

MENTELL

England & Wales · Charity number 1187547

Details

Status Registered

Legal form CIO

Registered 2020-01-23

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

Contact

Address Mentell
Broadstone Mill
Broadstone Road
Stockport
Cheshire
SK5 7DL

Phone 07397813069

Email Admin@mentell.org.uk

Website www.mentell.org.uk

Activities

Objects: TO IMPROVE THE MENTAL HEALTH OF MALES (18+) BY PROMOTING SELF HELP CHOICES WITHIN THE CONTEXT OF MUTUAL SUPPORT

Activities: Mentell provides safe and confidential spaces for men to talk, free from advice and judgment. The free to access service runs both online and in face to face settings across the country.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£343,914	£431,426	-	-
2023-12-31	£391,106	£292,375	-	-
2022-12-31	£219,071	£131,580	-	-
2021-12-31	£97,409	£88,100	-	-
2020-12-31	£42,845	£46,424	-	-

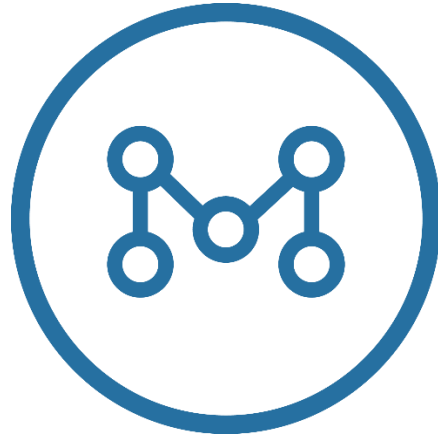
Trustees

Name	Role	Appointed
Angela Pownall	Chair	2020-09-30
Daniel Craig		2025-02-20
Derick Barrett		2025-02-20
Dr Hannah Bradley		2023-07-04
Peter Longbottom		2019-09-01
William Edge		2019-09-01

MENTELL

England & Wales - Charity number 1187547

Accounts



Mentell

A Charitable Incorporate Organisation (CIO)

Trustees Annual Report and Financial Statements for the Year Ended 31 December 2024

Charity Registration Number: 1187547

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Members of the Board & Professional Advisors

Registered Charity name	Mentell CIO
Charity Number	1187547
Registered Office	Broadstone Mill Broadstone Road Reddish Stockport SK5 7DL
Trustees	Alanna Gabrielle Atkinson William Edge Peter Longbottom Angela Pownall (Chair) Dr. Hannah Bradley (nee Taylor) Daniel Craig (Appointed 20 th February 2025) Derick Barrett (Appointed 20 th February 2025) Karen Moss (Resigned 23 rd September 2024)
Accountants	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham OL1 2RA
Bankers	HSBC 42 Woodford Road Bramhall Stockport SK7 1PA

Charity Structure and Governance

Mentell is constituted as a Charitable Incorporated Organisation (CIO), operating under the Charity Commission's Foundation Model governing document. This legal structure provides the organisation with both charitable status and a clear framework for governance, accountability, and decision-making. The Board of Trustees holds overall responsibility for the management and strategic direction of the charity, ensuring compliance with its governing document and the effective delivery of its charitable objectives for public benefit.

Trustees are selected based on their lived experience of men's mental health issues, including suicide, or their professional expertise and skills relevant to Mentell's mission. This approach ensures that governance decisions are informed by both personal insight and professional competence.

Objectives & Activities

Summary of the purposes of the charity

To improve mental health of males (18+) by promoting self-help choices within the context of mutual support.

Summary of the main activities

Free to access (weekly) peer to peer support groups for men 18+ to talk in a safe and confidential environment, free from advice and judgement. The service had 100% uptime throughout 2024, supporting 1,432 men across the UK with zero waiting time and operated both face to face and online offerings.

The charity also deploys a nationwide campaign called TYBB (Turn Your Borough Blue) that aims to raise awareness for men's mental health and male suicide in places where men have meaningful conversations. This includes Pubs/Bars, Barbers, Coffee Shops and Local businesses. The initiative has recently expanded to cover Bookies, Gyms and Builders/Builders merchants.



Achievements and Performance

Introduction

Mentell is committed to advancing men's mental health across the UK by scaling access to high-quality peer-to-peer support. Our strategic priorities for 2024 were focused on expanding our service provision and deepening the conversation around men's mental health through our award-winning Turn Your Borough Blue (TYBB) community work. Ultimately concentrating our efforts to achieve our collective vision - a world where every man regardless of race, region or wealth can talk about their issues, big or small, in safe, non-judgmental spaces.

State of the nation

In 2024, UK suicide still accounted for the most significant risk to a man's life (under 50 years old) and impacted more men (74.5%) than women (25.5%). 2024 Gov figures estimated 14 men per 100,000 died by suicide in the calendar year. What the statistics fail to convey is the full extent of the suffering felt by the partner, children, family and friends impacted by each death. The ripples of a loss of life continue daily for those who keep their loved ones in their hearts; suicide magnifies that loss, which is why our mission doesn't just touch the men who benefit from our service, but every relationship they hold. Our core mission goes beyond preventing death, it's about helping men reconnect with life. While it is difficult to measure, we know from countless stories that our service extends far beyond the individual in the circle.

1432 Reasons to keep going

In 2024, Mentell received 1,432 new member signups, providing those men with access to weekly, free, and confidential spaces to talk. Of the 1,432 self-referred signups, 430 became regular service users attending online and in-person peer-to-peer support groups across the UK. Most men found our service either through their local health care professional (27%) or the TYBB community work (27%). The vast majority (67%) of our new members were male, aged between 30 and 60 years old, an age demographic which sits within the highest suicide rates in the UK. Compared to previous years, we also started to see a growing trend of younger men (18-29 years old) accessing our support, now accounting for 18% of the 2024 membership base.

Community Matters

In 2024, the community team signed up 224 pubs, bars, and businesses to Mentell's TYBB campaign. That's 224 more venues in the UK actively promoting men's mental health in their premises and to their customers. To this day, the greatest source of new Mentell signups remains a simple beer mat. Everyone connected with the charity would like to thank our community stakeholders for switching their Mentell beers mat over every month, hosting charity pub quizzes, and continuing to fly the Mentell flag high and proud.

