

Charity number
1179304

Marauders Mens Health

Charity Accounts

31 March 2024

Marauders Mens Health
Report and accounts
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Marauders Men's Health (Registered Charity Number 1179304)
2023/24 Annual report
March 31st, 2024

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 31/3/2023:

Chair

Adam Downey (from 6th June 2023)

Sheree Williams Vice Chair/Secretary

Treasurer Bethan Robers

Other Trustees

Neil Keogh

Captain Beany

Jeremy Sims

Nigel Pearce

Resignations during 2022/23

Edward Roberts

Jay Wagstaff

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.

Statement of public benefit derived from Marauders Mens Health Activities

Between 2023 and 2024, Marauders Men's Health has reliably supported over 3,000 men in the South Wales region. Utilising mobile drop-in sessions and a range of social and walk activities, along with the unwavering commitment of our staff and volunteers, we have established a solid reputation in South Wales. Men feel secure in our environment, which fosters open discussions about mental health and well-being challenges they may encounter. This nurturing atmosphere encourages them to acknowledge their issues and take proactive steps towards seeking help for improvement. We are particularly proud of the progress made in the Rhondda Cynon Taff area and look forward to a fruitful year ahead as we strive for further expansion and pursue sustainability funding from the Big Lottery.

In terms of governance, we have undertaken a comprehensive review of all our policies, making necessary adjustments to reflect our evolving needs. We are thrilled to announce the formation of a policy review subgroup dedicated to the ongoing assessment of the charity's policies. This year, we partnered with a third-party organization to create robust and effective policies. Given the various changes within the charity, we have also introduced additional policies to address these developments, ensuring that we continue to effectively meet the needs of the community we serve.

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 2024. 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 2 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 appointed for fixed terms in accordance with the Constitution. Current Trustees are responsible for the appointment of new Trustees, and the recruitment process is thoroughly debated during Trustees' Board meetings. Each new Trustee receives a personalized induction program that addresses all pertinent aspects of their role and the Charity. The Trustees strive to ensure that all activities align with the established charitable objectives.

The responsibilities of the Trustees encompass establishing the strategic direction, approving the financial plan, sanctioning grant-making applications, and overseeing grant activities. Decisions reserved for the Trustees require their approval and are reviewed annually. The Trustees rely on guidance and updates from routine meetings with the Project Coordinator, and they receive consistent feedback on delegated matters.

Staff and Organisation Changes

Marauders Men's Health during the period recruited a new Project Coordinator following the departure of the previous staff member. We also have a full-time Resilience Worker on board. Our charity is committed to making necessary adjustments, informed by governance standards and the needs of the community we serve.

Volunteers

Marauders Men's Health would like to express our gratitude to all our volunteers, who are vital to many of our initiatives. Without the commitment of these dedicated individuals, Marauders Men's Health would not be the thriving charity it is today. Our volunteers consistently invest their time and effort, demonstrating unwavering dedication, and the positive impact they create is significant.

Funding

2023/2024 has seen another positive year for funding. We have received the following:

Restricted funding totalling £96,496.00

Numerous generous Donations both large and small totalling 10,587.00 which have been added to our Unrestricted Funds

Risk Management and Reserves Policy

The Trustees have consistently monitored the significant strategic, business, and operational risks confronting the charity. Effective systems are established to evaluate these risks, with monthly reports provided to the Chair of the Trustee Board, facilitating timely actions to address and mitigate them.

Policies and procedures regarding the health and safety of our staff, volunteers, and customers at our facilities and during outdoor activities are rigorously followed. We maintain our Policies both in hard copy at our Dalton Road location and in electronic format.

The charity's Reserves Policy aims to build, maintain, and manage Unrestricted Funds (Reserves) that do not exceed 12 months of operating costs, including all service provisions. This policy is currently under review.

Serious incidents

No significant incidents were reported during the year.

****Trustees' Responsibilities Regarding the Financial Statements (Review)****

Charities law mandates that the Trustees prepare financial statements that accurately reflect the charity's condition as of the Balance Sheet date and its surplus or deficit for the fiscal period. In this capacity, the Trustees must maintain proper accounting records that reasonably disclose the financial position of the charity at any given time, ensuring compliance with the Charities Act in the financial statements. Additionally, the Trustees are responsible for protecting the charity's assets, which includes taking reasonable measures to prevent and detect 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:

Mrs Sheree Williams (Chair)

Date: 06/01/2024

B Roberts (Treasurer)

Date: 06/01/2024

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 2024** Charity no (if any) **1179304**

Set out on pages **4 to 24**

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	01/04/2023	To	Period end date	31/03/2024	

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
14,591	92,492	-	107,083	115,340
-	-	-	-	-
451	-	-	451	800
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
15,042	92,492	-	107,534	116,140
-	-	-	-	-
2,806	97,340	-	100,146	98,044
-	1,692		1,692	3,216
-	-	-	-	-
2,806	99,032	-	101,838	101,260
12,236	- 6,540	-	5,696	14,880
-	-	-	-	-
12,236	- 6,540	-	5,696	14,880
-	-	-	-	-
12,236	- 6,540	-	5,696	14,880
-	-	-	-	
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
12,236	- 6,540	-	5,696	14,880
44,567	64,936	-	109,503	94,623
56,803	58,396	-	115,199	109,503



