

Charity number
1179304

Marauders Mens Health

Charity Accounts

31 March 2022

Marauders Mens Health
Report and accounts
Contents

	Page
Charity Information	1
Trustees' Report	2-3
Independent Examiner's Report on the Accounts	4
Statement of Financial Activities	5
Balance sheet	6
Notes to the Financial Statements	7-25

Marauders Men's Health (Registered Charity Number 1179304)
2021/22 Annual report
March 31st 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Marauders Men's Health Governing document has been adopted from the Charities Commission Charitable Incorporated Organisation template (CIO Structure) who's only voting members are it's Charity Trustees.

Board of Trustees as at 31/3/2022:

Chair

Keith Orton (until 6th June 2022)

Adam Downey (from 6th June 2022)

Vice Chair/Secretary

Sheree Williams

Treasurer

Jay Wagstaff

Other Trustees

Neil Keogh

Dr Ed Roberts

David Hywel Selway

Captain Beany

David Cook

Resignations during 2021/22

None

No Trustees received any remuneration during this period

All Trustees have been subject to an enhanced DBS check.

Bank:

Lloyds TSB

Station Road

Port Talbot

SA13

Accountant:

David Roberts Accountancy Services Ltd

Registered Office:

17 Brookside Close

Baglan

Port Talbot

West Glamorgan, SA12 8EN.

Marauders Men's Health Mission Statement

Improving Men's Physical and Mental Health through Walking and Talking.

We aim to achieve this by:

Through a range of walks and training programmes for Men to improve their Physical and Mental Wellbeing.

Marauders Men's Health Charitable Objects:

The charity's objects ("Objects") are specifically restricted to the following:

For the public benefit, the preservation and protection of good health among men in South Wales and the surrounding area, through the provision of facilities for recreation or other leisure time occupation, including practical interests, hobbies and learning new skills, where they can meet to receive information and advice on matters relating to health conditions and healthy lifestyles and can provide peer to peer support in a social environment.

We achieve our Objects through:

Men's walk & Talk group for men to improve their physical and mental health.

Statement of Public Benefit

Overall Statement of Public Benefit derived from Marauders Men's Health activities.

In setting our objectives and planning our activities, our Trustees have considered the Charity Commissions general guidance on public benefit.

Marauders Men's Health is committed to enabling as many Men as possible from within Neath Port Talbot, The Swansea Bay Region and beyond to benefit through its Objects. To this end a varied and comprehensive programme of support is offered to all who require it.

Statement of public benefit derived from Marauders Mens Health Activities

2021/22 Saw Marauders Men's Health continue its journey from being a Charity that was completely run by Volunteers to a funded Charity. The charity continues to employ two members of staff, to help us achieve our goals of improving Men's Health and emotional and physical Wellbeing.

Unfortunately, as in 2021 the charity faced some challenges in relation to Covid 19, however the Charity demonstrated how adaptable it was in terms of maintaining its focus and supporting those individuals in needs while adhering to the Welsh Government restrictions relating to Social Distancing for the safety of our members. Marauders Men's Health continued to operate and offer services in different ways. Social Media and Zoom were used extensively to provide focussed presentations around Mental Health. WhatsApp and Facebook used to keep in touch and inform as to how we could operate safely within Covid-19 guidelines. The Drop-in continued to operate under strict Covid regulations.

Policies have been put in place, GDPR compliance has been achieved again this year and our insurance cover has been increased significantly in anticipation of significant growth when Lockdown eases.

Again, this year individual Marauders were empowered to keep physically active either by walking by themselves or with other Marauders when permitted

We have continued to develop relationships and links with our local partner organisations.

We remain committed to the walking groups with walks developed specifically based on ability and are scaled from 1-10. This way the charity can ensure that we provide something for all men with all abilities.

The sunken gardens walk on Aberavon Sea front that is a Level 1-3 activity that has been specifically designed for those men who are recovering from illness/ injury or have a significant mobility issue has been very well attended week in and week out. This activity has brought new members to the Marauders Group and has promoted the work of the Charity within the community.

Report of the Trustees

The Trustees are pleased to present their report to accompany the financial statements of the charity for the year ended 31st March 2022. The legal and administrative information set out on page 1 forms part of this report.

The financial statements comply with current statutory requirements, the Memorandum and Articles of Association and the Statement of Recommended Practice - Accounting and Reporting by Charities, issued in 2005.

