

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.

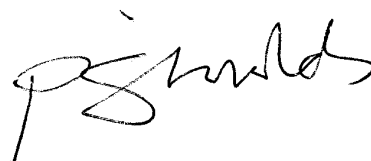
We hold Quarterly Trustee meetings and monthly management meetings. At the later we focus on, financial position, risk management, and short term delivery topics

Signed on behalf of the Trustees



Christian Fleming

Chair



Peter Shields

Treasurer

4th August 2021



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
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
			-
			-
			-
			-
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