

Association for Male Health and Wellbeing

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Lambert Chapman LLP
3 Warners Mill
Silks Way
Braintree
Essex
CM7 3GB

Association for Male Health and Wellbeing

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Association for Male Health and Wellbeing

Reference and Administrative Details

Trustees	Dr C Flurey A W Fogg Dr M M Idriss S A Shaljean M J Brooks
Charity Registration Number	1183014
Principal Office	c/o ManKind Initiative Flook House Belvedere Road Taunton Somerset TA1 1BT
Accountants	Lambert Chapman LLP Chartered Accountants 3 Warners Mill Silks Way Braintree Essex CM7 3GB

Association for Male Health and Wellbeing

Trustees' Report

The Trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2025.

Objectives and activities

Objects and aims

The objects of the Association for Male Health and Wellbeing (formerly Men and Boys Coalition CIO) are to promote equality and diversity, in particular equality between women and men, and to eliminate gender discrimination for the benefit of the public by:

- raising awareness of all aspects of discrimination in society by publications, lectures, use of the media, public advocacy and other means of communication;
- conducting or commissioning research on equality and publicising the results of the same to the public;
- advancing education in equality and diversity whether by teaching or producing materials;
- promoting attitudes, customs and practices in favour of equality by the use of publications, media and public advocacy

The **Vision** of the Association for Male Health and Wellbeing is 'a society that values the wellbeing of men and boys'.

Our **Mission** is to empower and support the UK men and boys'; health and wellbeing sector by:

- Enabling the UK men's health and wellbeing sector to work together;
- Taking action on issues that affect men and boys;
- Promoting a positive conversation about men, manhood and masculinity; and
- Putting the wellbeing of men and boys on the public agenda.

The main activities of the Association for Male Health and Wellbeing include:

- continuing to work with the Association membership which now stands at 120;
- organising a working party meeting in Birmingham in October 2024 to discuss with key members, the charity's aims and objectives, to ensure they remained relevant and were meeting members' need. This started the process of reviewing the charity's name and constitution;
- organising, managing and overseeing the hugely successful International Men's Day UK (19 November) platform. In 2024, an estimated 800 organisations took part (the most anywhere in the world), there were over 100,000 social media messages and a Parliamentary Debate. This activity is driven by the Association for Male Health and Wellbeing;
- attended government meetings regarding a new men's health strategy, continued to work with other charities such as the Men's Health Forum on men's health and published a paper from two its trustees on this subject;

Association for Male Health and Wellbeing

Trustees' Report (continued)

- connecting members with third parties, including business, public sector bodies and charities, seeing to work with men and boys. This includes the promotion of charities around International Men's Day where organisations (especially public sector and employers) are looking for speakers and the charity puts them in contact with each other;
- publishing regular newsletters to members including updates from members which help to build better connections across the men and boys' health and wellbeing sector;
- recognised as the 'go to' organisation by national public sector bodies and the media for views and support on men's health and wellbeing issues - including signposting to specialist charities and academics in this broad field;
- taking part in a range of consultations and other engagement activities on behalf of the members (and also encouraging them to take part too, which is a cornerstone of the charity's strategy). This included men's health, suicide prevention, sexual abuse/domestic abuse, online harms and online bullying;
- worked with the Independent Pornography Review Taskforce to ensure that harms caused to and by men were included;
- organised with comedian and broadcaster, Geoff Norcott, a men's health awareness and fundraising event which lead to eight organisations receiving small grants from the charity as well as the Association for Male Health and Wellbeing itself;
- working with the media to highlight a range of these issues either by directly appearing or again, signposting the media to the experts within our membership and the whole men and boys' health and wellbeing sector; and

Collectively all of the activities outlined work towards the two Mission goals stated above.

Public benefit

The Association provides public benefit in support of the Charity's stated aims include, but aren't limited to, the activities stated above.

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Association for Male Health and Wellbeing

Trustees' Report (continued)

Financial review

Policy on reserves

The Association for Male Health and Wellbeing is keen to secure its long-term viability and become financially sustainable so that it can benefit greater numbers of men and boys. In order to be able to provide reliable services over the longer term, remain innovative and absorb setbacks, maximise opportunities and effectively reserve against future uncertainties.