To the men who make it happen

At the heart of Mentell is a group of highly committed, well-trained volunteer facilitators who, despite their lived experience, have dedicated their time and energy to learning how to hold space. It costs Mentell over 100 mentorship hours and up to £2000 of associated training fees to train one lead facilitator. In 2024, Mentell's service users received 8,270 volunteer hours from a pool of 50 facilitators, each ensuring our service is delivered to the highest standards of safeguarding and supervision.

Changing lives one man at a time

In 2024, just under 4000 bums on seats were registered at our Mentell circles by a pool of men needing safe spaces to talk. Some men came for a reason, some for a season, and others remain lifelong users of the service. Our core service (Mentell circles) maintained a 92% satisfaction score from the men who benefited

from it. Hundreds of men went on record to share their life-changing experiences, including Jacob Lowe, who became an ambassador for Mentell, launching our one-step campaign and raising thousands of pounds for our mission in the process.

Lifting spirits along the way

In 2024 our research shows that regular participation (6+ sessions) in Mentell's groups significantly enhances men's well-being by 45% compared to pre-intervention scores, as nationally recognised evaluation tools (The Warwick-Edinburgh Mental Wellbeing Scales) show. Surveys also indicate reduced reliance on NHS mental health services by 49% pre v post-intervention.

Broadening our reach

In 2024, the charity invited several veteran service users to form a steering panel to help Mentell better understand how to work with and engage with Veterans. That same focus group highlighted that feelings of being a victim or a burden prevent many veterans from seeking support. However, when given the chance to help others, these same veterans are often the first to step forward. This feedback led to the creation of the "We Still Need You" campaign, encouraging veterans to give back by becoming a Mentell facilitator instead of joining as a member. As a result, Mentell has committed resources to scale this veteran pathway, including working with Cheshire East Council on several partnership grants as we move into 2025.

Building from within

2024 was also a year of developing our charity infrastructure and recruiting key personnel to drive it forward. Mentell was born from Andy's (co-founder) vision and then, through the goodwill of many, found a way to thrive despite spinning many plates without professional expertise for years and years. Andy has held that vision since 2017 and driven the charity through unprecedented years of growth to the point where we are dealing with NHS-commissioned projects every month. As a board of trustees, our priority has been to ensure that service growth matches our infrastructure to support Mentell, not just in the present, but for many years to come. At the start of the year, the trustees allocated a budget for the first time since Mentell's inception to modernise and overhaul the charity's governance and operational capacity. The spending was significant and needed; external consultants helped the charity replace outdated systems and policies that derisked key areas of operation and have now placed Mentell on a firm footing for future growth. The board would like to thank our former chair, Alanna Atkinson, who stepped down into a temporary executive role to project manage our consultants during the 2024 transformation period.

Annual Facilitator Retreat

Each year, Mentell brings our community of facilitators together for a weekend retreat in the beautiful Peak District, a nature-based space to pause, reflect, and reconnect with one another. It's a rare opportunity for the men who give so much of themselves week after week to rest, recharge, and share new ideas. This year, 35 facilitators joined us, including several new faces who each received a hand-carved wooden ring, engraved to symbolise their journey with Mentell and their growth into lead facilitators. The moment of presenting these rings was deeply moving, a reminder of the trust, care, and shared purpose that lies at the heart of our work. The retreat remains one of Mentell's most meaningful investments each year, reflecting our belief that by caring for those who hold space for others, we strengthen the entire circle.



Financial Review

Review of the charities' financial position at the end of the period

Total income during the year was £343,914, a decrease of 12.1% on the prior year's figure of £391,106.

Even though there was a decrease in income, the charity's activities were still able to expand. Total 2024 expenditure was £431,426 (2023: £292,375) resulting in a net decrease in funds of £87,512 (2023: £98,731) and total funds at the year-end of £120,646 (2023: £208,158).

This meant that Mentell still started 2024 in a financially stable situation, with funds available to continue to expand its work, serving more men and bringing greater awareness of men's mental health issues.

Financial Footing

Due to several restricted projects rolling over from 2023 and planned spending on infrastructure, the board were always aware that the expenditure would outweigh income for 2024. During this period, the charity has consistently maintained three months of reserves. As we look ahead to 2025, there is a full pipeline of commissioned activity that will help rebalance the deficit.

Reserves Statement

The charity's policy is to maintain a reserves position to cover between 3 and 6 months of operational costs. Our recurring costs average around £25,000 per month therefore we started 2024 with over 4 months fuel in the tank.

The trustees expected the level of reserve cover to reduce during 2024 as activities expand and as some funds were utilised to strengthen the charity's infrastructure to ensure that its continued growth is built on firm foundations, supported by robust systems and organisational resilience.

Amount of reserves held

At the end of 2024 the charity held reserves of £120,646, of this £120,646 were unrestricted (free reserves).

Our 2024 Impact

Preferred circles 2024:



New bums on seats:

430

2024 signups:

1432

Hours of support:

8270

TYBB in Numbers:

