

MENTALKHEALTH

England & Wales · Charity number 1180407

Details

Status Registered

Legal form CIO

Registered 2018-10-22

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

Contact

Address 23 St. Pirans Avenue
Portsmouth
PO3 6JE

Phone 07881598505

Email hello@mentalkhealth.uk

Website www.mentalkhealth.uk

Activities

Objects: FOR THE PUBLIC BENEFIT TO PROMOTE AND PROTECT THE MENTAL HEALTH AND WELLBEING OF MEN SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS BY CREATING A SAFE ENVIRONMENT IN WHICH THEY CAN TALK OPENLY ABOUT THEIR MENTAL HEALTH AND BY THE PROVISION OF SUPPORT, EDUCATION AND PRACTICAL ADVICE THUS ASSISTING THEM TO ACHIEVE AS MUCH INDEPENDENCE AS IS POSSIBLE.

Activities: MenTalkHealth is a registered charity that supports men in the LGBTQ community to talk about their mental health and help them to understand that it's okay to not be okay. We work across the South Coast of England (Bournemouth to Eastbourne) attending events and holding accredited mental health first aid training. We also produce a podcast and use social media to help us with our mission.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31		-	-	-
2024-07-31		-	-	-
2023-07-31		-	-	-
2022-07-31	£41,671	£65,275		-
2021-07-01	£53,739	£29,890		-
2020-07-01	£7,710	£7,431		-
2019-07-01	£8,008	£5,880		-

Trustees

Name	Role	Appointed
Glenn Roberts	Chair	2023-08-17
Angela Etherington		2022-09-10
CHRISTIAN ANTHONY FLEMING		2018-10-22

MENTALKHEALTH

England & Wales - Charity number 1180407

Accounts



Trustee Annual Report for year ended 31st July 2022

Objectives and Activities

Our objective, as stated in our Governing Document, remains to break down the stigma around men talking about their mental health. This relates to the potential or perceived stigma within their communities and /or the self-stigma around talking about their mental health. The need for such support has grown during and after the Covid-19 pandemic. Community communication changed and is changing. As we leave the pandemic behind us, we have found that supporting individuals with their mental health has never been so important.

We are still a young charity and continue to develop our strategies and work towards our goals

As a small charity with no endowment funds, we do not have a social investments policy, but we continue to work with communities and other charities and are developing strong links with local partners whose ethos and values match our aims.

Achievements and Performance

At the beginning part of our financial year of 2021, we were still feeling the constraints of the pandemic, but we continued on with providing Mental Health First Aid Training which was incredibly important to us.

We also recorded some podcast episodes, and we enjoyed a very successful run-on Charitable Radio with a regular show called 'Monday Music Therapy' this gave us the opportunity for us to share mental health stories and interview famous and inspirational people. We could reach out to audiences that were at home and could join in the conversation with us, both through the show and online via social media. Unfortunately, Charitable Radio had to cease its operations in November 2021, but we are looking to working with other media broadcast companies in the future.

In November 2021 we contracted a Development Manager who would be able to centralise and take us forward in ensuring we would continue on our success and remain relevant and current whilst continuing to work towards our goals. Glenn Roberts has made a positive impact and we look forward to him taking us to new heights in 2022/2023.



A highlight of the year was able to get out and meet people. We attended Brighton Bear Weekend in July 2022. It proved very successful and from that we had individuals wishing to work with us, volunteer for us and also support us.

Financial Review

Our income fell slightly to £41,670 and we give thanks to support from various Grant Giving Organisations. In addition, we continued to receive support from a men's Golfing Group to the tune of £1250 and private donations through Amazon Smile and InvestMyCommunity totalling £ 5,684. where possible those attending our trainings contributed some funds and these totalled £1,236

Our main expenses were either the costs of providing the Mental Health First Aid training, the costs of podcasting (including remote equipment), the radio show and our contracted Development Manager.

Fund Raising

We thank all those who supported us during the year.

