

Charity number
1179304

Marauders Mens Health

Charity Accounts

31 March 2025

Marauders Mens Health
Report and accounts
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**Marauders Men's Health
Annual Report 2024/2025**

Charity Name: Marauders Men's Health

Charity Number: 1179304

Reporting Period: For the year ended 31st March 2025

Governing Document:

Marauders Men's Health governing document has been adopted from the Charities Commission Charitable Incorporated Organisation template (CIO structure) whose only voting members are its charity Trustees

Board of Trustees as at 31/3/2024:

Chair - Sheree Williams

Vice Chair - Neil Keogh

Treasurer - Beth Roberts

Other Trustees:

Paul Vanhees

Nigel Pearce

Beth Jones

Captain Beany

Jeremy Sims

New Trustee Appointment during 2024/25:

Paul Roberts

Mike Onda

Elliott Lewis

Resignations during 2024/25:

Paul Vanhees

Beth Jones

Neil Keogh

Jeremy Sims

Beth Roberts

Elliott Lewis

Board of Trustees as at 31/3/2025:

Sheree Williams

Nigel Pearce

Captain Beany

Mike Onda

Paul Roberts

It can be confirmed that the Trustees have complied with their duty to have due regard to the Charity Commission's public benefit guidance in exercising their powers or duties. No Trustees received any remuneration during this period and all Trustees have been subject to an enhanced DBS check.

Principal Address:

Dalton Road Community Centre, Dalton Road, Sandfields, Port Talbot SA12 6SF

Bankers:

Lloyds TSB, 115 Station Road, Neath, Port Talbot SA13 1NR

Accountant:

David Roberts Accountancy Services Ltd, 17 Brookside Close, Baglan, Port Talbot SA12 8EN

Statement of public benefit derived from Marauders Men's Health activities:

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.

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 2025

The charity is administered and controlled by the Board of Trustees who hold meetings every 1 month. It can be confirmed that the Trustees have complied with their duty to have due regard to the Charity Commission's public benefit guidance in exercising their powers or duties.

Activities Undertaken to Further Objects: During the past year, our charity diligently worked to preserve and protect the good health of men across South Wales and the surrounding areas, directly supporting over 100 men each week and expanding our reach into new districts like Torfaen in Gwent. We achieved this by providing diverse facilities for recreation and leisure, fostering peer-to-peer support in social environments, and offering access to vital health information and advice. Key activities included organising 'Walk & Talks', establishing new Sports & Fitness Hubs for physical activity and skill development, and routinely holding weekly coffee mornings and monthly social hubs. These initiatives provided a supportive social environment, enabling our beneficiaries to improve their physical and mental wellbeing, learn new skills, and connect with peers.

Summary of Key Achievements: This year, our charity achieved significant milestones in promoting the health and wellbeing of men across South Wales. We directly supported over 100 men each week through a diverse range of physical events and wellbeing activities, while our social media presence expanded to reach more than 2,000 followers. Our flagship 'Walk & Talks' program saw approximately 200 events organised and led across Rhondda Cynon Taff (RCT) and Neath Port Talbot (NPT). Demonstrating our commitment to a broader outreach, we successfully extended our services into the new district of Torfaen, regularly undertaking weekly walks around the Gwent area since December 2024.

Physical activity was significantly boosted with the commencement of new Sports & Fitness Hubs in RCT from September, offering instructor-led circuits classes focused on mobility, strength, balance, and weight management; complemented by racquet and ball sports. Beyond physical activity, vital social support networks were maintained through weekly coffee mornings at our NPT drop-in centre, benefiting local men including the 'Models for Heroes' veterans group. Monthly social hubs at Llantrisant Guildhall provided a platform for men to share hobbies and engage in educational workshops on critical topics such as cybercrime awareness, nutrition, and prostate health.

Successful robust partnerships with various complementary community organisations were forged throughout Gwent, RCT and NPT. These included, but not limited to, the RCT Work & Skills Team, Interlink RCT, and Men's Shed. These collaborations inspired beneficiaries to engage and volunteer, which enhanced their skills and promoted their overall well-being.