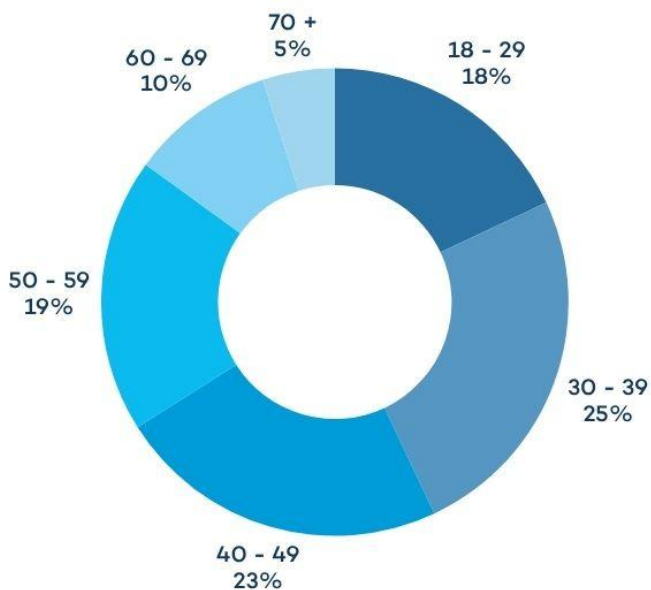


224
New
Bars

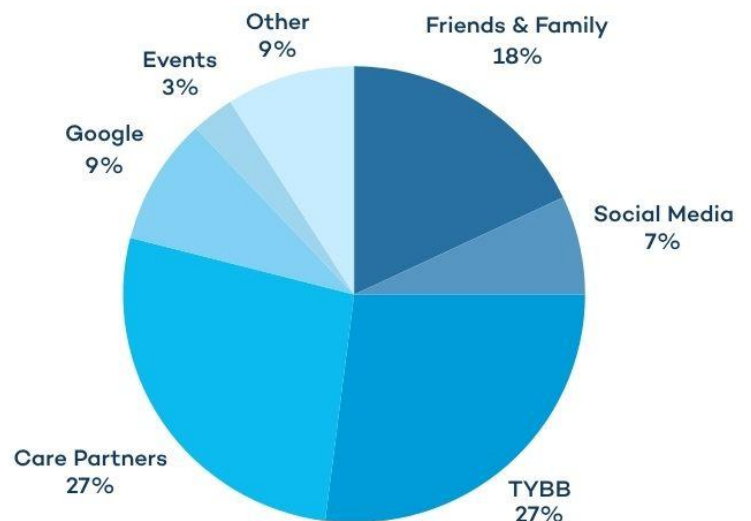


509
New
Care
Partners

Member Age:



Member Source:



MENTELL

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF MENTELL

FOR THE YEAR ENDED 31 DECEMBER 2024

I report on the accounts for the year ended 31 December 2024 as set out on pages 4 to 11.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider an audit is not required for this year under section 144 of the 2011 Act, and that an independent examination is needed.

It is my responsibility as independent examiner to:

- ~ examine the accounts under section 145 of the 2011 Act
- ~ follow the applicable Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and;
- ~ to state whether particular matters have come to my attention

Basis of Independent Examiners Report

My examination was carried out in accordance with the Directions given by the Charity commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from the 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 accounts.

Independent Examiners Statement

I have completed my examination for the year ended 31 December 2024.

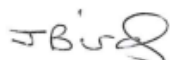
I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ accounting records were not kept in accordance with section 130 of the 2011 Act or
- ~ the accounts do not accord with the accounting records to comply with the accounting requirements of the 2011 Act
- ~ the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Independent Examiners Qualification

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination, being a Fellow Member of the Association of Accounting Technicians, which is one of the listed bodies.



21st October 2025

Miss Jacqueline Bird F.M.A.A.T.

Practicing Licence Number: 1003659

Community Accounting Lancashire C.I.C.

Foxfields, 9 Norley Close, Chadderton, Oldham, OL1 2RA

MENTELL

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)**

FOR THE YEAR ENDED 31 DECEMBER 2024

	<i>Notes</i>	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Income from:					
Grants and donations	2	133,290	142,008	275,298	330,495
Charitable activities	3	48,441	-	48,441	58,236
Other income	4	<u>20,175</u>	<u>-</u>	<u>20,175</u>	<u>2,375</u>
Total		<u>201,906</u>	<u>142,008</u>	<u>343,914</u>	<u>391,106</u>
Expenditure on:					
Raising funds	5	1,980	-	1,980	11,708
Charitable activities	6	285,439	144,007	429,446	280,667
Other expenditure		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total		<u>287,419</u>	<u>144,007</u>	<u>431,426</u>	<u>292,375</u>
Net income/(expenditure)		<u>(85,513)</u>	<u>(1,999)</u>	<u>(87,512)</u>	<u>98,731</u>
Transfers between funds		-	-	-	-
Net movement in funds		<u>(85,513)</u>	<u>(1,999)</u>	<u>(87,512)</u>	<u>98,731</u>
Reconciliation of funds:					
Total funds brought forward		<u>206,159</u>	<u>1,999</u>	<u>208,158</u>	<u>109,427</u>
Total funds carried forward	14	<u>120,646</u>	<u>-</u>	<u>120,646</u>	<u>208,158</u>

The notes on pages 11 to 16 form part of these financial statements.

Note 15 to the accounts shows a comparative Statement of Financial Activities for the year ended 31 December 2023.

MENTELL

BALANCE SHEET

AS AT 31 DECEMBER 2024

	<i>Notes</i>	2024	£	2023	£
FIXED ASSETS					
Tangible Fixed Assets	<i>8</i>		722		1,443
CURRENT ASSETS					
Cash at Bank and in Hand			130,704		250,891
Debtors & Prepayments	<i>9</i>		13,428		13,939
Other Current Assets	<i>10</i>		<u>1,512</u>		<u>-</u>
			145,644		264,830
CREDITORS: Amounts falling due within one year	<i>11</i>		25,720		58,115
NET CURRENT ASSETS			119,924		206,715
CREDITORS: Amounts falling due after one year			<u>-</u>		<u>-</u>
NET ASSETS			<u>120,646</u>		<u>208,158</u>
FUNDS OF THE CHARITY					
Unrestricted Funds			120,646		206,159
Restricted Funds			<u>-</u>		<u>1,999</u>
TOTAL FUNDS	<i>14</i>		<u>120,646</u>		<u>208,158</u>

The financial statements were approved by the Board of Trustees on the 21st of October 2025 and signed on their behalf:



Angela Pownall
Chair

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES

Basis of accounting

Historically the charity has prepared their accounts on a 'Receipts and Payments' basis.

As the income of the charity now exceeds £250,000 in this financial year, the financial statements of the charity, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) [effective January 2022].

Going Concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All income, including grants and donations, is recognised once the charity has entitlement to the income, that it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are for grants, donations and other incoming resources received or generated for charitable purposes.

Resources expended

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to applicable expenditure headings.

Charitable expenditure shall include all expenditure directly related to the objects of the charity, including the cost of goods and services, that have been incurred in charitable activities.

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount for the obligation can be measured reliably.

Governance costs

Governance costs shall include all expenditure directly related to the administration of the charity including expenditure incurred in the management of the charity's assets, organisational administration and compliance with charitable and statutory requirements.