We partnered up with a new donation giving website called InvestMyCommunity. This gave us more freedom to raise funds and to also make our campaigns more personal to us.

We would also like to thank our dedicated volunteers, Northstar IT and The Rainbow Fund for all their advice, support, and openness to discuss new ideas and the way forward. We would also like to thank The Ledward Centre (a new LGBTQ+ community hub) for enabling us to use their facilities and develop a fantastic working partnership.

To all our Grant Givers (see below) we would also like to share our thanks and commitment to continue to deliver to our mandate and the terms of their grants. Without them our growth would not have been possible.

Summary of new grants

Organisation	Purpose	Amount
Enjoolata Foundation	Podcast production and increase on social media	£4000



Local Connections	Podcast and radio production	£2500
Brighton & Hove Council - Contain Outbreak Management Grant	Development Manager and project management	£2000
Brighton & Hove Council - Contain Outbreak Digital Grant	Project Management, Development Manager, social media, Music Therapy, Charity Radio	£10,000
Henry Smith	Core running costs	£5000
Awards For All	Project Management, Development Manager, social media, Music Therapy, Charity Radio	£10,000

Not all the grant monies have been spent in the financial year under review.

Structure and Governance

Along with developing our volunteers we also have continued to provide development for our Trustees and are continuing to broaden the skills base by seeking new Trustees.

During the Financial Year the Trustees were:

Name	Role	Date Appointed	Comments
Christian Fleming	Chair and Trustee	October 2018	
Peter Shields	Treasurer and Trustee	October 2018	
Keith Weinstein	Trustee	October 2020	

Development

During the latter part of our financial year, we have made the decision to focus our support towards men and those that identify as men within the LGBTQ+ community. The majority of our supporters, funders, volunteers, and trustees belong to this community. We remain within our goals and our mission to support men with their



mental health in general, but we will focus on the LGBTQ+ community. It is there that we feel we are making a difference.

All individuals can at some time in their lives experience poor mental health.

However, within the LGBTQ+ community these experiences are much higher. The LGBTQ+ community have to not only contend with the ups and downs of daily life, but also some things LGBTQ+ people go through can affect their mental health, such as discrimination, homophobia or transphobia, social isolation, rejection, and difficult experiences of coming out.

We have also taken the decision to focus our support not just in Brighton & Hove but along the South Coast. This is from Eastbourne to Bournemouth. Over the next few years, we hope to develop and maintain good relationships with communities and partners within this area.

We will continue our working partnerships with The Ledward Centre, The Rainbow Fund and many more.

We are continuing to enlist volunteers and provide them with the tools they need to help make a difference. This will include Mental Health First Aid, Safeguarding and Health & Safety training.

Peter Shields our current treasurer has made the decision to step down at the end of September.

With this in mind we are currently:

- Recruiting 3 or 4 new Trustees (from the South Coast area)
- Preparing a new mission statement and publish for consultation from our supporters
- Compile a 3-year strategy that will help us to focus on the direction and the development of the charity
- Compile a communication strategy that will help us to develop further our online and face to face presence.

2022/2023 looks to be a very challenging but exciting year ahead for MenTalkHealth.



Signed on behalf of the trustees

A handwritten signature in black ink, appearing to read "C Fleming".

Christian Fleming

Chair
Manager

A handwritten signature in black ink, appearing to read "G Roberts".

Glenn Roberts

Development

14th December 2022



Receipts and payments accounts

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For the period from	8/1/2021	To	7/31/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	-	33,500	-	33,500	48,058
Donations	5,685	-	-	5,685	1,834
Golf Fundraisers	1,250	-	-	1,250	2,937
Trainings	1,236	-	-	1,236	910
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	8,171	33,500	-	41,671	53,739
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	8,171	33,500	-	41,671	53,739
A3 Payments					
Insurance	150	-	-	150	1,867
Administration	2,535	33,462	-	35,998	6,790
Training Provided	-	6,902	-	6,902	8,428
Website	1,197	162	-	1,359	6,999
Podcasts	90	120	-	210	1,075
Social Media	144	2,196	-	2,340	800
Radio	6,000	11,200	-	17,200	-
IT (Hardware, Software & Subscriptions)	846	-	-	846	3,751
Fundraising Costs	270	-	-	270	180
Sub total	11,233	54,042	-	65,275	29,890
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,233	54,042	-	65,275	29,890
Net of receipts/(payments)	- 3,062	- 20,542	-	- 23,604	23,849
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,714	20,542	-	26,256	2,407
Cash funds this year end	2,652	0	-	2,652	26,256

