	149	-	149
PH Holt	-	4,494	-	4,494
Total restricted funds	3,967	4,643	-	8,610
Total charity funds	18,073	5,056	-	23,129

15 Analysis of movements in funds over the year as shown in Note 14

	Income	Expenditure	Other Gains & Losses	Movement in funds
	2022	2022	2022	2022
	£	£	£	£
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	942	(529)	-	413
Restricted funds:-				
Peoples Health	14,976	(14,976)	-	-
Wirral Borough Council	8,961	(8,961)	-	-
Skelton	1,500	(1,351)	-	149
PH Holt	4,494	-	-	4,494
	30,873	(25,817)	-	5,056

Men Too

Notes to the Accounts for the year ended 31 March 2022

16 The purposes for which the funds as detailed in note 14 are held by the charity are:-

Unrestricted and designated funds:-

Unrestricted Revenue Funds	These funds are held for the meeting the objectives of the charity, and to provide reserves for future activities, and , subject to charity legislation, are free from all restrictions on their use.
----------------------------	---

Restricted funds:-

Restricted Revenue Funds	These funds are held to be used for specific charitable activities as described in the individual grant policy.
--------------------------	---

17 Ultimate controlling party

The charity is under the control of its legal members.

Every member of the charity has unlimited joint and several liability for the debts of the charity.

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

This analysis is classssified by conventional nominal descriptions and not by activity.

18 Donations and Legacies

	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Donations and gifts from individuals				
Small donations individually less than £1000	942	-	942	-
Louise Nicholas Residual Charity Trust	-	-	-	5,000
Total donations and gifts from individuals	942	-	942	5,000
Total Donations and Legacies	A1 942	-	942	5,000

19 Charitable income from funders

	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Contractual payments from public bodies to fund charitable activities				
Small payments individually less than £1000	-	8,961	8,961	-
Wirral Borough Council	-	-	-	10,000
Total contractual payments from public bodies	-	8,961	8,961	10,000
Contractual payments from non public bodies to fund charitable activities				
PH Holt	-	4,494	4,494	7,500
Peoples Health Trust	-	14,976	14,976	4,492
Skelton	-	1,500	1,500	-
Total contractual payments from non public bodies	-	20,970	20,970	11,992
Total Charitable income from funders	-	29,931	29,931	21,992

20 Total Income from charitable activities

Current year Unrestricted Funds £ 2022	Current year Restricted Funds £ 2022	Current year Total Funds £ 2022	Prior Year Total Funds £ 2021
--	--	--	--

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

Total Charitable income from funders	-	29,931	29,931	21,992
Total from charitable activities	A2	-	29,931	21,992

21 Expenditure on charitable activities - Direct spending

	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Temporary Staff - Charitable Activities	-	12,480	12,480	-
Travel and Subsistence - Charitable Activities	-	455	455	54
Marketing and advertising of charitable services	-	-	-	438
Refreshments	-	2,005	2,005	1,306
Arts/Craft/Materials and other activities	529	987	1,517	177
Sessional workers	-	2,884	2,884	6,920
Volunteers expenses and training	-	293	293	-
Total direct spending	B2a	529	19,104	8,895

22 Support costs for charitable activities

	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Premises Expenses				
Rent payable under operating leases	-	3,060	3,060	1,456
Cleaning and waste management	-	222	222	-
Administrative overheads				
Telephone, fax and internet	-	753	753	633
Stationery and printing	-	413	413	-
IT Support	-	333	333	-
Equipment,repairs,expenses and maintenance	-	1,307	1,307	-
Financial costs				
Bank charges	-	96	96	69
Support costs before reallocation	-	6,184	6,184	2,158
Total support costs	-	6,184	6,184	2,158

The basis of allocation of costs between activities is described under accounting policies

23 Total Charitable expenditure

Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
---------------------------------------	-------------------------------------	-----------------------------	---------------------------

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

	2022 £	2022 £	2022 £	2021 £
Total direct spending	B2a 529	19,104	19,634	8,895
Total support costs	B2d -	6,184	6,184	2,158
Total charitable expenditure	B2 <u>529</u>	<u>25,288</u>	<u>25,818</u>	<u>11,053</u>