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

2. INCOME FROM GRANTS & DONATIONS

	Unrestricted Funds	Restricted Funds	2024 Total Funds	2023 Total Funds
	£	£	£	£
Grants				
Ashton Probation Grant	-	2,000	2,000	-
Cheshire West (Northwich)	-	2,000	2,000	-
Cheshire West NHS	-	13,333	13,333	53,218
Cheshire West (Chester) Suicide Prevention	-	-	-	7,700
Cheshire West & Chester Council	-	-	-	1,000
Cheshire & Wirral - Chester Campaign	-	-	-	10,000
Derbyshire County Council	30,000	-	30,000	32,500
Glossop High Peak Borough Council	-	175	175	-
Hertfordshire County Council	-	3,667	3,667	16,333
NHS England (Peer Support)	39,105	-	39,105	66,215
Stockport Locala Community Fund	-	1,500	1,500	-
Surrey County Council	-	46,666	46,666	48,333
Surrey County Council (Carers Grants)	-	9,167	9,167	834
The National Lottery Fund	-	63,500	63,500	35,000
Small Unrestricted Grants	30,250	-	30,250	-
Donations				
Crewe & Nantwich Open Minds	-	-	-	3,350
Facilitator Support	-	-	-	20,000
General Donations	<u>33,935</u>	-	<u>33,935</u>	<u>36,012</u>
	<u>133,290</u>	<u>142,008</u>	<u>275,298</u>	<u>330,495</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	2024 Total Funds	2023 Total Funds
	£	£	£	£
Mentell Awareness & Training	7,250	-	7,250	7,180
Fundraising	39,544	-	39,544	51,056
Gift Aid	<u>1,647</u>	-	<u>1,647</u>	-
	<u>48,441</u>	<u>-</u>	<u>48,441</u>	<u>58,236</u>

4. OTHER INCOME

	Unrestricted Funds	Restricted Funds	2024 Total Funds	2023 Total Funds
	£	£	£	£
Philanthropy	20,000	-	20,000	-
TYBB Campaign	-	-	-	45
CAF RAIL	-	-	-	1,499
Miscellaneous Income	<u>175</u>	-	<u>175</u>	<u>831</u>
	<u>20,175</u>	<u>-</u>	<u>20,175</u>	<u>2,375</u>

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

5. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds	Restricted Funds	2024 Total Funds	2023 Total Funds
	£	£	£	£
Fundraising Events	712	-	712	10,563
Fundraising Costs (Just Giving)	<u>1,268</u>	<u>-</u>	<u>1,268</u>	<u>1,145</u>
	<u>1,980</u>	<u>-</u>	<u>1,980</u>	<u>11,708</u>

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Direct Costs	Restricted Direct Costs	Unrestricted Support & Governance	2024 Total Funds	2023 Total Funds
	£	£	£	£	£
Salaries Costs	71,324	44,009	-	115,333	91,331
Core Delivery Services	32,654	43,627	-	76,281	-
Marketing:					
Social Marketing	3,283	-	-	3,283	8,411
TYBB Marketing	-	-	-	-	120
General Marketing	32,707	7,937	-	40,644	22,633
Online Circle Operations	2,320	-	-	2,320	17,445
In Person Circle & Affiliate Circle	5,184	1,704	-	6,888	20,796
Facilitator Retreat	9,032	5,000	-	14,032	9,376
IT Software & Consumables	19,978	4,893	-	24,871	2,276
Computer & IT Equipment	2,084	-	-	2,084	1,316
IT Support Service	300	-	-	300	-
Office Furniture & Equipment	2,763	-	-	2,763	-
Events Equipment	-	-	-	-	371
Rent & Room Hire	11,962	-	-	11,962	229
Telephones	2,119	833	-	2,952	2,097
Printing & Stationery	1,106	-	-	1,106	507
Postage & Carriage	940	-	-	940	1,427
Refreshments	669	502	-	1,171	964
Volunteer Expenses	323	-	-	323	61
Travel & Accommodation Costs	5,880	1,979	-	7,859	11,892
Training & Courses	1,642	-	-	1,642	22,842
Insurance	798	-	-	798	627
Subscriptions & Licences	35	-	-	35	90
Consultancy & Professional Fees	57,297	23,504	-	80,801	40,540
Community Champion Fees	2,955	10,000	-	12,955	17,145
Compliance & Legal Fees	5,427	-	-	5,427	168
Payroll & Bookkeeping Fees	-	-	8,158	8,158	3,355
Accountancy Costs	-	-	2,880	2,880	3,570
Bank & Paypal Charges	-	-	416	416	218
Depreciation	721	-	-	721	721
Sundries	482	19	-	501	139
	<u>273,985</u>	<u>144,007</u>	<u>11,454</u>	<u>429,446</u>	<u>280,667</u>

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

Total resources expended are stated after charging:	2024	2023
	£	£
Independent examination fees	2,040	2,040
Additional accountancy costs	<u>1,340</u>	<u>480</u>
	<u>3,380</u>	<u>2,520</u>
Donation made by Community Accounting Lancashire C.I.C.	<u>(500)</u>	<u>-</u>
Net Accountancy Fees	<u>2,880</u>	<u>2,520</u>

7. STAFF COSTS

The movement in the year is after charging:	2024	2023
	£	£
Wages & Salaries	<u>115,333</u>	<u>91,331</u>
No employee received emoluments of £60,000 or above (2023: none).		
Average number of full-time equivalent employees in the year:	2024	2023
Charitable Activities & Administration	<u>4.5</u>	<u>3.5</u>

8. TANGIBLE FIXED ASSETS

	Events Equipment	Office Furniture	Computer Equipment	Total
Cost or Valuation	£	£	£	£
Cost at 01/01/2024	-	-	-	-
Additions	2,164	-	-	2,164
Revaluations	-	-	-	-
Disposals	-	-	-	-
Cost at 31/12/2024	2,164	-	-	2,164
Accumulated Depreciation				
Accumulated Depreciation at 01/01/2024	721	-	-	721
Depreciation charge for the year	721	-	-	721
Revaluations	-	-	-	-
Disposals	-	-	-	-
Accumulated Depreciation at 31/12/2024	1,442	-	-	1,442
Net Book Value				
Net Book Value at 31/12/2023	<u>1,443</u>	<u>-</u>	<u>-</u>	<u>1,443</u>
Net Book Value at 31/12/2024	<u>722</u>	<u>-</u>	<u>-</u>	<u>722</u>

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

9. DEBTORS: Amounts falling due within one year

	2024	2023
	£	£
Debtors (Accounts Receivable)	5,000	12,670
Prepayments	6,782	1,269
Accrued Income	1,646	-
	<u>13,428</u>	<u>13,939</u>

10. OTHER CURRENT ASSETS

	2024	2023
	£	£
Rent Deposit	1,512	-
	<u>1,512</u>	<u>-</u>

11. CREDITORS: Amounts falling due within one year

	2024	2023
	£	£
Creditors (Accounts Payable)	20,341	1,282
Accruals	5,379	3,133
Deferred Income	-	53,700
	<u>25,720</u>	<u>58,115</u>

12. TRUSTEES

During the financial year management consultancy fees of £23,504 (2023: £2,080) were paid to a Trustee, Alanna Gabrielle Atkinson.