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cooperative Bank	2,652	-	-
		-	-	-
		-	-	-
	Total cash funds	2,652	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Christian Fleming	12/15/2022

Independent examiners report for Men Talk Health

I report on the accounts of the Organisation for this period ended 31st July 2022.

Respective responsibilities of trustees and examiner

As the Trustee's you are responsible for the preparation of the accounts; The organisation's members consider that an audit is not required and that an independent examination is needed.

It is my responsibility to:

Examine the accounts under section 145 of the Charities Act.

To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Organisation and a comparison of the accounts presented with those records. It includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

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

- 1) Which gives me reasonable cause to believe that there has been any material errors or omissions.
- 2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.
- 3) There is a balance in the bank account at year end of £2651.82 which has been confirmed by evidence of bank statements examined.

M J Boxall, AFA, AAIA

Shoreline Accountants Limited

25 Clinton Place

Seaford East Sussex BN25 INP

Mark J Boxall.....

Date.....

MENTALKHEALTH

England & Wales - Charity number 1180407

Accounts

Trustee Annual Report for year ended 31st July 2021

Objectives and Activities

Our objective, as stated in our Governing Document, remains to break down the stigma around men talking about their mental health. This relates to the potential or perceived stigma within their communities and /or the self-stigma around talking about their mental health. The need for such support has grown during the Covid-19 era and grows even faster as we emerge from lockdowns and restrictions. Community communication changed and is changing. There is less opportunity to safely share your thoughts, concerns, and stories regarding mental health.

We are still a young charity, volunteer led and with no paid employees, and are still developing our outreach both as to communities and positive impact.

As a small charity with no endowment funds, we do not have a social investments policy, but we do work with communities and other charities and are developing strong links with local partners whose ethos and values match our aims.

Achievements and Performance

Our activities this year had to remain online with little opportunity to develop events and or public meetings. We did attend The Brighton Bear Weekend and were able to engage with supporters and volunteers. Our focus therefore was on the relaunch of podcasts, signing up to a new Program on Charitable Radio, and providing Mental Health First Aid training to a variety of social concerns, charities, complex needs schools and community groups. Helping different groups to talk and listen safely and feel empowered to do so. Several of these communities have reached out and asked for additional support which we are planning to jointly deliver.

A major effort was around upgrading our website and digital presence. The evidence of which was immediate.

We recognised that in 2022 we were going to need to become more visible again, interact with our volunteers and be prepared to work more hands on with local communities. With this in mind we realised we need more support and worked towards having sufficient funds to engage a contractor to work 3 days week helping to develop the charity to the next level. Glenn Roberts was appointed as Development Manager on a fixed term contact later in 2021. Glenn is already having a positive impact.

Financial Review.

Our income grew to £53,739 during the year thanks to support from various Grant Giving Organisations and through the kindness of our supporters who donated in various ways ; directly, Virgin Giving, fundraising, and Amazon Smile. Its clear though we currently rely on Grants as our main form of finance with Grants totalling 89.5% of our income.

Our main expenses were either the costs of providing the Mental Health First Aid training and the costs of podcasting (including remote equipment) We continued to invest in our infrastructure and platforms, web sites, hardware etc to ensure we were and are well placed when we engage directly with communities again face to face.