MEN TOO

England & Wales - Charity number 1176745

Accounts

The Charity Registration Number is :- 1176745

Men Too

Report and Accounts

31 March 2021

Men Too

Report and accounts for the period ended 31 March 2021

Contents

	Page
Charity Information	1
Trustees' Annual Report	2
Statement of Trustees Responsibilities	8
Independent Accountant's Report	9
<i>Funds Statements:-</i>	
Statement of Financial Activities	10
Movements in funds	11
Revenue Funds	11
Summary of funds	11
Balance sheet	12
Notes to the accounts	13

Men Too

Trustees' Annual Report for the year ended 31 March 2021

The Trustees present their Report and Accounts for the year ended 31 March 2021

Reference and administrative details

The charity name.

The legal name of the charity is:- Men Too

The charity's areas operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1176745

Legal structure of the charity

The charity is constituted as a Charitable Incorporated Organisation (CIO) in England & Wales. The governing document of the charity is the constitution of the CIO as approved by the Charity Commission in England & Wales (CCEW) .

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

The trustees are all individuals.

The principal operating address of the charity is:-

32 Argyle Street
Birkenhead
Merseyside
CH41 6AE

The Trustees in office on the date the report was approved were:-

Lesley Woods
Jane Graham
Sharon marie Stanton
Gaynor Williams
Jaki Howe
Keri Lockhart Thomson

The following persons served as Trustees during the year ended 31st March 2021

The trustees who served as a trustee in the reporting period were as shown above.

All the trustees are also members of the charity.

Men Too

Trustees' Annual Report for the year ended 31 March 2021

Objects and activities of the charity

The purposes of the charity as set out in its governing document.

The purpose of the Charity is to provide facilities for recreation and other leisure-time occupation in the interests of social welfare with the object of improving the conditions of life for those persons, in particular, vulnerable men and boys with multi/complex needs and/or suicide ideation resident in Birkenhead and neighbouring areas of Merseyside.

MEN TOO were granted charitable status on 19/01/2018 our aims are to support men who have a range of mental health issues, complex needs and suicide ideation. MEN TOO works with men aged 18 and above and are currently working with boys aged 9-14 too.

The main activities, achievements and performance of the Charity during the period, and how these have benefitted the beneficiaries of the Charity and wider society

The formation of MEN TOO has come about through small groups of men accessing personal development training; 1-1 therapeutic counselling and group counselling services from a small charity called WEB Merseyside. After accessing the training from WEB, the men requested that WEB put on weekly services for them as they had found it so beneficial in helping them to cope and recover. Unfortunately, WEB was unable to provide weekly sessions due to lack of funding/resources. However, WEB continued to support these men from their unrestricted reserves for over 18mths, organising activity-based sessions twice monthly which were well attended.

In regular consultation with the men, WEB Merseyside went about setting up a specific charity for men that would allow them to meet in small groups on a weekly basis. The men have been involved at every stage of setting up this small but much needed charity. From the name of the organisation to its aims and objectives, from weekly activities they think would support them up to governance and managing the organisation; meeting trustees and sharing their views of what has helped them and what they would like more of. All of this took over 12 months of consultation and meetings and formed the stages which we are now up to, in our 3rd year of delivering services to men.

AIMS: MEN TOO were granted charitable status on 19/01/2018 our aims are to support men who have a range of mental health issues, complex needs, and suicide ideation. MEN TOO works with men aged 18 and above.

SERVICES:

- Group support -weekly via 'maintenance for the mind' sessions
- Range of confidence/esteem building training, and anger management training
- Range of Holistic therapies: aromatherapy nurturing touch, relaxation, sound healing, mindfulness training; meditation and a range of therapeutic art/craft activities.

Men Too

Trustees' Annual Report for the year ended 31 March 2021

Support & Referrals: Men access services for confidence building training & support and group counselling. All the men had been referred from mental health services due to prior suicide attempts and feeling unable to cope.

From the early training days, that WEB have worked with these men, it was clear that these men needed a safe space and safe people who could facilitate their feelings/emotions and provide a range of coping mechanisms and tools that they could use to stay healthy and enable them to cope with day to day living.