The Charity was registered on 23rd July 2018 as Mal's Marauders Men's Health charity number 1179304. After due consideration a name change was approved by the Board of Trustees to "Marauders Men's Health" on 14 December 2020.

The charity is administered and controlled by the Board of Trustees who hold meetings every 3 months.

The Constitution of a Charitable Incorporated Organisation, whose only voting members are its charity trustees is the governing document of the Charity.

Recruitment and Appointment of Trustees

Trustees are subject to fixed-term appointments as set out in the Constitution.

New Trustees are appointed by the serving Trustees. Their recruitment and appointment are fully discussed at meetings of the Trustees' Board. An individual induction programme is in place and implemented for each new Trustee, covering all relevant aspects of the role and the Charity.

Trustees seek to ensure that all activities are within its agreed charitable objectives. The role of the Trustees includes setting strategic direction, agreeing the financial plan and approving grant-making applications and monitoring its grant activities. Matters reserved for the Trustees are approved by the Trustees and are subject to annual review. Trustees act on advice and information from regular meetings with the Project Coordinator and regular feedback was received on matters which have been delegated.

Staff and Organisation Changes

The National Lottery Community Fund Resilience Project enabled the charity to employ one full time (35 Hours p.w.) Project Coordinator in August'20. The Project Coordinator reports to the Chair of the Board of Trustees. The charity was also able to employ a part-time Resilience Worker (24 Hours pw.), IN 2021/2 the resilience worker post saw an increase in hours from 24 hours per week to 35 hours per week. the Resilience Worker reports to the Project Coordinator.

Volunteers

Marauders Men's Health would like to thank all our 20+ Volunteers of whom we rely on, for so many activities that we deliver. Without these dedicated individuals Marauders Men's Health would be a far lesser Charity. The Volunteers continue to invest their time tirelessly and their dedication is faultless, and the benefits are great.

Funding

2021/22 has seen another good year of funding income:

- National Lottery Community Fund (£134,761.00) - Resilience Project Grant
- Tudor Trust (£25,000) - Core Funding Grant
- Access to Work - £2161.08
- Numerous generous Donations both large and small to our Unrestricted Funds

Risk Management and Reserves Policy

The Trustees have continued to monitor major strategic, business, and operational risks facing the charity. Systems are in place to assess risks with monthly reports to the Chair of The Trustee Board, enabling steps to be taken to mitigate the risks.

Policies are in place and procedures observed in respect of health and safety of our staff, volunteers, and customers at our premises and on walks. Our Policies are kept at our Dalton Road facility.

It is the Reserves Policy of the Charity to build, hold and maintain Unrestricted Funds (Reserves) not exceeding 12 months Operating Costs including all Service Provision.

Serious incidents

No serious incidents were reported within the year.

Trustees' responsibilities in relation to the Financial Statements (Review)

Charities law requires the Trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the date of the Balance Sheet and of its surplus or deficit for the

financial period. In doing so the Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Charities Act. The Trustees 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.

Financial Control

Funding by way of Grants is specifically Restricted to the purpose outlined in the funding application. Each Grant along with any Unrestricted funds are managed through individual Cost Centres. Income and expenditure for each funding stream is reconciled with Marauders Men's Health Bank Account on a weekly basis.

This report has been prepared in accordance with the Charities Commission Law.

Approved by the Board of Trustees on and signed on its behalf by:

Mr Adam Downey (Chair)

Date:

Mrs Sheree Williams (Vice Chair)

Date:

Independent examiner's report on the accounts

Report to the trustees/ members of **Marauders Men's Health**

On accounts for the year ended **31st March 2022** Charity no (if any) **1179304**

Set out on pages **4 to 25**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

Respective responsibilities of trustees and examiner

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

In connection with my examination, no matter has come to my attention

Independent examiner's statement

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: _____

Date: _____

Name: **David William Roberts**

Relevant professional qualification(s) or body (if any):

Bcom (Accounting) , A.C.A. (ICAEW)

Address:

**David Roberts Accountancy Services Ltd
17 Brookside Close
Baglan
Port Talbot
West Glamorgan
SA12 8EN**



Marauders Men's Health		Charity No	1179304	
Annual accounts for the period				
Period start date	01/04/2020	To	Period end date	31/03/2021

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity

Income (Note 3)

Income and endowments from:

Donations and legacies

Charitable activities

Other trading activities

Investments

Separate material item of income

Other

Total

Expenditure (Note 5)

Expenditure on:

Raising funds

Charitable activities

Separate material expense item

Other

Total

Net income/(expenditure) before tax for the reporting period

Tax payable

Net income/(expenditure) after tax before investment gains/(losses)

Net gains/(losses) on investments

Net income/(expenditure)

Extraordinary items

Transfers between funds

Other recognised gains/(losses):

Gains and losses on revaluation of fixed assets for the charity's own use

Other gains/(losses)

Net movement in funds

Reconciliation of funds:

Total funds brought forward

Total funds carried forward

Guidance Note

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
S01	13,308	118,631	-	131,939	91,866
S02	-	-	-	-	-
S03	- 103	2,482	-	2,379	-
S04	-	-	-	-	-
S05	-	-	-	-	-
S06	-	-	-	-	-
S07	13,205	121,113	-	134,318	91,866
S08	-	-	-	-	-
S09	163	82,267	-	82,430	51,632
S10	-	2,194	-	2,194	1,207
S11	-	-	-	-	-
S12	163	84,461	-	84,624	52,839
S13	13,042	36,652	-	49,694	39,027
S14	-	-	-	-	-
S15	13,042	36,652	-	49,694	39,027
S16	-	-	-	-	-
S17	13,042	36,652	-	49,694	39,027
S18	-	-	-	-	-
S19	-	-	-	-	-
S20	-	-	-	-	-
S21	-	-	-	-	-
S22	13,042	36,652	-	49,694	39,027
S23	9,174	35,755	-	44,929	5,902
S24	22,216	72,407	-	94,623	44,929



Section B Balance sheet

	Guidance Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets						
Intangible assets		-	-	-	-	-
Tangible assets (Note 8)	B02	-	2,152	-	2,152	2,425
Heritage assets	B03	-	-	-	-	-
Investments	B04	-	-	-	-	-
Total fixed assets	B05	-	2,152	-	2,152	2,425
Current assets						
Stocks (Note 9)	B06	-	-	-	-	-
Debtors (Note 10)	B07	-	-	-	-	-
Investments	B08	-	-	-	-	-
Cash at bank and in hand (Note 12)	B09	22,318	70,993	-	93,311	43,204
Total current assets	B10	22,318	70,993	-	93,311	43,204
Creditors: amounts falling due within one year (Note 11)	B11	-	840	-	840	700
Net current assets/(liabilities)	B12	22,318	70,153	-	92,471	42,504
Total assets less current liabilities	B13	22,318	72,305	-	94,623	44,929
Creditors: amounts falling due after one year	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
Total net assets or liabilities	B16	22,318	72,305	-	94,623	44,929
Funds of the Charity						
Endowment funds	B17	-	-	-	-	-
Restricted income funds (Note 13)	B18	-	72,407	-	72,407	35,755
Unrestricted funds	B19	22,216	-	-	22,216	9,174
Revaluation reserve	B20	-	-	-	-	-
Total funds	B22	22,216	72,407	-	94,623	44,929

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by one or two trustees on behalf of all the trustees

(Trustee)

(Trustee)

Signature	Print Name	Date of approval dd/mm/yyyy

Note 1 Basis of preparation

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- and with*

✓

 the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with*

✓

 the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*

✓

* -Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;

Disclosure of any uncertainties that make the going concern assumption doubtful;

Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.

<i>Not applicable</i>
<i>Not applicable</i>
<i>Not applicable</i>

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*

--

No*

✓

* -Tick as appropriate

Please disclose:

<i>(i) the nature of the change in accounting policy;</i>	Not applicable
<i>(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and</i>	Not applicable

<i>(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.</i>	Not applicable
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1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	☒	* -Tick as appropriate
No*	☐	

Please disclose:

<i>(i) the nature of any changes;</i>	Not applicable
<i>(ii) the effect of the change on income and expense or assets and liabilities for the current period; and</i>	Not applicable
<i>(iii) where practicable, the effect of the change in one or more future periods.</i>	Not applicable

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*	☒	* -Tick as appropriate
No*	☐	

Please disclose:

<i>(i) the nature of the prior period error;</i>	Not applicable
<i>(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and</i>	Not applicable
<i>(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.</i>	Not applicable