We established a sound financial base to move forward subsequently after the financial year end engaging contractors and new projects with certainty of financial resource to meet our commitments

Fund Raising

We thank all those who supported us during the year and felt sorry we could not give them more opportunities to support us in person, at events or through fund raising. This will be different in 2022

We would also like to thank our dedicated volunteers, Northstar IT and The Rainbow Fund for all their advice, support and openness to discuss new ideas and the way forward.

Our Financial Doners who we thank included the following

NorthStarIT	£1000	Our founding sponsor
Golf Fund raising Group	£ 2937	Strong support each year
Amazon Smile and Virgin Giving	£834	Strong support again from our supporters and a particular mention to Laura Martin and her friends and sponsors. Laura raised £567.50 running the marathon Thank you

To all our Grant Givers (see below) we would also like to share our thanks and commitment to continue to deliver to our mandate and the terms of their grants. Without them our growth would not have been possible.

Summary of New Grants

Organisation	Purpose	Amount
The Brighton Rainbow Foundation	Balance of grant from previous year	£1,710
Sussex Community Foundation Sussex Crises Fund	Mental Health First Aid and i-act Training	£5000
National Lottery Covid -19 response	Website development and hardware	£9948
Comic Relief Groundwork UK	Web site and trainings	£4000
Cooperative Community Account Fund	Social media development and training	£900
Local Connect Fund	'Am I talking to myself 'Project reaching out to communities	£2500
Brighton and Hove Council	Social Media development and Mental Health First Aid Training	£2000
Norwich Consolidated Charities	Subsidise Mental Health First Aid Training for communities in Norwich	£7000
Sussex Community Foundation	Project support part time	£10,000
Sussex Community Foundation Crises Fund	Project worker	£ 5000

Not all the grant monies have been spent in the financial year under review.

Structure and Governance

Along with developing our volunteers we also have continued to provide development for our Trustees and are continuing to broaden the skills base by seeking new Trustees.

During the Financial Year the Trustees were:

Name	Role	Date Appointed	Comments
Christian Fleming	Chair and Trustee	October 2018	
Peter Shields	Treasurer and Trustee	October 2018	
Keith Weinstein	Trustee	October 2020	
Scott Millar		January 2020	Resigned August 2020

Development

Our purpose is ***'Helping men to talk about their mental health for the benefit of everyone.'***

We have realised through the pandemic that it's not just about encouraging men to talk about their mental health but assisting in helping their communities, friends, family in being able to listen, encourage and where needed signpost. The Trustees are therefore focused on a strategy to link up with groups and individuals and through podcasting, training, and events to encourage a growing openness to enabling men to be able to talk about their mental health. For the next few years we will refocus our activities in the Brighton and East Sussex area forming partnerships with local groups such as The Rainbow Hub and linking in with the newly opened Ledward Centre. We have also received support and guidance from Brighton and Hove Council 3rd Sector team.

We have invested in improved social media presence, a new website and started a program 'Davey Talks' on Charity Radio which has been well received and is growing the awareness. Our strategy now is to engage the volunteers through new opportunities, additional training and granting them a voice in what the charity does. The training includes Mental Health First Aid training which we provide and a new training for volunteers, a short form introduction to safe interaction regarding Mental Health. We are also providing Safeguarding training through our links with Brighton and Hove Council.

With this in mind we are currently:

- recruiting 3-4 new Trustees within East Sussex area, giving more scope for trustees to focus on certain areas
- in process of setting up an Advisory Board where we hope to attract a broader background of individuals who may feel unwilling or unable to become a trustee at this stage but whose voices and communities should be heard and involved in our development
- Settling in Glenn Roberts who is contracted to as Development Manager with the aim to provide steering, and implementation of our plans.

The Covid – 19 Pandemic has affected us all. We used to time to build our capability and reach out online, however we are looking forward to getting out there in the area and interacting with communities and individuals on a more direct basis.