As this is a brand-new charity and men are notoriously difficult to engage in services. We envisioned from experience that we would initially be working in small group settings of between 4-10 men who would attend the weekly sessions; and approximately 8-10 men who would attend the Pathways 2M Powerment Training.

All of MEN TOO services that we deliver have elements of confidence building training underpinning it; this has helped the men to be able to open up and talk about their feelings openly; preventing further attempts of suicide, and more importantly helping them to cope and recover.

VOLUNTEERING: Men who have participated in past sessions also want to volunteer in mentoring roles, supporting other men through their difficult times. MEN TOO aims to develop a training package, and appropriate resources to allow this to happen, and further support sustainability via volunteering.

This is our third year of service delivery, and I am very proud of the hard work that all of the staff, sessional workers and volunteers from MEN TOO have put into supporting some of the most vulnerable and disadvantaged men in our community throughout this pandemic.

Working towards sustainability and delivering vital services whilst also trying to obtain ever dwindling funding to support the increased needs and demands of the community has been very difficult. Especially for MEN TOO. As a newly formed charity, we do not yet have any permanent paid staff; but are delighted that we have recently secured funding from People's Health Trust for part time staff to fund this service over the next 2 years. We continue to rely heavily on the goodwill of our sessional workers; our partner charity WEB Merseyside, and our wonderful service volunteers as we try to deliver services and raise enough funds for expansion of this project in order to meet community need.

Additional cuts and raised thresholds for statutory services, has left many men with complex needs without the right level of support. MEN TOO have been working hard trying to plug those gaps in services to ensure that those in most need get the support that they so desperately need, when they need it!

Men Too

Trustees' Annual Report for the year ended 31 March 2021

The isolation during the pandemic has heightened the anxiety, and increased the impact of mental health and the suicide ideation of the men referred to us from our 34 referring partners. During this period, we have received 38 referrals throughout the pandemic.

Unfortunately, the impact of the pandemic has impacted upon the ability of men to access our services despite our doors being open to those men in need since July 2020 after the first lockdown restrictions were lifted. Thankfully 15 of those new referrals have been inducted into Men Too services and been able to access regular ongoing 1-1 and group support. In addition to the new referrals; Men Too have continued to provide ongoing support to 11 men, totalling 26 men being supported throughout the pandemic.

Despite limited numbers of men being inducted for face-to-face services throughout the pandemic. We managed to arrange for a total of 119 x 1-1 appointments during this time.

89 of these were crisis support appointments for men with suicide ideation. We had 12 DNAs and 3 cancelled appointments; in which staff tried to arrange contact with no success and referred the men back to the original referring agency.

Men Too staff were very proactive during the pandemic; ensuring vital support was in place for vulnerable men in order to prevent further suicides in what was undoubtedly one of the most difficult and unprecedented periods in history.

Men Too have signposted several men with complex counselling needs to our partner charity WEB Merseyside for 1:1 therapeutic counselling appointment (138 counselling appts have been arranged for the men, 108 of these were attended, with 9 DNAs and 21 cancellations due to the impact of covid.

Men Too have delivered 38 maintenance for the mind sessions from July 2020 to March 2021. With a total of 171 attendances from 26 men who regularly accessed these sessions.

Men Too staff opened up for group services in the period between Christmas and New Year at the men's request as they informed us that they find the 'festive season' particularly difficult and isolating' especially during the pandemic. 5 men attended these sessions; and were extremely grateful for the support. Staff arranged a Christmas meal and provided a magician during these sessions which was thoroughly enjoyed by both the men and the staff.

Maintenance for the Mind Sessions delivered have included a range of confidence building sessions, emotional boundaries training, anger management training, therapeutic art/crafts activities like vision boards which helps to focus on goals for the future., and goal setting which supports the men to obtain things they once believed were unobtainable.

Men enjoyed a range of social activities including pottery, gardening and walks to places of interest, such as parks, gardens, art galleries and museums, and fun social activities like mini golf and picnics on the beach. All of which provide opportunities for building shared interests, bonds and trusting friendships for some of society's most socially isolated men. Other activities include meditations, relaxation, the power of positive self-talk and affirmations. Sound healing, seated yoga, mindfulness and holistic therapies have also proved to be very popular and beneficial for the men.