No other Trustee received any payment or remuneration during the year.

There were no Trustee's expenses paid during the year (2023: none).

13. RELATED PARTY DISCLOSURE

There were no related party transactions for the year ended 31st December 2024 (2023: none).

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

14. FUND ANALYSIS

Fund Name	Balance as at 31 st December 2023 £	Receipts £	Payments £	Balance as at 31 st December 2024 £
Unrestricted Funds	206,159	201,906	(287,419)	120,646
Restricted Funds:				
Ashton Probation Grant	-	2,000	(2,000)	-
Cheshire West (Northwich)	-	2,000	(2,000)	-
Cheshire West NHS	-	13,333	(13,333)	-
Crewe & Nantwich Open Minds	1,999	-	(1,999)	-
Glossop High Peak Borough Council	-	175	(175)	-
Hertfordshire County Council	-	3,667	(3,667)	-
Stockport Locala Community Fund	-	1,500	(1,500)	-
Surrey County Council	-	46,666	(46,666)	-
Surrey CC (Carers Grant)	-	9,167	(9,167)	-
The National Lottery Fund	-	63,500	(63,500)	-
	<u>1,999</u>	<u>142,008</u>	<u>(144,007)</u>	<u>-</u>
TOTAL FUNDS	<u>208,158</u>	<u>343,914</u>	<u>(431,426)</u>	<u>120,646</u>

15. COMPARATIVE INFORMATION

(Previous years)

	<i>Notes</i>	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Income from:				
Grants and donations	2	164,727	165,768	330,495
Charitable activities	3	58,236	-	58,236
Other income	4	<u>2,375</u>	<u>-</u>	<u>2,375</u>
Total		<u>225,338</u>	<u>165,768</u>	<u>391,106</u>
Expenditure on:				
Raising funds		11,448	260	11,708
Charitable activities	5	83,408	197,259	280,667
Other expenditure	6	<u>-</u>	<u>-</u>	<u>-</u>
Total		<u>94,856</u>	<u>197,519</u>	<u>292,375</u>
Net income/(expenditure) <i>[Net movement in funds]</i>		<u>130,482</u>	<u>(31,751)</u>	<u>98,731</u>
Total funds brought forward		<u>75,677</u>	<u>33,750</u>	<u>109,427</u>
Total funds carried forward	<i>14</i>	<u>206,159</u>	<u>1,999</u>	<u>208,158</u>

MENTELL

England & Wales - Charity number 1187547

Accounts

Charity Registration Number: 1187547



MENTELL

A Charitable Incorporated Organisation (CIO)

**TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS**

**For The Year Ended
31st December 2023**

MENTELL

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MENTELL

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

Registered Charity Name	Mentell CIO
Charity Number	1187547
Registered Office	Profolk Bank Chambers Stockport SK1 1AR
Trustees	Alanna Gabrielle Atkinson William Edge Peter Longbottom Angela Pownall Hannah Taylor (appointed 04/07/23) Karen Moss (appointed 25/07/23) Nick Pimlott (resigned 10/02/23) Chloe Davies (resigned (15/07/23) Sarah Cruikshank (resigned 23/03/23)
Accountants	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham OL1 2RA
Bankers	HSBC 42 Woodford Road Bramhall Stockport Cheshire SK7 1PA



Trustees' Annual Report for the period

From: 1st January 2023

To: 31st December 2023

Charity name: Mentell

Charity registration number: 1187547

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To improve mental health of males (18+) by promoting self-help choices within the context of mutual support.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts	Para 1.17 and 1.19	<p>1) Free to access (weekly) peer to peer support groups for men 18+ to talk in a safe and confidential environment, free from advice and judgement. The service had 100% uptime throughout 2023, supporting 1,612 men across the UK with zero waiting time and operated both face to face and online offerings.</p> <p>2) The charity also deployed a nationwide campaign called TYBB (Turn Your Borough Blue) that aims to raise awareness for men's mental health and male suicide in places where men have meaningful conversations. This includes Pubs/Bars, Barbers, Coffee Shops and Local businesses. The initiative has recently expanded to cover Bookies, Gyms and Builders/Builders merchants.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have regard to the guidance issued by the Charity Commission on public benefit and discuss this at our trustees meetings where we plan and make decisions for the carrying out of our activities to which the guidance is relevant.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole	Para 1.20	<p>Where to begin?</p> <p>Last night was the final men's circle of 2023, and as we close down for the festive period for some much-needed TLC, the space for reflection opens up.</p> <p>In 2023, 1,612 new men from all walks of life joined Mentell; the vast majority of those attended one of our in-person Mentell circles. This was a significant increase from the previous year, helped by the expansion of services throughout the UK.</p>

All this would be impossible without the commitment and dedication of a small group of experienced and trained volunteer facilitators. Come rain or shine, the facilitator team opened the physical and digital doors throughout the four seasons, providing our members with spaces to be heard and seen weekly.

5,579 reasons to keep going

Suicide rates throughout the UK have been increasing. Unfortunately, 2023 marked an increase from the previous three years, totalling 5,579 individuals in a single year; roughly 75% were male. As shocking as the statistics are, the data fails to convey the emotional impact each family member has to endure when another number is registered.

Mentell is not only there to prevent men from taking their life, but the charity also has a duty to hold the pain of the bereaved for those who enter our service. This year, the charity has seen an increase in the number of men entering our service who have lost close family members to suicide, a sobering reminder of the challenges ahead.

Community Matters - TYBB

Mentell entered the third year of the hugely successful [Turn Your Borough Blue](#) (TYBB) campaign. Over **1,000 pubs**, bars, barbershops, gyms, coffee shops and businesses across the county are now raising awareness for men's mental health using specially designed Mentell awareness products.

