

## **Trustee Annual Report for year ended 31<sup>st</sup> 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 contract 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<br>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<br>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 3<sup>rd</sup> 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



25<sup>th</sup> January 2022



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Men Talk Health

1180407

## Receipts and payments accounts

CC16a

For the period  
from

01-Aug-20

To

31-Jul-21

### Section A Receipts and payments

|   | Unrestricted<br>funds<br>to the nearest<br>£ | Restricted<br>funds<br>to the nearest £ | Endowment<br>funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
|---|--|---|--|---------------------------------|-------------------------------|
| <b>A1 Receipts</b>                                    |  |   |  |                                 |                               |
| 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                             | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
| <b>Sub total (Gross income for AR)</b>                | <b>5,681</b>                                 | <b>48,058</b>                           | <b>-</b>                               | <b>53,739</b>                   | <b>7,710</b>                  |
| <b>A2 Asset and investment sales, (see table).</b>    |  |   |  |                                 |                               |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                                     | <b>-</b>                                | <b>-</b>                               | <b>-</b>                        | <b>-</b>                      |
| <b>Total receipts</b>                                 | <b>5,681</b>                                 | <b>48,058</b>                           | <b>-</b>                               | <b>53,739</b>                   | <b>7,710</b>                  |
| <b>A3 Payments</b>                                    |  |   |  |                                 |                               |
| 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                             | -                             |
| <b>Sub total</b>                                      | <b>2,374</b>                                 | <b>27,516</b>                           | <b>-</b>                               | <b>29,890</b>                   | <b>7,431</b>                  |
| <b>A4 Asset and investment purchases, (see table)</b> |  |   |  |                                 |                               |
|   | -  | -                                       | -                                      | -                               | -                             |
|   | -  | -                                       | -                                      | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                                     | <b>-</b>                                | <b>-</b>                               | <b>-</b>                        | <b>-</b>                      |
| <b>Total payments</b>                                 | <b>2,374</b>                                 | <b>27,516</b>                           | <b>-</b>                               | <b>29,890</b>                   | <b>7,431</b>                  |
| <b>Net of receipts/(payments)</b>                     | <b>3,307</b>                                 | <b>20,542</b>                           | <b>-</b>                               | <b>23,849</b>                   | <b>279</b>                    |
| <b>A5 Transfers between funds</b>                     | <b>-</b>                                     | <b>-</b>                                | <b>-</b>                               | <b>-</b>                        | <b>-</b>                      |
| <b>A6 Cash funds last year end</b>                    | <b>2,407</b>                                 | <b>-</b>                                | <b>-</b>                               | <b>2,407</b>                    | <b>2,128</b>                  |
| <b>Cash funds this year end</b>                       | <b>5,714</b>                                 | <b>20,542</b>                           | <b>-</b>                               | <b>26,256</b>                   | <b>2,407</b>                  |

*PS*



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

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

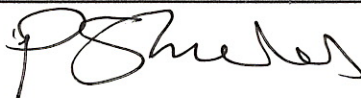

|                                 | Details | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|---------------------------------|---------|------------------------------------|----------------------------------|---------------------------------|
| <b>B2 Other monetary assets</b> |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |

|                             | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|-----------------------------|---------|-----------------------------|-----------------|--------------------------|
| <b>B3 Investment assets</b> |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |

|   | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|---|---------|-----------------------------|-----------------|--------------------------|
| <b>B4 Assets retained for the charity's own use</b> |         |                             | -               | -                        |
|   |         |                             | -               | -                        |
|   |         |                             | -               | -                        |
|   |         |                             | -               | -                        |
|   |         |                             | -               | -                        |

|                       | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|-----------------------|---------|---------------------------------|-----------------------|---------------------|
| <b>B5 Liabilities</b> |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |

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

| Signature   | Print Name        | Date of approval |
|---|-------------------|------------------|
|  | Peter Shields     | 6/1/22           |
|  | Christian Fleming | 24/1/22          |

Independent Review of Accounts of MenTalkHealth for year ending 31<sup>st</sup> 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 31<sup>st</sup> 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 1<sup>st</sup> April 2022