The Association for Male Health and Wellbeing will build up an appropriate level of funds as reserves for:

1. Unforeseen emergencies and the risk of this or other unexpected need for funds, e.g., replacement of IT or other equipment or an unexpected cost such as legal or professional costs;
2. Operational core costs - to pay the core for up to 3 months and for unforeseen day to-day operational costs;
3. Low income - funds might be needed to maintain working capital or to give the Board time to take action if income falls below expectations, e.g., if a grant is not being renewed or to repay any grant monies to a funder;
4. Budget deficits - the need to fund short-term deficits in a cash budget, e.g., money that may need to be spent before a major grant is received;
5. Closure of business costs incurred in the event that the charity is wound down including meeting redundancy costs, loans, hire agreements and associated legal and accountancy expenses and to repay in full any monies owing to other parties.

At the balance sheet date, the Charity has an available reserve balance of £7,863.

The Charity aims to hold free reserves to adequately cover at least 12 months operating costs taking into account:

1. risks associated with each stream of income and expenditure being different from that budgeted;
2. planned activity level; and
3. commitments of the organisation.

The Charity's expenditure for the year totals £14,132 which includes £6,655 of grants paid to organisations. The Trustees feel that the level of reserves held is satisfactory as grants would only be paid out should the Charity have sufficient reserves in place to meet its operating costs.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	Dr C Flurey
	A W Fogg
	Dr M M Idriss
	S A Shaljean
	M J Brooks
	L L Curtis (resigned 16 April 2024)

Association for Male Health and Wellbeing

Trustees' Report (continued)

Structure, governance and management

Nature of governing document

The Charity constitutes a Charitable Incorporated Organisation and is controlled by its governing document which is a Foundation model constitution.

Organisational structure

The charity is run by the Board of Trustees of which there are currently five in office. The Trustees regularly discuss the charity's activities to oversee and agree areas of governance and strategy. The Board of Trustees have been selected due to their expertise and experience in the different fields and activities that are aligned to the objects and principal activities of the charity.

Major risks and management of those risks

Risk policy

The Trustees regularly discuss the risks faced by the charity and ensure that action is taken, where possible, to mitigate those risks. A key risk faced by the charity is to ensure that there are sufficient reserves in place to allow it continue to meet its objects.

The Trustees are aiming to increase levels of funding in future periods, including unrestricted funds, to ensure that the charity can continue to operate effectively.

The annual report was approved by the trustees of the charity on 2 October 2025 and signed on its behalf by:

.....
A W Fogg
Trustee

.....
M J Brooks
Trustee

Association for Male Health and Wellbeing

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities 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 judgements and 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the organisational and financial information included on the charity's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on 2 October 2025 and signed on its behalf by:

.....
A W Fogg
Trustee

.....
M J Brooks
Trustee

**Chartered Accountants' Report to the Trustees on the Preparation of the Unaudited Statutory
Accounts of
Association for Male Health and Wellbeing
for the Year Ended 31 March 2025**

In order to assist you to fulfil your duties under the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice (FRS 102), we have prepared for your approval the accounts of Association for Male Health and Wellbeing for the year ended 31 March 2025 as set out on pages 8 to 15 from the charity's accounting records and from information and explanations you have given us.

In accordance with instructions given to us, under our letter of engagement, we have prepared, without audit, the financial statements of Association for Male Health and Wellbeing for the year ended 31 March 2025 as set out on pages 8 to 15. The financial statements of the charity comprise the Statement of Financial Activities, the Balance Sheet, and the related notes to the financial statements.

The financial statements have been prepared from the charity's accounting records and from information and explanations presented to us. The financial reporting framework which has been applied in their preparation is described in the accounting policies note.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW) we are subject to its ethical and other professional requirements which are detailed at:

<http://www.icaew.com/en/members/regulations-standards-and-guidance/> .

This report is made solely to the board of trustees of Association for Male Health and Wellbeing, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the financial statements of Association for Male Health and Wellbeing and state those matters that we have agreed to state to the board of directors of Association for Male Health and Wellbeing, as a body, in this report, in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Association for Male Health and Wellbeing and its board of trustees as a body for our work or for this report.