Over **35%** of all Mentell service users now find their way to circle via the TYBB community campaign.

What effect is TYBB having on men entering the circles?

In March, Mentell started tracking the source of each man entering the circle; the results speak for themselves...

****Breakdown of signup source - How did you hear about Mentell?***

22% - TYBB venue (pub, bar, barber, coffee shop, workplace etc.)

17% - Friends & Family

25% - Care partner referrals

9% - Social media

27% - Other

The numbers don't lie; ***without the TYBB support from our community, 332 men would have missed the opportunity to talk this year.***

With that in mind, all we can say is **thank you**.

Thank you to all the landlords and business owners willing to put the posters in the gent's toilets, the awareness cards in the workplace, the beer mats on the tables - that simple act could have saved a man's life.

Thank you to the volunteers on the ground, setting up and restocking the venues across the country and supporting Mentell events up and down the country. Without these committed men and women keeping the charity moving, Mentell wouldn't be where it is today.

	<p>2023 in numbers</p> <ul style="list-style-type: none"> ● 1612 new circle members (men 18+) ● 349 new TYBB pubs/bars/barber shops setup ● 191 direct referrals taken (social prescribing, GP's etc.) ● 734 new Mentell referral channels opened (NHS and trusted care partners) <p>Circle Experience Survey - 91.5% of all members are pleased with the circle experience, 7.5% are satisfied, 1% are unhappy.</p> <p>Affiliate circle In 2023, Mentell launched the affiliate circle pathway (funded by the National Lottery Community Fund), supporting external organisations and grassroots initiatives with mentoring, training, and infrastructure support to establish high-quality men's work in the communities they serve. The Nest (Hertfordshire), Bro Rooms (Kendal), Widleness Tribe (North Wales), and Gorton Monastery (Manchester) were some of the organisations/initiatives that benefited from the programme. Looking ahead into 2024, it's with great satisfaction that these groups can be seen thriving and supporting more men.</p> <p>Scaling up 2023 saw a number of in-person circles scale up, including the reopening of the Glossop Circle, which had been out of action since COVID-19. The charity also branched out into Cheshire West with the opening of the Chester Circle, reinforcing our commitment to mental health alliances throughout Cheshire. In Tameside, the Hyde Circle went from bi-weekly to weekly, and a number of established circles moved venues to increase room capacity. Demand for online circles remained consistent, and all services achieved 100% availability throughout the year with zero waiting lists.</p> <p>Mentell Retreat Giving back to those who give the most has always been the motivation behind the Mentell retreat. It's a simple way to say thank you to all the volunteer facilitators—the men who hold space for the grief and pain week in and week out and stay regulated to keep our circles running in a professional manner.</p> <p>During the year, we invited the National Lottery Community Fund (one of our major funders) to meet the men behind the charity and celebrate outstanding service milestones for a number of Mentell volunteers who have gone above and beyond. The annual Mentell retreat costs the charity approximately £10,000, and the trustee board's decision to allocate significant funds for a one-off event reflects how highly the charity values our facilitator team.</p> <p>Funding streams Mentell has continued to grow funding streams at a similar rate to the previous year, with a significant proportion of funding ringfenced for 2024 projects (incorporated into our reserves policy for planned expansion).</p>
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	<p>What is becoming increasingly clear is the need to safeguard the charity from statutory funding dependency - with numerous local authorities across the country declaring bankruptcy in 2023 (more to follow in 2024), two of which have directly impacted Mentell's SLA renewals. Therefore, it has been comforting to welcome new funding sources, with special mention to the philanthropy received from William and Alex of £20,000.</p> <p>As we approach 2024, funding streams are shifting away from local councils and NHS bodies and realigning to grant makers who want to invest in long-term partnerships.</p> <p>The charity has continuously operated with six months of reserves. Mentell has budgeted for the scaling-up process expected in 2024 with the addition of several key roles set to be recruited.</p> <p>Thank you to the community members who kindly donated, NHS, Local Councils and all the other grant funders who have commissioned Mentell projects this year.</p> <p>Looking ahead to 2024</p> <p>Phone calls The charity is always looking to improve. In November and December, Mentell trialled a 1:1 telephone support call to new website signups to increase 'bums on seats'. Although based on limited data, the trial demonstrated a significant increase in conversion (+48%) from signup to circle attendees. The board of trustees has agreed to extend the trial into 2024 and work towards evidencing its impact over a six-month period.</p> <p>Measuring impact Although Mentell has a bank of testimonials from members week in and week out, the need to standardise our impact reporting is becoming more apparent as the charity matures. In 2024, the management team will research a number of nationally recognised mental health measurement tools with the view to having a chosen framework in place by summer 2024.</p> <p>Putting a face to a name In 2024, Mentell will commission a series of professional videos documenting the journey of Mentell members. The videos aim to bring to life the stories of the men from our circles to break down the stigma and encourage more men to seek support. The videos will be launched over social media, and the charity hopes to produce a number of different videos that reflect the diversity within the circles and our society.</p>
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>Total income during the year was £391,106, an increase of 78% on the prior year's figure of £219,071.</p> <p>Although this increased income enabled the charity's activities to expand, the year still ended with an increase in funds held. Total 2023 expenditure was £292,375 (2022: £131,580) resulting in a net increase in funds of £98,731 (2022: £87,491) and total funds at the year-end of £208,158 (2022: £109,427).</p> <p>Part of this lag in spending resulted from several grants received during 2023 to cover programmes and activities that would stretch into 2024. Establishing new work, in particular training skilled facilitators, also takes time.</p> <p>It meant that Mentell started 2024 in a financially stable situation, with funds available to continue to expand its work, serving more men and bringing greater awareness of men's mental health issues.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>The charity's policy is to maintain a reserves position to cover 6 months operations.</p> <p>Our recurring costs average around £25,000 per month therefore we started 2024 with 8.3 months fuel in the tank.</p> <p>The trustees expect the level of reserve cover to reduce during 2024 as activities expand and as some funds are utilised to strengthen the charity's infrastructure to ensure that its continued growth is built on firm foundations, supported by robust systems and organisational resilience.</p>
Amount of reserves held	Para 1.22	At the end of 2023 the charity held reserves of £208,158, of this £206,159 were unrestricted (free reserves).
Reasons for holding zero reserves	Para 1.22	N/a
Details of fund materially in deficit	Para 1.24	N/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/a