Many of the men inform us that this is the only social network that they have. In addition to this several new friendships have formed throughout lockdown with a few of the men meeting up for socially distanced walks to support each other. After first lockdown eased up, a few of the men also met up for lunch and a chat which they informed us really helped them feel connected. Two of the men had Christmas lunch together, which they really enjoyed and both said they had a fabulous chilled out Christmas together which helped them both immensely to feel more connected, less socially isolated and reduced their feelings of suicide ideation at what is usually a very difficult and isolating time for them.

Trustees' Annual Report for the year ended 31 March 2021

Some examples of men's achievements this past year have been finding employment, progressing onto further training, education, and volunteering. Completing courses and qualifications such as welding, CSCS qualification (health and safety requirement for certain jobs). Overcoming fear of travelling alone, giving up smoking, and alcohol, seeking additional support around addictions. Addressing underlying anger issues; leading to progressing onto becoming a calm effective communicator. Taking up new hobbies such as writing and cycling and pottery. Addressing issues within personal relationships which has had very positive outcomes for many of the men and their families.

In addition to delivering the above services, MEN TOO have provided 6 days volunteer training to 11 volunteers who have all supported the service in a variety of capacities from making tea and welcoming men into the session: to co-delivering on training sessions, supporting men's inductions, and providing counselling appointments (Final year Diploma Counselling Students). With 1 of the male service users progressing onto volunteer with the project by supporting new inductions to the service; and further progressing onto co-delivering group Pathways 2MPowerment training; and delivering presentations on the benefits of MEN TOO to partner organisations.

MEN TOO are very proud of all the achievements we have made in our third year of delivering services and know that with the right funding and resources that we can reach even more vulnerable men who are lonely, isolated and suffering in silence.

On behalf of all at MEN TOO we would like to thank our funders; our fabulous sessional workers, our partner charity WEB Merseyside, and all of our wonderful volunteers and trustees who have supported us to make a difference in our little corner of the world! Thank You, we so appreciate you.

Finally, we would like to thank all the brave; courageous and wonderful men we have met on their journeys; and who have taught us as much as we have taught them. We have loved being part of your journey and hope always to be able to shine a light.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

Men Too

Trustees' Annual Report for the year ended 31 March 2021

Fundraising activities during the period.

The charity relies on grant aid from the donors identified in the accounts, whose support is valued. There have been no other material fundraising activities, other than small donations made by the general public.

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

The Trustees are appointed from nominations made to the Annual General meeting.

The Charity's organisational structure

Bankers	CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ
Accountants	APH Accountants Ltd, 259 Wallasey Village, Wallasey, Merseyside, CH45 3LR

Financial review

The charity's financial position at the end of the period ended 31 March 2021

The financial position of the charity at 31 March 2021, as more fully detailed in the accounts, can be summarised as follows:-

	2021 £
Net Income	15,938
Unrestricted Revenue Funds available for the general purposes of the charity	14,106
Restricted Revenue Funds	3,967
Total Funds	18,073

Financial review of the position at the reporting date, 31 March 2021

The trustees consider the financial performance by the charity during the year to have been satisfactory. The Charity is in its 3rd year and financial performance is reliant upon funding from external sources to fund the Charity's activities. This period has seen funding received at a similar rate to the first year and applications for future funding have been accepted and further funding applications are currently being made.

Men Too

Trustees' Annual Report for the year ended 31 March 2021

Policies on reserves.

The Trustees have reviewed the Reserves of the Charity. The Charity is dependent on Grant funding to provide its services and this income is inevitably subject to fluctuation.

In order to provide for possible delays in obtaining adequate funding and to maintain services at their present level, the Trustees consider that they should retain, in Unrestricted income funds, sufficient resources to meet four months expenditure.

Based on the Accounts to 31st March 2021, this would require reserves of £3,685. Unrestricted income funds at 31st March 2021 were £14,106. Therefore the Trustees consider the current levels of reserves to be adequate going forward.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Men Too

Trustees' Annual Report for the year ended 31 March 2021

Statement of Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP).