It is your duty to ensure that Association for Male Health and Wellbeing has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and of Association for Male Health and Wellbeing. You consider that Association for Male Health and Wellbeing is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Association for Male Health and Wellbeing. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

.....
Lambert Chapman LLP
Chartered Accountants
3 Warners Mill
Silks Way
Braintree
Essex
CM7 3GB

11 November 2025

Association for Male Health and Wellbeing

Statement of Financial Activities for the Year Ended 31 March 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Income and Endowments from:					
Donations and legacies	2	6,373	-	6,373	2,481
Charitable activities	3	600	-	600	9,402
Other trading activities	4	8,272	-	8,272	-
Total income		<u>15,245</u>	<u>-</u>	<u>15,245</u>	<u>11,883</u>
Expenditure on:					
Raising funds	5	(2,869)	-	(2,869)	-
Charitable activities	6	(11,263)	-	(11,263)	(14,520)
Total expenditure		<u>(14,132)</u>	<u>-</u>	<u>(14,132)</u>	<u>(14,520)</u>
Net income/(expenditure)		<u>1,113</u>	<u>-</u>	<u>1,113</u>	<u>(2,637)</u>
Net movement in funds		1,113	-	1,113	(2,637)
Reconciliation of funds					
Total funds brought forward		<u>6,750</u>	<u>245</u>	<u>6,995</u>	<u>9,632</u>
Total funds carried forward	12	<u><u>7,863</u></u>	<u><u>245</u></u>	<u><u>8,108</u></u>	<u><u>6,995</u></u>

All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2024 is shown in note 12.

The notes on pages 10 to 15 form an integral part of these financial statements.

Association for Male Health and Wellbeing

(Registration number: 1183014)
Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
Current assets			
Cash at bank and in hand	10	8,780	8,441
Creditors: Amounts falling due within one year	11	<u>(672)</u>	<u>(1,446)</u>
Net assets		<u>8,108</u>	<u>6,995</u>
Funds of the charity:			
Restricted income funds			
Restricted funds	12	245	245
Unrestricted income funds			
Unrestricted funds		<u>7,863</u>	<u>6,750</u>
Total funds	12	<u>8,108</u>	<u>6,995</u>

The financial statements on pages 8 to 15 were approved by the trustees, and authorised for issue on
2 October 2025 and signed on their behalf by:

.....
A W Fogg
Trustee

.....
M J Brooks
Trustee

The notes on pages 10 to 15 form an integral part of these financial statements.

Association for Male Health and Wellbeing

Notes to the Financial Statements for the Year Ended 31 March 2025

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Association for Male Health and Wellbeing meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) 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.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Costs relating to the CEO, the charity's largest outlay, ceased within this period and the Trustees are seeking further grant funding in addition to increasing their unrestricted fund balances in future periods.

Judgements

Apart from those judgements involving estimations, no judgements have been made in the process of applying the entity's accounting policies that have a significant effect on the amounts recognised in the accounts.

Key sources of estimation uncertainty

There are no key assumptions concerning the future or other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when the charity has entitlement, receipt is probable and the amount can be reliably measured.

Charitable activities

Income from charitable activities includes funds received relating to the conference and awards evening organised and hosted by The Association for Male Health and Wellbeing. The income is recognised when entitlement, measurability and probability criteria are met.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources.

Association for Male Health and Wellbeing

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements including the cost of the preparation of the financial statements.

Taxation

The charity is potentially exempt from taxation to the extent that such income or gains are applied exclusively to charitable purposes.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Donations and legacies;				
Donations from individuals	6,373	-	6,373	2,481
	<u>6,373</u>	<u>-</u>	<u>6,373</u>	<u>2,481</u>

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Conference and Awards Evening sponsorship	600	-	600	8,000
Conference income	-	-	-	1,402
	<u>600</u>	<u>-</u>	<u>600</u>	<u>9,402</u>

Association for Male Health and Wellbeing

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

4 Income from other trading activities

	Unrestricted funds General £	Restricted funds £	Total funds £	Total 2024 £
Events income;				
Comedy Club Night income	8,272	-	8,272	-
	<u>8,272</u>	<u>-</u>	<u>8,272</u>	<u>-</u>

