



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 where 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

Christian Fleming

Chair
Manager

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
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
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.....