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law);
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. 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 are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 12 November 2021.

gaynor williams
gaynor williams (Jan 11, 2022 11:25 GMT)

GAYNOR WILLIAMS
CHAIR

Men Too

Report of the Independent Accountant to the Trustees of the charity on the accounts for the period ended 31 March 2021

We report on the financial statements of Men Too for the period ended 31 March 2021, as set out on pages 12 to 20, which comprise the Statement of Financial Activities, the Balance Sheet and the related notes to the financial statements, including a summary of significant accounting policies. In our opinion, the accompanying financial statements of the charity are prepared, in all material respects, in accordance with charity law applicable within the jurisdiction of England & Wales and the accounts have been prepared in accordance with FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW), effective January 2016, under the historical cost convention, and in accordance with the accounting policies set out on page 19, which framework constitutes the applicable United Kingdom Generally Accepted Accounting Practice.

Respective responsibilities of the directors and the accountant

As described on page 8, you, the charity's Trustees are responsible for the preparation of the accounts.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. The Trustees also consider the charity to be exempt from the requirement to be subject to Independent Examination.

Our responsibility is to prepare accounts upon the basis of the information supplied to us, without conducting any formal scrutiny.

No statement of opinion

We have not carried out any audit procedures and have relied upon information supplied to us by the Trustees, and the information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently we do not express an audit or other assurance opinion on the view given by the accounts.

Signed:-



APH Accountants Ltd

Chartered Management Accountants

Times House
259 Wallasey Village
Wallasey
Merseyside
CH45 3LR

This report was signed on 12 November 2021

Men Too - Statement of Financial Activities for the period ended 31 March 2021

	SORP Ref	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
		2021 £	2021 £	2021 £	2020 £
Income & Endowments from:					
Donations & Legacies	A1	15,000	-	15,000	1,810
Charitable activities	A2	-	11,992	11,992	5,000
Total income	A	15,000	11,992	26,992	6,810
Expenditure on:					
Charitable activities	B2	1,121	9,933	11,054	5,404
Total expenditure	B	1,121	9,933	11,054	5,404
Net income for the period		13,879	2,059	15,938	1,406
Net income after transfers	A-B-C	13,879	2,059	15,938	1,406
Net movement in funds		13,879	2,059	15,938	1,406
Reconciliation of funds:-	E				
Total funds brought forward		227	1,908	2,135	730
Total funds carried forward		14,106	3,967	18,073	2,136

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations

The notes attached on pages 13 to 20 form an integral part of these accounts.

Men Too - Statement of Financial Activities for the period ended 31 March 2021

Movements in revenue and capital funds for the year ended 31 March 2021

Revenue accumulated funds

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Last year Total Funds 2020 £
Recognised gains and losses before transfers	13,879	2,059	15,938	1,406
	<u>14,106</u>	<u>3,967</u>	<u>18,073</u>	<u>2,136</u>
Closing revenue funds	<u>14,106</u>	<u>3,967</u>	<u>18,073</u>	<u>2,136</u>

Summary of funds

	Unrestricted funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Last Year Total Funds 2020 £
Revenue accumulated funds	14,106	3,967	18,073	2,136

The notes attached on pages 13 to 20 form an integral part of these accounts.

Men Too - Balance Sheet as at 31 March 2021

	SORP		2021	2020
	Note	Ref	£	£
Current assets	B			
Cash at bank and in hand	B4		22,567	9,635
Creditors: amounts falling due within one year	8	C1	(4,494)	(7,500)
Net current assets			18,073	2,135
The total net assets of the charity			18,073	2,135

The total net assets of the charity are funded by the funds of the charity, as follows:-

Restricted funds				
Restricted Revenue Funds	13	D2	3,967	1,908
Unrestricted Funds				
Unrestricted Revenue Funds	13	D3	14,106	227
Designated Funds				
Total charity funds			18,073	2,135

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006, applicable to companies subject to the small companies regime.

gaynor williams
 gaynor williams (Jan 11, 2022 11:25 GMT)

GAYNOR WILLIAMS
 CHAIR

Approved by the board of trustees on 12 November 2021

The notes attached on pages 13 to 20 form an integral part of these accounts.