Our presence at community events grew, and we showcased our services at fairs, sports clubs, and heritage centres. We also organised engaging single-day and multi-day activities, such as trips to Laugharne, Mumbles, and Snowdon, which facilitated closer friendships and fostered camaraderie among participants.

Financially, we received generous donations totaling approximately £8,000 from the Crane Foundation, the Millennium Stadium Charitable Trust, Tesco supermarkets, and individual supporters. In response to the significant changes at TATA Steel, we coordinated a series of drop-in sessions that brought together various local agencies willing to support those affected. In November of last year, we participated in a key event aimed at the rugby community to raise awareness about the alarming rate of suicide-related deaths.

Impact of Activities: Our activities have made a tangible positive difference in the lives of men across South Wales, directly addressing the charitable objects of preserving and protecting good health. Through our welcoming environments and diverse programs, beneficiaries reported enhanced skills, increased confidence, and improved physical and mental self-care. The provision of social hubs and 'Walk & Talks' fostered stronger connections among men, reducing isolation and promoting greater social interaction within their communities. Participants gained valuable education on a range of life issues, from health and nutrition to cybercrime awareness and financial planning, empowering them with practical knowledge. Furthermore, our collaborative efforts successfully encouraged many beneficiaries to join other community organisations and engage in volunteering, enabling them to discover new places, appreciate nature, set personal goals, and find structure and companionship, particularly in retirement. The consistent peer support offered throughout all our initiatives has been instrumental in creating a supportive network that truly contributes to their overall wellbeing. Impact statements taken from our beneficiaries cemented the positive benefits of being a Marauder. By bringing men together in active, natural environments it encourages open discussion where life experiences are shared without the usual stigma associated with sensitive issues. Talking this way builds resilience, maintains mental health & fitness, helps develop friendships and builds a support network for men to call upon in times of need.

Financial Review:

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 had a total income during the year of £10,029 and total expenditure of £68,065, leaving a Deficit for the year of £58,036. The deficit was covered by the Reserves of the Charity and the total Funds carried forward stands at £57,164

Reserves Policy:

Our Reserves Policy ensures the long-term financial stability and sustainability of the charity. The purpose of holding reserves is to safeguard the charity's ability to continue its charitable activities for the benefit of our service users, even in the event of unforeseen financial challenges. Our policy is currently under review but explains why reserves are needed, sets a target for the level of reserves, and outlines the mechanisms for monitoring and managing them. We believe that a clear policy demonstrates effective financial management and good governance. Our charity reserves are held from unrestricted funds and do not exceed 12 months of operating costs.

Principal Funding Sources:

The primary source of funding for Marauders Men's Health has been from the Big Lottery Community Fund. An additional £8,000 in donations was received from the Crane Foundation (£4,480), Millennium Stadium Charitable Trust (£2,500), Tesco stores and through public donations.

Plans for Future Periods:

Our main goals and objectives will be aligned to our strategy of 'Breaking Stigma for a Healthy Future' aligned to our Big Lottery Community Fund targets and commitments to support the health and wellbeing of men. Our charity will maintain existing operations whilst expanding its reach (digital and physical) to deliver activities and wellbeing programmes across South Wales, namely - Walk & Talks, Sports & Fitness Hubs, Social/Education Hubs, Community partnerships/collaborations and on-line training, awareness and educational programmes.

Structure, Governance and Management

Governing Document: Marauders Men's Health governing document has been adopted from the Charities Commission Charitable Incorporated Organisation template (CIO structure) whose only voting members are its charity Trustees.

Recruitment and Induction of Trustees:

Clear role definitions are advertised and expression of interests are sought where potential candidates are shortlisted for interview by existing Trustees. New Trustees are voted onto the Board, for fixed terms, as per the guidelines contained within the governing document. Once appointed, our comprehensive induction process (via ICAEW accreditation) ensures new Trustees are fully equipped to contribute to our mission, covering legal responsibilities, financial oversight, strategic direction, and operational understanding. New trustees benefit from a structured welcome, access to key organisational documents, training and ongoing support, fostering their effective integration and enabling them to immediately contribute to the charity's governance and impact.