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	CIO Foundation using the Charity Commission model template
How is the charity constituted?	Para 1.25	CIO Foundation Model
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>Trustees are selected on the basis of their lived experience of men's mental health issues, including suicide, or having professional experience and skills relevant to its objects.</p> <p>During 2024 the trustees plan to conduct a Skills Audit in order to ensure that the membership of the Board provides the appropriate mix of lived experience, skills and professional experience to oversee the charity effectively and continue to drive its mission forwards for the public benefit.</p>

Reference and Administrative details

Charity name	Mentell
Other name the charity uses	N/a
Registered charity number	1187547
Charity's principal address	Profolk, Bank Chambers, Stockport SK1 1AR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Alanna Atkinson	Chair (Res 08/12/23)		Mentell Trustee Board
2	Sarah Cruikshank		Res 23/03/2023	Mentell Trustee Board
3	William Edge	Operations		Mentell Trustee Board
4	Peter Longbottom			Mentell Trustee Board
5	Nick Pimlott		Res 10/02/2023	Mentell Trustee Board
6	Angela Pownall	Chair (App 08/12/23)		Mentell Trustee Board
7	Karen Samnes		App 25/07/2023	Mentell Trustee Board
8	Hannah Taylor		App 04/07/2023	Mentell Trustee Board

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/a		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/a

Exemptions from disclosure

Reason for non-disclosure of key personnel details


N/a

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Angela Pownall	
Position (eg Secretary, Chair, etc)	Chair	
Date	11 th September 2024	

MENTELL

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF MENTELL

FOR THE YEAR ENDED 31 DECEMBER 2023

I report on the accounts for the year ended 31 December 2023 as set out on pages 11 to 18.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider an audit is not required for this year under section 144 of the 2011 Act, and that an independent examination is needed.

It is my responsibility as independent examiner to:

- ~ examine the accounts under section 145 of the 2011 Act
- ~ follow the applicable Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and;
- ~ to state whether particular matters have come to my attention

Basis of Independent Examiners Report

My examination was carried out in accordance with the Directions given by the Charity commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from the 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 accounts.

Independent Examiners Statement

I have completed my examination for the year ended 31 December 2023.

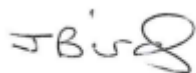
I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ accounting records were not kept in accordance with section 130 of the 2011 Act or
- ~ the accounts do not accord with the accounting records to comply with the accounting requirements of the 2011 Act
- ~ the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Independent Examiners Qualification

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination, being a Fellow Member of the Association of Accounting Technicians, which is one of the listed bodies.



2nd October 2024

Miss Jacqueline Bird F.M.A.A.T.

Practising Licence Number: 1003659

Community Accounting Lancashire C.I.C.

Foxfields, 9 Norley Close, Chadderton, Oldham, OL1 2RA

MENTELL
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2023

	<i>Notes</i>	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Income from:					
Grants and donations	2	164,727	165,768	330,495	211,405
Charitable activities	3	58,236	-	58,236	7,266
Other income	4	<u>2,375</u>	<u>-</u>	<u>2,375</u>	<u>400</u>
Total		<u>225,338</u>	<u>165,768</u>	<u>391,106</u>	<u>219,071</u>
Expenditure on:					
Raising funds	5	11,448	260	11,708	216
Charitable activities	6	83,408	197,259	280,667	131,364
Other expenditure		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total		<u>94,856</u>	<u>197,519</u>	<u>292,375</u>	<u>131,580</u>
Net income/(expenditure)		<u>130,482</u>	<u>(31,751)</u>	<u>98,731</u>	<u>87,491</u>
Transfers between funds		-	-	-	-
Net movement in funds		<u>130,482</u>	<u>(31,751)</u>	<u>98,731</u>	<u>87,491</u>
Reconciliation of funds:					
Total funds brought forward		<u>75,677</u>	<u>33,750</u>	<u>109,427</u>	<u>21,936</u>
Total funds carried forward	<i>13</i>	<u>206,159</u>	<u>1,999</u>	<u>208,158</u>	<u>109,427</u>

The notes on pages 13 to 18 form part of these financial statements.

Note 14 to the accounts shows a comparative Statement of Financial Activities for the year ended 31 December 2022.

MENTELL

BALANCE SHEET

AS AT 31 DECEMBER 2023

	<i>Notes</i>	2023		2022	
		£	£	£	£
FIXED ASSETS					
Tangible Fixed Assets	<i>10</i>		1,443		-
CURRENT ASSETS					
Debtors	<i>11</i>	13,939		-	
Cash at Bank and in Hand		<u>250,891</u>		<u>109,427</u>	
		264,830		109,427	
CREDITORS: Amounts falling due within one year	<i>12</i>	58,115		-	
NET CURRENT ASSETS			206,715		109,427
CREDITORS: Amounts falling due after one year			<u>-</u>		<u>-</u>
NET ASSETS			<u>208,158</u>		<u>109,427</u>
FUNDS OF THE CHARITY					
Unrestricted Funds			206,159		75,677
Restricted Funds			<u>1,999</u>		<u>33,750</u>
TOTAL FUNDS	<i>13</i>		<u>208,158</u>		<u>109,427</u>

The financial statements were approved by the Board of Trustees on the 11th of September 2024 and signed on their behalf:



Angela Pownall
Chair

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

1. ACCOUNTING POLICIES

Basis of accounting

Historically the charity has prepared their accounts on a 'Receipts and Payments' basis.

As the income of the charity now exceeds £250,000 in this financial year, the financial statements of the charity, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) [effective January 2022].

Going Concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All income, including grants and donations, is recognised once the charity has entitlement to the income, that it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are for grants, donations and other incoming resources received or generated for charitable purposes.

Resources expended

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to applicable expenditure headings.

Charitable expenditure shall include all expenditure directly related to the objects of the charity, including the cost of goods and services, that have been incurred in charitable activities.

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount for the obligation can be measured reliably.

Governance costs

Governance costs shall include all expenditure directly related to the administration of the charity including expenditure incurred in the management of the charity's assets, organisational administration and compliance with charitable and statutory requirements.