Men Too

Notes to the Accounts for the year ended 31 March 2021

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), published by the Charity Commission in England & Wales (CCEW), effective January 2016, and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Risks and future assumptions

The Charity is a public benefit entity. The major risks to which the Charity is exposed, as identified by the Trustees, have been reviewed and systems have been established to manage those risks.

Policies relating to categories of income and income recognition.

Nature of Income

Gross income represents the value of donations and grants awarded to the Charity, in order for it to continue with its planned charitable activities.

Categories of Income

Income is categorised as donations, being general donations to unrestricted funds for use by the Charity in its charitable activities as it sees fit. And as grants included in charitable activities, as restricted funds for specific projects identified as furthering the Charity's objectives.

Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Men Too

Notes to the Accounts for the year ended 31 March 2021

Accounting for deferred income and income received in advance

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated..

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers and this is described more fully in Note5.

Policies relating to assets, liabilities and provisions and other matters.

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Creditors and provisions

Creditors are measured at the value of the financial obligation at the balance sheet date.

Cash and Bank Balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Men Too

Notes to the Accounts for the year ended 31 March 2021 **Fund Accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal or as implied by law.

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Significance of financial instruments to the charity's position

The Charity has no financial instruments of significance to the Charity's position.

5 The contribution of volunteers

The charity depends on the support of its volunteers, which is much appreciated. The arrangements with volunteers are difficult to value precisely in monetary terms and have not been recognised in the Statement of Financial Activities. The volunteers and the charity accept and agree that no contract of employment is created by these arrangements.

No employees received emoluments (excluding pension costs) in excess of £60,000 per annum.

6 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

Men Too

Notes to the Accounts for the year ended 31 March 2021

7 Deferred income - Restricted funds

	Opening Deferrals	Released from prior years	Received less released in period	Deferred at year end
	£	£	£	£
PH Holt/ Peoples Health Trust	7,500	(7,500)	4,494	4,494
Total	<u>7,500</u>	<u>(7,500)</u>	<u>4,494</u>	<u>4,494</u>
			2020	
			£	
These deferrals are included in creditors			<u>4,494</u>	

The deferrals included in creditors relate to funding specified by the funders as relating to specific periods and represent those parts of restricted funds which relate to periods subsequent to the accounting year end and are treated as grants in advance, or, alternatively, where there are conditions which must be fulfilled prior to entitlement or use of the restricted funds by the charity.

8 Creditors: amounts falling due within one year	2020
	£
Deferred Income - Restricted funds	4,494
Other creditors	-
	<u>4,494</u>

9 Loans to trustees included in debtors

There are no loans to Trustees included in debtors.

10 Guarantees made by the charity on behalf of trustees

There were no guarantees made by the Charity on behalf of the Trustees during the year.

11 Income and Expenditure account summary	2021
	£
At 1 April 2020	2,136
Surplus after tax for the period	15,938
At 31 March 2021	<u>18,074</u>

Men Too

Notes to the Accounts for the year ended 31 March 2021

12 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2021	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
Current Assets	14,106		8,461	22,567
Current Liabilities		-	(4,494)	(4,494)
	<u>14,106</u>	<u>-</u>	<u>3,967</u>	<u>18,073</u>

At 1 April 2020	Unrestricted funds £	Designated funds £	Restricted funds £	Total Funds £
	<u>227</u>	<u>-</u>	<u>1,908</u>	<u>2,135</u>

13 Change in total funds over the period as shown in Note 12 , analysed by individual funds

	Funds brought forward from 2020 £	Movement in funds in 2021 See Note 14 £	Transfers between funds in 2021 £	Funds carried forward to 2022 £
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	227	13,879	-	14,106
Total unrestricted and designated funds	<u>227</u>	<u>13,879</u>	<u>-</u>	<u>14,106</u>
Restricted funds:-				
Peoples Health		3,967	-	3,967
P H Holt	1,908	(1,908)	-	-
Total restricted funds	<u>-</u>	<u>2,059</u>	<u>-</u>	<u>3,967</u>
Total charity funds	<u>227</u>	<u>15,938</u>	<u>-</u>	<u>18,073</u>