Staff and Organisation Changes:

Upon the resignation of the resilience worker in October, two trustees changed their roles within the charity to take on alternative paid roles to bolster and support operational requirements. Neil Keogh was appointed into a part-time Project Support role which commenced in December and Jeremy Sims into a full-time Programme Manager role which commenced in January. A part-time Project Co-ordinator role was maintained throughout the year.

The turnover of Trustees during the period is part of a longer term strategic plan to strengthen the Board.

The charity continued to be supported by a number of key volunteers without whom our charity would not be able to operate as effectively. We would like to express our extreme gratitude towards these dedicated individuals for putting their time and resources forward.

The rental terms of our Dalton Road premises was changed during the year away from a full-time tenancy agreement in favour of a pay-per-use rental agreement to better cater for lower utilisation.

Risk Management:

The Trustees confirm that they have thoroughly assessed the major risks to which the charity is exposed, encompassing operational, financial, governance, and reputational areas. They are satisfied that robust systems, policies and procedures are in place to effectively monitor and mitigate these identified risks, ensuring the charity's continued resilience and ability to deliver its charitable objects.

No serious incidents were reported during the year.

Statement of Trustees' Responsibilities:

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards.

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 these financial statements, the Trustees are required to:

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

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 Jeff Beattie - Chair

Date:

Mr Trefor Williams - Treasurer

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 2025** Charity no
(if any) **1179304**

Set out on pages **6 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.

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	01/04/2024	To	Period end date	31/03/2025

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	8,779	-	-	8,779	107,083
S02	-	-	-	-	-
S03	-	-	-	-	451
S04	1,250	-	-	1,250	-
S05	-	-	-	-	-
S06	-	-	-	-	-
S07	10,029	-	-	10,029	107,534
S08	-	-	-	-	-
S09	51,132	14,339	-	65,471	100,146
S10	1,494	1,100	-	2,594	1,692
S11	-	-	-	-	-
S12	52,626	15,439	-	68,065	101,838
S13	- 42,597	- 15,439	-	- 58,036	5,696
S14	-	-	-	-	-
S15	- 42,597	- 15,439	-	- 58,036	5,696
S16	-	-	-	-	-
S17	- 42,597	- 15,439	-	- 58,036	5,697
S18	-	-	-	-	-
S19	42,958	- 42,958	-	-	-
S20	-	-	-	-	-
S21	-	-	-	-	-
S22	361	- 58,397	-	- 58,036	5,697
S23	56,803	58,397	-	115,200	109,503
S24	57,164	-	-	57,164	115,200



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	-	615	-	615	1,127
Heritage assets	B03	-	-	-	-	-
Investments	B04	-	-	-	-	-
Total fixed assets	B05	-	615	-	615	1,127
Current assets						
Stocks (Note 9)	B06	-	-	-	-	-
Debtors (Note 10)	B07	-	-	-	-	-
Investments	B08	-	-	-	-	-
Cash at bank and in hand (Note 12)	B09	57,163	285	-	57,448	114,921
Total current assets	B10	57,163	285	-	57,448	114,921
Creditors: amounts falling due within one year (Note 11)	B11	-	900	-	900	849
Net current assets/(liabilities)	B12	57,164	- 615	-	56,549	114,072
Total assets less current liabilities	B13	57,164	-	-	57,164	115,199
Creditors: amounts falling due after one year	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
Total net assets or liabilities	B16	57,164	-	-	57,164	115,200
Funds of the Charity						
Endowment funds	B17	-			-	-
Restricted income funds (Note 13)	B18		-		-	58,397
Unrestricted funds	B19	57,164		-	57,164	56,803
Revaluation reserve	B20				-	
Total funds	B22	57,164	-	-	57,164	115,200

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
	Jeff Beatie	
	Trefor Williams	

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

The trustees consider that there are no material uncertainties that cast significant doubt on the charity's ability to continue as a going concern. The financial statements have accordingly been prepared on a going concern basis.