Signed on behalf of the Trustees



Christian Fleming
Chair



Peter Shields
Treasurer

25th January 2022



Receipts and payments accounts

For the period from	01-Aug-20	To	31-Jul-21
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	-	48,058	-	48,058	5,837
Fees	-	-	-	-	250
Donations	1,834	-	-	1,834	833
Golf Fund Raisers	2,937	-	-	2,937	790
Trainings	910	-	-	910	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,681	48,058	-	53,739	7,710
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,681	48,058	-	53,739	7,710
A3 Payments					
Podcasts	-	1,075	-	1,075	25
Brighton Pride	-	-	-	-	153
General Expenses	-	-	-	-	420
Training	-	8,428	-	8,428	5,293
Insurance	1,867	-	-	1,867	55
Website and advertising	-	6,999	-	6,999	328
Travel	-	-	-	-	978
Recording equipment	-	-	-	-	179
Administration	-	6,790	-	6,790	-
IT (Hardware, Software & Subscriptions)	328	3,424	-	3,751	-
Fundraising Costs	180	-	-	180	-
Social Media	-	800	-	800	-
Sub total	2,374	27,516	-	29,890	7,431
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,374	27,516	-	29,890	7,431
Net of receipts/(payments)	3,307	20,542	-	23,849	279
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,407	-	-	2,407	2,128
Cash funds this year end	5,714	20,542	-	26,256	2,407

Section B Statement of assets and liabilities at the end of the period



Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cooperative Bank	5,714	20,542	-
			-	-
		-	-	-
	Total cash funds	5,714	20,542	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	 	Peter Shields Christian Fleming	6/1/22 24/1/22

Independent Review of Accounts of MenTalkHealth for year ending 31st July 2021.

To The Trustees of MenTalkHealth

Charity Number: 1180407

I have independently reviewed, to the best of my abilities, the accounts, books, receipts, bank statements, grant allocations and the Annual Statement and Trustee Report of MenTalkHealth for the Financial Year ending 31st July 2021.

During my review I found that all items were properly recorded and where appropriate any cost correctly allocated to any Grants Received. The Charity had sufficient funds at all times to meet obligations and there was tight management of liquidity going forward.

It is recognised that the charity grew rapidly in size during a difficult time but using a new bookkeeping system ensured accurate accounting and timely reporting.

Stephen Rogers
56 The Street
Rockland St. Mary
Norwich
NR14 7AH



01.04.2022.

Dated 1st April 2022

MENTALKHEALTH

England & Wales - Charity number 1180407

Accounts

Trustee Annual Report for year ended 31st July 2020

Objectives and Activities

Our objective, as stated in our Governing Document, remains to break down the stigma around men talking about their mental health. This relates to the potential or perceived stigma within their communities and /or the self-stigma around talking about their mental health.

Our activities are focused on this theme addressing both the encouragement to talk and the training and support to listen. We are focused on three strands, podcasts and events where people share their stories, providing Mental Health first aid training to volunteers and small charities and community groups, collaborating with communities to create a better understanding of the need to safely provide a culture that encourages individuals to talk and have the information to signpost to areas of further help.

We are still a new charity, volunteer led and with no paid employees, and are still developing our outreach both as to communities and positive impact.

As a small charity with no endowment funds, we do not have a social investments policy, but we do work with communities and other charities and are developing strong links with local partners whose ethos and values match our aims.

Achievements and Performance

At the start of the financial year, we saw growing outreach to communities, a continuation of our podcasts and a change to the podcasts to broaden the group of speakers. At the same time, we had identified communities we wished to help with Mental Health First Aid Training and had trained some of our volunteers. An important step was to train our own trainers, in Mental Health First Aid and i-act training.

COVID-19 struck. Our plans for interaction, delivery and training were all significantly challenged. We needed to adapt to virtual outreach, training and interaction. This was a challenge for the whole sector, and indeed country. Some training was significantly delayed, events cancelled, with the incidence of deterioration in mental health growing.

Our funding was hit and due to travel restrictions, our live podcasts were halted. The remainder of the year was focused on obtaining the training, assessing with our partner communities how to support them and laying the plans for a stronger base of volunteers, support tools and recoding both virtual and content. We also reassessed our funding strategy.