Men Too

Notes to the Accounts for the year ended 31 March 2021

14 Analysis of movements in funds over the period as shown in Note 13

	Income	Expenditure	Other Gains & Losses	Movement in funds
	2021 £	2021 £	2021 £	2021 £
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	15,000	(1,121)	-	13,879
Restricted funds:-				
Peoples Health	4,492	(525)	-	3,967
P H Holt	7,500	(9,408)	-	(1,908)
	<u>26,992</u>	<u>(11,054)</u>	<u>-</u>	<u>15,938</u>

15 The purposes for which the funds as detailed in note 13 are held by the charity are:-

Unrestricted and designated funds:-

Unrestricted Revenue Funds	These funds are held for the meeting the objectives of the charity, and to provide reserves for future activities, and , subject to charity legislation, are free from all restrictions on their use.
----------------------------	---

Restricted funds:-

Restricted Revenue Funds	These funds are held to be used for specific Charitable Activities as described in the individual Grant Policy.
--------------------------	---

16 Ultimate controlling party

The charity is under the control of its legal members.

Every member of the charity has unlimited joint and several liability for the debts of the charity.

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2021 as required by the SORP 2015

This analysis is classified by conventional nominal descriptions and not by activity.

17 Donations and Legacies

	Current year Unrestricted Funds 2021 £	Current year Restricted Funds 2021 £	Current year Total Funds 2021 £	Prior Year Total Funds 2020 £
Donations and gifts from individuals				
Small donations individually less than £1000	-	-	-	1,810
Louise Nicholas Residual Charity Trust	5,000	-	5,000	-
Total donations and gifts from Individuals	5,000	-	5,000	1,810
 Wirral Borough Council	 10,000	 -	 10,000	 -
Total public sector revenue grants	10,000	-	10,000	-
 Total Donations and Legacies	 15,000	 -	 15,000	 1,810

A1

18 Charitable income from funders

	Current year Unrestricted Funds 2021 £	Current year Restricted Funds 2021 £	Current year Total Funds 2021 £	Prior Year Total Funds 2020 £
Contractual payments from non public bodies to fund charitable activities				
Awards For All	-	-	-	2,500
P H Holt	-	7,500	7,500	2,500
Peoples Health Trust	-	4,492	4,492	-
Total contractual payments from non public bodies	-	11,992	11,992	5,000
 Total Charitable income from funders	 -	 11,992	 11,992	 5,000

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2021 as required by the SORP 2015

19 Total Income from charitable activities

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	£	£	£	£
	2021	2021	2021	2020
Total Charitable income from funders	-	11,992	11,992	5,000
Total from charitable activities	A2	11,992	11,992	5,000

20 Expenditure on charitable activities - Direct spending

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2021	2021	2021	2020
	£	£	£	£
Travel and Subsistence - Charitable Activities	54	-	54	-
Marketing and advertising of charitable services	48	390	438	379
Refreshments	140	1,167	1,306	1,180
Arts/Crafts/Materials and other activities	177	-	177	485
Sessional workers	-	6,920	6,920	1,854
Total direct spending	B2a	8,477	8,895	3,898

21 Support costs for charitable activities

	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2021	2021	2021	2020
	£	£	£	£
Premises Expenses				
Rent payable under operating leases	-	1,456	1,456	255
Cleaning and waste management	-	-	-	110
Premises repairs, renewals and maintenance	-	-	-	976
Administrative overheads				
Telephone, fax and internet	633	-	633	31
Stationery and printing	-	-	-	24
Sundry expenses	-	-	-	45
Financial costs				
Bank charges	69	-	69	65
Support costs before reallocation	702	1,456	2,158	1,506
Total support costs	702	1,456	2,158	1,506

Men Too

Detailed analysis of income and expenditure for the year ended 31 March 2021 as required by the SORP 2015

22 Total Charitable expenditure

	Current year Unrestricted Funds 2021 £	Current year Restricted Funds 2021 £	Current year Total Funds 2021 £	Prior Year Total Funds 2020 £
Total direct spending	B2a 419	8,477	8,895	3,898
Total support costs	B2d 702	1,456	2,158	1,506
Total charitable expenditure	B2 1,121	9,933	11,053	5,404