Note 2 Accounting policies

2.1 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: - the charity becomes entitled to the resources; - it is more likely than not that the trustees will receive the resources; and - the monetary value can be measured with sufficient reliability.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐												
Yes	No	N/a																		
☒	☐	☐																		
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.																			
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP). In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐												
Yes	No	N/a																		
☒	☐	☐																		
Legacies	Legacies are included in the SoFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☐</td><td>☐</td><td>☒</td></tr> </table>	Yes	No	N/a	☐	☐	☒												
Yes	No	N/a																		
☐	☐	☒																		
Government grants	The charity has received government grants in the reporting period	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐												
Yes	No	N/a																		
☒	☐	☐																		
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐												
Yes	No	N/a																		
☒	☐	☐																		
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐												
Yes	No	N/a																		
☒	☐	☐																		
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so. The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution. Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'. Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable. Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☐</td><td>☐</td><td>☒</td></tr> </table> <table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☐</td><td>☐</td><td>☒</td></tr> </table> <table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☐</td><td>☐</td><td>☒</td></tr> </table>	Yes	No	N/a	☐	☐	☒	Yes	No	N/a	☐	☐	☒	Yes	No	N/a	☐	☐	☒
Yes	No	N/a																		
☐	☐	☒																		
Yes	No	N/a																		
☐	☐	☒																		
Yes	No	N/a																		
☐	☐	☒																		
Donated services and facilities	Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SoFA.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☐</td><td>☐</td><td>☒</td></tr> </table> <table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☐</td><td>☐</td><td>☒</td></tr> </table>	Yes	No	N/a	☐	☐	☒	Yes	No	N/a	☐	☐	☒						
Yes	No	N/a																		
☐	☐	☒																		
Yes	No	N/a																		
☐	☐	☒																		
Support costs	The charity has incurred expenditure on support costs.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐												
Yes	No	N/a																		
☒	☐	☐																		
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.																			
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐												
Yes	No	N/a																		
☒	☐	☐																		
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies. Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☒</td><td>☐</td><td>☐</td></tr> </table> <table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td>☐</td><td>☐</td><td>☒</td></tr> </table>	Yes	No	N/a	☒	☐	☐	Yes	No	N/a	☐	☐	☒						
Yes	No	N/a																		
☒	☐	☐																		
Yes	No	N/a																		
☐	☐	☒																		

Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP) and are included as an item of other income in the SoFA.	Yes	No	N/a
				✓

Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.	Yes	No	N/a
				✓

2.2 EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.	Yes	No	N/a
		✓		

Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.	Yes	No	N/a
		✓		

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Yes	No	N/a
✓		

Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.	Yes	No	N/a
				✓

Grants payable without performance conditions	Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.	Yes	No	N/a
				✓

Redundancy cost	The charity made no redundancy payments during the reporting period.	Yes	No	N/a
		✓		

Deferred income	No material item of deferred income has been included in the accounts.	Yes	No	N/a
		✓		

Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts	Yes	No	N/a
		✓		

Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date	Yes	No	N/a
		✓		

Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS 102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS 102 SORP.	Yes	No	N/a
				✓

2.3 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least		Yes	No	N/a
	They are valued at cost.		✓		

The depreciation rates and methods used are disclosed in note 14.

Intangible fixed assets	The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 15	Yes	No	N/a
				✓

They are valued at cost.

Heritage assets	The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 16.	Yes	No	N/a
				✓

They are valued at cost.

Yes	No	N/a
		✓

Investments	Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.	Yes	No	N/a
				✓

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments

Yes	No	N/a
		✓

Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.	Yes	No	N/a
		✓		

Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.

Yes	No	N/a
✓		

Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.

Yes	No	N/a
✓		

Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.	Yes	No	N/a
		✓		

Current asset investments

The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

Yes	No	N/a
		✓

They are valued at fair value except where they qualify as basic financial instruments.

Yes	No	N/a
		✓

**POLICIES ADOPTED
ADDITIONAL TO OR
DIFFERENT FROM
THOSE ABOVE**

Section C

Notes to the accounts

(cont)

Note 3

Income

Analysis of income		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	11,147	821	-	11,968	6,805
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	2,161	117,810	-	119,971	85,061
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
	Total	13,308	118,631	-	131,939	91,866
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Other trading activities:		-	-	-	-	-
	Clothing Sales	- 103	1,782	-	1,679	-
	Sponsorship	-	700	-	700	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	- 103	2,482	-	2,379	-
Income from investments:	Interest income	-	-	-	-	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Separate material item of income		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME		13,205	121,113	-	134,318	91,866

Note 4 Analysis of receipts of government grants

	Description	This year £	Last year £
Government grant 1	NPTCBC - Grant	2,500	-
Government grant 2		-	-
Government grant 3		-	-
Other		-	-
	Total	2,500	-

Please provide details of any unfulfilled conditions and other contingencies attaching to grants that have been recognised in income.