5 Expenditure on raising funds

a) Costs of trading activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Comedy Club Night costs	2,869	-	2,869	-
	<u>2,869</u>	<u>-</u>	<u>2,869</u>	<u>-</u>

6 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Note				
CEO Costs	-	-	-	5,550
Computer software	599	-	599	524
Conference and strategy meeting costs	3,026	-	3,026	7,597
Bank Charges	102	-	102	105
Grants payable	6,655	-	6,655	-
Trustees insurance	95	-	95	-
Governance costs	786	-	786	744
	<u>11,263</u>	<u>-</u>	<u>11,263</u>	<u>14,520</u>

Association for Male Health and Wellbeing

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

7 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Restricted funds £	Total 2025 £	Total 2024 £
Accountancy fees	786	-	786	744
	<u>786</u>	<u>-</u>	<u>786</u>	<u>744</u>

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.
No trustees have received any other benefits from the charity during the year.

9 Taxation

The charity is a registered charity and is therefore potentially exempt from taxation.

10 Cash and cash equivalents

	2025 £	2024 £
Cash at bank	<u>8,780</u>	<u>8,441</u>

11 Creditors: amounts falling due within one year

	2025 £	2024 £
Other creditors and accruals	<u>672</u>	<u>1,446</u>

Association for Male Health and Wellbeing

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

12 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2025 £
Unrestricted funds					
<i>General</i>					
Unrestricted	6,750	15,245	(14,132)	-	7,863
Restricted funds					
Tudor Trust - Wellbeing Grant	245	-	-	-	245
Total funds	<u>6,995</u>	<u>15,245</u>	<u>(14,132)</u>	<u>-</u>	<u>8,108</u>
	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Unrestricted funds					
<i>General</i>					
Unrestricted	3,837	5,883	(1,540)	(1,430)	6,750
Restricted					
Tudor Trust - Staff/Core Costs	5,550	-	(5,550)	-	-
Tudor Trust - Wellbeing Grant	245	-	-	-	245
Besins Healthcare	-	6,000	(7,430)	1,430	-
Total restricted funds	<u>5,795</u>	<u>6,000</u>	<u>(12,980)</u>	<u>1,430</u>	<u>245</u>
Total funds	<u>9,632</u>	<u>11,883</u>	<u>(14,520)</u>	<u>-</u>	<u>6,995</u>

Association for Male Health and Wellbeing

Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

The specific purposes for which the funds are to be applied are as follows:

Restricted Funds

The charity has received three grants from Tudor Trust since it was set up:

- £35,000 was awarded to the charity to contribute towards salaries and other core costs over a 12 month period. This was originally drawn down in February 2022 but the charity has corresponded with the grantor to extend the grant period to June 2023. The funds have been used to cover the CEO position and other supporting costs. At the 2023 year end, £5,550 remained which had been spent as at March 2024.

- £2,000 was received in response to the Covid pandemic to be spent on the wellbeing of staff, trustees and volunteers. £245 was brought forward into the 2025 year - with no expenditure meeting the purpose of this fund in the current year this balance is to be spent in the following year.

- The charity also received £6,000 of sponsorship income in the 2024 year from Besins Healthcare to cover costs relating to the annual conference. As expenditure incurred on the event was £7,430 a transfer of the balance - £1,430 - was made from unrestricted funds.

13 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2025 £
Current assets	8,535	245	8,780
Current liabilities	(672)	-	(672)
Total net assets	7,863	245	8,108
	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2024 £
Current assets	8,196	245	8,441
Current liabilities	(1,446)	-	(1,446)
Total net assets	6,750	245	6,995

14 Related party transactions

During the year the charity made the following related party transactions:

M Brooks

(Trustee)

M Brooks paid accountancy fees for the Charity personally and this amount was reimbursed after the year end in full. At the balance sheet date the amount due to/from M Brooks was £Nil (2024 - £816).

Four trustees had out of pocket expenses reimbursed to them in the financial year. These expenses related to costs incurred when travelling to the events and amounted to £2,854.