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	-	1,127	-	1,127	1,640
Heritage assets	B03	-	-	-	-	-
Investments	B04	-	-	-	-	-
Total fixed assets	B05	-	1,127	-	1,127	1,640
Current assets						
Stocks (Note 9)	B06	-	-	-	-	-
Debtors (Note 10)	B07	-	-	-	-	-
Investments	B08	-	-	-	-	-
Cash at bank and in hand (Note 12)	B09	56,803	58,118	-	114,921	108,823
Total current assets	B10	56,803	58,118	-	114,921	108,823
Creditors: amounts falling due within one year (Note 11)	B11	-	849	-	849	960
Net current assets/(liabilities)	B12	56,803	57,269	-	114,072	107,863
Total assets less current liabilities	B13	56,803	58,396	-	115,199	109,503
Creditors: amounts falling due after one year	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
Total net assets or liabilities	B16	56,803	58,396	-	115,199	109,503
Funds of the Charity						
Endowment funds	B17	-	-	-	-	-
Restricted income funds (Note 13)	B18	-	58,396	-	58,396	64,936
Unrestricted funds	B19	56,803	-	-	56,803	44,567
Revaluation reserve	B20	-	-	-	-	-
Total funds	B22	56,803	58,396	-	115,199	109,503

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

	Signature	Print Name	Date of approval dd/mm/yyyy
(Trustee)			
(Trustee)			

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.	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).	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.	Yes	No	N/a
				✓
Government grants	The charity has received government grants in the reporting period	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.	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.	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.	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.	Yes	No	N/a
				✓
		Yes	No	N/a
				✓
Support costs	The charity has incurred expenditure on support costs.	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.	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.	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
				✓

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	10,587	-	-	10,587	23,907
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	4,004	92,492	-	96,496	91,433
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
	Total	14,591	92,492	-	107,083	115,340
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Other trading activities:		-	-	-	-	-
	Clothing Sales	-	-	-	-	-
	Sponsorship	451	-	-	451	-
	Talks	-	-	-	-	800
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	451	-	-	451	800
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		15,042	92,492	-	107,534	116,140

Note 4 Analysis of receipts of government grants

	Description	This year £	Last year £
Government grant 1		-	-
Government grant 2		-	-
Government grant 3		-	-
Other		-	-
	Total	-	-

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	-	64,052	-	64,052	78,973
	Rent	-	8,000	-	8,000	7,592
	Consumables	-	118	-	118	-
	IT Costs	-	1,943	-	1,943	605
	Repairs and maintenance	-	-	-	-	2,253
	Telephone and internet	-	1,345	-	1,345	1,563
	Subscriptions	-	89	-	89	35
	Travel	-	2,195	-	2,195	1,712
	Stationery	-	101	-	101	691
	Training	-	2,226	-	2,226	1,631
	Equipment	-	846	-	846	1,668
	Equipment Hire	-	263	-	263	306
	Venue Hire	-	1,632	-	1,632	-
	Postage	-	-	-	-	14
	Sundry Expenditure	6	3,872	-	3,878	182
	Consultancy	2,800	6,654	-	9,454	150
	Advertising and PR	-	4,004	-	4,004	669
	Total expenditure on charitable activities	2,806	97,340	-	100,146	98,044
Separate material item of expense	Insurance	-	-	-	-	1,289
	Accountancy	-	1,180	-	1,180	1,318
	Depreciation	-	512	-	512	512
	Legal Costs	-	-	-	-	97
	Total	-	1,692	-	1,692	3,216
Other		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total other expenditure	-	-	-	-	-
TOTAL EXPENDITURE		2,806	99,032	-	101,838	101,260

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
750	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	50,627	78,973
Social security costs	11,382	11,657
Pension costs (defined contribution pension plan)	2,043	3,624
Other employee benefits	-	-
Total staff costs	64,052	94,254

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	2
Governance	-	-
Other	-	-
Total	2	2

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	-	-	-	921	921	
Disposals	-	-	-	-	-	
Depreciation	-	-	-	513	513	
Impairment	-	-	-	-	-	
Transfers*	-	-	-	-	-	
At end of the year	-	-	-	1,434	1,434	

8.3 Net book value

Net book value at the beginning of the year	-	-	-	1,640	1,640
Net book value at the end of the year	-	-	-	1,127	1,127

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	849	960	-	-
Taxation and social security	-	-	-	-
Other creditors	-	-	-	-
Total	849	960	-	-

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 £
-	-
-	-
114,921	108,823
-	-
114,921	108,823

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	44,567	15,042	- 2,806		-	56,803
Lottery	R	Men's Wellbeing and Mental Health	60,780	22,992	- 75,069	-	-	8,703
Tudor Trust (was Ben Nevis!)	R	Drop-in facility refurbishment	515	54,500	- 23,962	-	-	31,053
Moondance	R	Core Cost Support for the Charity	3,620	15,000	-	-	-	18,620
Austin Bailey Foundation (was !)	R	Mental Health Course delivery	21	-			-	21
Total Funds as per balance sheet			109,503	107,534	- 101,837	-	-	115,200

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	22,318	24,707	- 2,458	-	-	44,567
Lottery	R	Men's Wellbeing and Mental Health	49,337	91,433	- 79,990	-	-	60,780
Ben Nevis	R	Drop-in facility refurbishment	19,327	-	- 18,812	-	-	515
Moondance	R	Core Cost Support for the Charity	3,620	-	-	-	-	3,620
CVS	R	Mental Health Course delivery	21	-	-	-	-	21
			-	-	-	-	-	-
Total Funds as per balance sheet			94,623	116,140	- 101,260	-	-	109,503

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 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.