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

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.	Yes	No	N/a
				✓
		Yes	No	N/a
				✓
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	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
				✓

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.

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	6,279	-	-	6,279	10,587
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	2,500	-	-	2,500	96,496
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
	Total	8,779	-	-	8,779	107,083
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Other trading activities:		-	-	-	-	-
	Clothing Sales	-	-	-	-	-
	Sponsorship	-	-	-	-	451
	Talks	-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	451
Income from investments:	Interest income	1,250	-	-	1,250	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
	Total	1,250	-	-	1,250	-
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		10,029	-	-	10,029	107,534

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	35,686	7,979	-	43,665	64,052
	Rent	-	-	-	-	8,000
	Consumables	51	-	-	51	118
	IT Costs	161	-	-	161	1,943
	Repairs and maintenance	-	-	-	-	-
	Telephone and internet	667	481	-	1,148	1,345
	Subscriptions	210	-	-	210	89
	Travel	1,490	913	-	2,403	2,195
	Stationery	204	-	-	204	101
	Donations	850	-	-	850	-
	Equipment	1,173	934	-	2,107	846
	Equipment Hire	87	68	-	155	263
	Venue Hire	5,104	2,210	-	7,314	1,632
	Training	-	-	-	-	2,226
	Sundry Expenditure	3,976	882	-	4,858	3,878
	Consultancy	1,128	768	-	1,896	9,454
	Advertising and PR	345	104	-	449	4,004
	Total expenditure on charitable activities	51,132	14,339	-	65,471	100,146
Separate material item of expense	Insurance	-	588	-	588	-
	Accountancy	1,472	-	-	1,472	1,180
	Depreciation	-	512	-	512	512
	Legal Costs	22	-	-	22	-
	Total	1,494	1,100	-	2,594	1,692
Other		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total other expenditure	-	-	-	-	-
TOTAL EXPENDITURE		52,626	15,439	-	68,065	101,838

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
800	750

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	36,663	50,627
Social security costs	5,302	11,382
Pension costs (defined contribution pension plan)	1,700	2,043
Other employee benefits	-	-
Total staff costs	43,665	64,052

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	-	-	-	1,434	1,434	
Disposals	-	-	-	-	-	
Depreciation	-	-	-	512	512	
Impairment	-	-	-	-	-	
Transfers*	-	-	-	-	-	
At end of the year	-	-	-	1,946	1,946	

8.3 Net book value

Net book value at the beginning of the year	-	-	-	1,127	1,127
Net book value at the end of the year	-	-	-	615	615

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	900	849	-	-
Taxation and social security	-	-	-	-
Other creditors	-	-	-	-
Total	900	849	-	-

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 £
-	-
-	-
57,448	114,921
-	-
57,448	114,921

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	56,803	10,029	- 52,626	42,957	-	57,163
Lottery	R	Men's Wellbeing and Mental Health	8,703	-	- 5,926	- 2,777	-	-
Tudor Trust (was Ben Nevis!)	R	Drop-in facility refurbishment	31,053		- 178	- 30,875	-	-
Moondance	R	Core Cost Support for the Charity	18,620		-	- 18,620	-	-
Austin Bailey Foundation (was !)	R	Mental Health Course delivery	21	-		- 21	-	-
Miscellaneous	R	Miscellaneous			- 9,336	9,336		-
Total Funds as per balance sheet			115,200	10,029	- 68,066	-	-	57,163

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	44,567	15,042	- 2,806	-	-	56,803
Lottery	R	Men's Wellbeing and Mental Health	60,780	22,992	- 75,069	-	-	8,703
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
CVS	R	Mental Health Course delivery	21	-	-	-	-	21
			-	-	-	-	-	-
Total Funds as per balance sheet			109,503	107,534	- 101,837	-	-	115,200

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
			£		£	£	£

During the year, two individuals, (Mr Neil Keogh and Mr Jeremy Sims,) resigned as trustees and were subsequently appointed to paid employee roles within the charity. Their remuneration has been included within staff costs (Note 7). No other related party transactions requiring disclosure under the Charities SORP were identified.

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.