The impacts of these actions has seen the charity grow stronger in late 2020 and into 2021.

Financial Review.

Having lost access to our main funding sources, events, personal charity fundraising and sponsorships, we had to tailor our spending.

At this time, we ensured through direct grant from The Rainbow Fund, we could continue our training and through the raising of funds from individuals and our ongoing Golf Social Group that we remained with a cash balance equating to at least 205 of our annual costs and sufficient to cover committed costs for 12 months.

This financial position was strongly strengthened by the support we received from our key sponsor, **Northstar IT**. who provided the charity with many operational and administration services for free.

Fund Raising

As already mentioned, many of our supporter and event fund raising opportunities were cancelled or indeed just not available during the year under review. We had support from fundraising in Brighton totalling £833, Funds from our Golf socials £790 and most importantly the grant from The Rainbow Fund of £ 5,948.

We would like to thank our dedicated volunteers, Northstar IT and The Rainbow Fund for all their support.

Structure and Governance

Along with developing our volunteers we also have continued to provide development for our Trustees and are continuing to broaden the skills base by seeking new Trustees.

During the Financial Year the Trustees were:

Name	Role	Date Appointed	Comments
Christian Fleming	Chair and Trustee	October 2018	
Peter Shields	Treasurer and Trustee	October 2018	
Daniel Jones	Trustee	January 2019	
Scott Millar	Trustee	January 2020	

In addition, we appointed a Company Secretary during the year, Elaine Shields. A further new Trustee, Keith Winestein was appointed shortly after the year end.

The Trustees are focused on a strategy to link up with groups and individuals and through podcasting, training and events to encourage a growing openness to enabling men to be able to talk about their mental health. We are now investing in improved social media presence, a new website and potential broadcasting.

We recognise we are a campaign and enabling group not a service provider, so all our Volunteers are given Mental Health First Aid Training which enables them to engage safely and gives them the tools to signpost to service providers.

We hold Quarterly Trustee meetings and monthly management meetings. At the later we focus on, financial position, risk management, and short term delivery topics

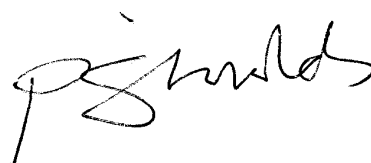
Signed on behalf of the Trustees



Christian Fleming

Chair

4th August 2021



Peter Shields

Treasurer



CHARITY COMMISSION
FOR ENGLAND AND WALES

MenTalkHealth

No (if any)

Receipts and payments accounts

For the period from	Period start date 1st August 2019	To	Period end date 31st July 2020
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Grants	5,837	-	-	5,837
Fees	250	-	-	250
Donations	833	-	-	833
Golf Fund Raiser	790	-	-	790
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	7,710	-	-	7,710
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	7,710	-	-	7,710
A3 Payments				
Podcasts	25	-	-	25
Brighton Pride	153	-	-	153
General Expenses	420	-	-	420
Start up costs	-	-	-	-
Training	5,293	-	-	5,293
Insurance	55	-	-	55
Website and advertising	328	-	-	328
Travel	978	-	-	978
Recording equipment	179	-	-	179
Sub total	7,431	-	-	7,431
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	7,431	-	-	7,431
Net of receipts/(payments)	279	-	-	279
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	2,128	-	-	2,128
Cash funds this year end	2,407	-	-	2,407

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	HSBC Bank	292	-
	Cooperative Bank	2,115	-
		-	-
	Total cash funds	2,407	-
	(agree balances with receipts and payments account(s))	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

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

Signature	Print Name
	Peter Shields
	Christian Fleming

CC16a



Last year

to the nearest £

1,710
350
5,948
-
-
-
-
-
8,008

-
-
-

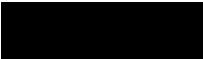
8,008

538
340
2,399
445
300
839
262
757
-
5,880

-
-
-

5,880

2,128
-
-
2,128



Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

8/3/2021

8/3/2021