Please give details of other forms of government assistance from which the charity has directly benefited.

Section C

Notes to the accounts

(cont)

Note 5

Expenditure

Analysis of expenditure		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Expenditure on raising funds:	Incurred seeking donations	-	-	-	-	-
	Incurred seeking legacies	-	-	-	-	-
	Incurred seeking grants	-	-	-	-	-
	Operating membership schemes and social lotteries	-	-	-	-	-
	Staging fundraising events	-	-	-	-	-
	Fundraising agents	-	-	-	-	-
	Operating charity shops	-	-	-	-	-
	Operating a trading company undertaking non-charitable trading activity	-	-	-	-	-
	Advertising, marketing, direct mail and publicity	-	-	-	-	-
	Start up costs incurred in generating new source of future income	-	-	-	-	-
	Database development costs	-	-	-	-	-
	Other trading activities	-	-	-	-	-
	Investment management costs:	-	-	-	-	-
	Portfolio management costs	-	-	-	-	-
	Cost of obtaining investment advice	-	-	-	-	-
	Investment administration costs	-	-	-	-	-
	Intellectual property licencing costs	-	-	-	-	-
	Rent collection, property repairs and maintenance charges	-	-	-	-	-
		-	-	-	-	-
	Total expenditure on raising funds	-	-	-	-	-
Expenditure on charitable activities	Staff Costs	-	60,359	-	60,359	31,176
	Rent	-	7,000	-	7,000	5,250
	Consumables	-	-	-	-	210
	IT Costs	-	144	-	144	585
	Repairs and maintenance	-	190	-	190	1,635
	Telephone and internet	-	1,207	-	1,207	629
	Subscriptions	-	480	-	480	106
	Travel	-	319	-	319	294
	Stationery	-	350	-	350	1,941
	Training	-	2,916	-	2,916	6,556
	Equipment	-	7,975	-	7,975	1,831
	Donations Made	-	-	-	-	550
	Postage	10	-	-	10	-
	Sundry Expenditure	153	17	-	170	667
	Consultancy	-	820	-	820	120
	Advertising and PR	-	490	-	490	82
	Total expenditure on charitable activities	163	82,267	-	82,430	51,632
Separate material item of expense	Insurance	-	614	-	614	199
	Accountancy	-	1,307	-	1,307	872
	Depreciation	-	273	-	273	136
		-	-	-	-	-
	Total	-	2,194	-	2,194	1,207
Other		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total other expenditure	-	-	-	-	-
TOTAL EXPENDITURE		163	84,461	-	84,624	52,839

Section C**Notes to the accounts****Note 6 Details of certain types of expenditure****Note 6.1 Fees for examination of the accounts**

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

Independent examiner's fees

Assurance services other than independent examination

Tax advisory fees

Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner

This year £	Last year £
100	100
600	600

Section C

Notes to the accounts

(cont)

Note 7

Paid employees

Please complete this note if the charity has any employees (transactions with Trustees dealt with in Note 28)

7.1 Staff Costs

	This year £	Last year £
Salaries and wages	45,078	31,176
Social security costs	11,657	-
Pension costs (defined contribution pension plan)	3,624	-
Other employee benefits	-	-
Total staff costs	60,359	31,176

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

n/a

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

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

✓

Band	Number of employees
£60,000 to £69,999	0
£70,000 to £79,999	0
£80,000 to £89,999	0
£90,000 to £99,999	0
£100,000 to £109,999	0

Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.

0

7.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	2	1
Governance	-	-
Other	-	-
Total	2	1

7.3 Ex-gratia payments to employees and others (excluding trustees)

Please complete if an ex-gratia payment is made.

Please explain the nature of the payment

n/a

Please state the legal authority or reason for making the payment

n/a

Please state the amount of the payment (or value of any waiver of a right to an asset)

n/a

7.4 Redundancy payments

Please complete if any redundancy or termination payment is made in the period.

Total amount of payment

n/a

The nature of the payment (cash, asset etc.)

n/a

The extent of redundancy funding at the balance sheet date

n/a

Please state the accounting policy for any redundancy or termination payments

n/a

Note 8 Tangible fixed assets*Please complete this note if the charity has any tangible fixed assets***8.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Total
	£	£	£	£	£
At the beginning of the year	-	-	-	2,561	2,561
Additions	-	-	-	-	-
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	2,561	2,561

8.2 Depreciation and impairments

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	SL or RB	Straight Line ("SL") or Reducing Balance ("RB")
** Rate				20%		
At beginning of the year	-	-	-	136	136	
Disposals	-	-	-	-	-	
Depreciation	-	-	-	273	273	
Impairment	-	-	-	-	-	
Transfers*	-	-	-	-	-	
At end of the year	-	-	-	409	409	

8.3 Net book value

Net book value at the beginning of the year	-	-	-	2,425	2,425
Net book value at the end of the year	-	-	-	2,152	2,152

Section C
Notes to the accounts
Note 9 Stocks

Please complete this note if the charity holds any stock items

9.1 Please state the carrying amount of stock and work in progress analysed between activities.

	Stock		Donated goods		Work in progress
	For distribution	For resale	For distribution	For resale	
	£	£	£	£	£
Charitable activities:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Other trading activities:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Other:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Total this year	-	-	-	-	-
Total previous year	-	-	-	-	-

9.2 Please specify the carrying amount of any stocks pledged as security for liabilities

--

Note 10 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

10.1 Analysis of debtors

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	-	-
Other debtors	-	-
Total	-	-

Complete 10.2 where a material debtor is recoverable more than a year after the reporting date.

10.2 Disclosure of debtors recoverable in more than 1 year (included in debtors above)

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	-	-
Other debtors	-	-
Total	-	-

Note 11 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

11.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	840	700	-	-
Taxation and social security	-	-	-	-
Other creditors	-	-	-	-
Total	840	700	-	-

Section C	Notes to the accounts	(cont)
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Note 12 Cash at bank and in hand

Short term cash investments (less than 3 months maturity date)
Short term deposits
Cash at bank and on hand
Other
Total

This year £	Last year £
-	-
-	-
93,311	43,204
-	-
93,311	43,204

Section C	Notes to the accounts	(cont)
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Note 13 **Charity funds**

13.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds' (which should include revaluation reserve and fair value reserve, if applicable). The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

** Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £	
Unrestricted Funds	UR	Unrestricted Funds	9,174	13,205	- 61		-	22,318	CC2
Lottery	R	Men's Wellbeing and Mental Health	25,755	89,310	- 65,728	-	-	49,337	CC1
Ben Nevis	R	Drop-in facility refurbishment	-	25,000	- 5,673	-	-	19,327	CC2a
Moondance	R	Core Cost Support for the Charity	10,000	-	- 6,380	-	-	3,620	CC2b
CVS	R	Mental Health Course delivery	-	6,803	- 6,782		-	21	CC3
Total Funds as per balance sheet			44,929	134,318	- 84,624	-	-	94,623	

Section C	Notes to the accounts	(cont)
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Note 13 **Charity funds**

13.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds' (which should include revaluation reserve and fair value reserve, if applicable). The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

** Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted Funds	U	Unrestricted Funds	5,902	4,974	- 3,716	2,014	-	9,174
Lottery	R	Men's Wellbeing and Mental Health	-	65,793	- 40,038	-	-	25,755
Ben Nevis	R	Drop-in facility refurbishment	-	1,832	- 1,832	-	-	-
Moondance	R	Core Cost Support for the Charity	-	10,000	-	-	-	10,000
CVS	R	Mental Health Course delivery	-	9,267	- 7,253	- 2,014	-	-
			-	-	-	-	-	-
Total Funds as per balance sheet			5,902	91,866	- 52,839	-	-	44,929

Note 14 Transactions with trustees and related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

14.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)

TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value					Last year
		This year					
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL	
		£	£	£	£	£	£

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

14.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)

TRUE

Type of expenses reimbursed	This year	Last year
	£	£
Travel		
Subsistence		
Accommodation		
Other (please specify):		
TOTAL		

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity

14.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

There have been no related party transactions in the reporting period (True or False)

TRUE

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount		Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£		£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.