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

2. INCOME FROM GRANTS & DONATIONS

	Unrestricted Funds	Restricted Funds	2023 Total Funds	2022 Total Funds
	£	£	£	£
Grants				
Action Together	-	-	-	27,000
Hertfordshire County Council	-	16,333	16,333	7,500
Cheshire East	-	-	-	35,000
Cheshire East Rural	-	-	-	15,000
Cheshire West NHS	-	53,218	53,218	15,000
Cheshire West (Chester) Suicide Prevention	-	7,700	7,700	-
Cheshire West & Chester Council	-	1,000	1,000	-
Cheshire Community CCF	-	-	-	15,000
Cheshire East NHS - CCG	-	-	-	12,334
Cheshire & Wirral - Chester Campaign	10,000	-	10,000	2,500
Derbyshire County Council	32,500	-	32,500	32,500
Surrey County Council	-	48,333	48,333	-
Surrey County Council (Carers Grants)	-	834	834	-
The National Lottery Fund	-	35,000	35,000	-
Donations				
NHS England (Peer Support)	66,215	-	66,215	-
Facilitator Support	20,000	-	20,000	-
Crewe & Nantwich Open Minds	-	3,350	3,350	-
General Donations	36,012	-	36,012	49,571
	<u>164,727</u>	<u>165,768</u>	<u>330,495</u>	<u>211,405</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	2023 Total Funds	2022 Total Funds
	£	£	£	£
Mentell Awareness & Training	7,180	-	7,180	-
Fundraising	51,056	-	51,056	7,266
	<u>58,236</u>	<u>-</u>	<u>58,236</u>	<u>7,266</u>

4. OTHER INCOME

	Unrestricted Funds	Restricted Funds	2023 Total Funds	2022 Total Funds
	£	£	£	£
TYBB Campaign	45	-	45	-
CAF RAIL	1,499	-	1,499	-
Miscellaneous Income	831	-	831	400
	<u>2,375</u>	<u>-</u>	<u>2,375</u>	<u>400</u>

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

5. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	2023 Total Funds £	2022 Total Funds £
Fundraising Events	10,303	260	10,563	-
Fundraising Costs (Just Giving)	<u>1,145</u>	<u>-</u>	<u>1,145</u>	<u>216</u>
	<u>11,448</u>	<u>260</u>	<u>11,708</u>	<u>216</u>

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Direct Costs £	Restricted Direct Costs £	Unrestricted Support & Governance Costs £	2023 Total Funds £	2022 Total Funds £
Salaries Costs	11,533	79,798	-	91,331	45,074
Marketing:					
Social Marketing	3,664	4,747	-	8,411	25,029
TYBB Marketing	120	-	-	120	-
General Marketing	2,380	20,253	-	22,633	-
Online Circle Operations	-	17,445	-	17,445	20,978
In Person Circle & Affiliate Circle	671	20,125	-	20,796	-
Facilitator Retreat	4,376	5,000	-	9,376	-
IT Software & Consumables	2,276	-	-	2,276	1,455
Computer & IT Equipment	1,316	-	-	1,316	2,079
Office Furniture & Equipment	-	-	-	-	314
Events Equipment	371	-	-	371	-
Rent & Room Hire	229	-	-	229	-
Telephones	2,097	-	-	2,097	1,067
Printing & Stationery	497	10	-	507	466
Postage & Carriage	1,424	3	-	1,427	659
Refreshments	719	245	-	964	344
Volunteer Expenses	61	-	-	61	745
Travel & Accommodation Costs	3,982	7,910	-	11,892	6,077
Training & Courses	21,592	1,250	-	22,842	12,212
Insurance	627	-	-	627	-
Subscriptions & Licences	90	-	-	90	657
Consultancy & Professional Fees	13,688	26,852	-	40,540	12,174
Community Champion Fees	3,628	13,517	-	17,145	-
Compliance & Legal Fees	-	-	168	168	-
Payroll & Bookkeeping Fees	-	-	3,355	3,355	375
Accountancy Costs	-	-	3,570	3,570	1,220
Bank & Paypal Charges	-	-	218	218	190
Depreciation	721	-	-	721	-
Sundries	<u>35</u>	<u>104</u>	<u>-</u>	<u>139</u>	<u>249</u>
	<u>76,097</u>	<u>197,259</u>	<u>7,311</u>	<u>280,667</u>	<u>131,364</u>

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

Total resources expended are stated after charging:

Accounting Fees	£
Independent examination for the year ended 31 st December 2022	1,050
Independent examination for the year ended 31 st December 2023	2,040
Additional accountancy costs (year ended 31 st December 2023)	<u>480</u>
	<u>3,570</u>

Historically the charity has prepared accounts on a 'Receipts and Payments' basis, and as such the independent examiners fee was paid in the following accounting period. The £1,050 costs are for the year ending 31st December 2022 fees.

As the annual income has exceeded £250,00 in this financial period, for the year ended 31st December 2023, the financial statements (accounts) have this year been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities.

As such accrual accounts have been prepared and the £2,040 fees for the independent examination for the year ended 31st December 2023, along with additional accountancy costs at year-end of £480, have been accrued and included in the 'Statement of Financial Activities'.

7. STAFF COSTS

The movement in the year is after charging:	2023	2022
	£	£
Wages & Salaries	<u>91,331</u>	<u>45,074</u>
No employee received emoluments of £60,000 or above (2022: none).		
	2023	2022
Average number of full-time equivalent employees in the year:		
Charitable Activities & Administration	<u>3.5</u>	<u>2.5</u>

8. TRUSTEES

During the financial year a management consultancy fee of £2,080 (December 2023) was paid to a Trustee, Alanna Gabrielle Atkinson.

No other Trustee received any payment or remuneration during the year.

There were no Trustee's expenses paid during the year (2022: none).

9. RELATED PARTY DISCLOSURE

There were no related party transactions for the year ended 31st December 2023 (2022: none).

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

10. TANGIBLE FIXED ASSETS

	Events Equipment £	Office Furniture £	Computer Equipment £	Total £
Cost or Valuation				
Cost at 01/01/2023	-	-	-	-
Additions	2,164	-	-	2,164
Revaluations	-	-	-	-
Disposals	-	-	-	-
Cost at 31/12/2023	2,164	-	-	2,164
 Accumulated Depreciation				
Accumulated Depreciation at 01/01/2023	-	-	-	-
Depreciation charge for the year	721	-	-	721
Revaluations	-	-	-	-
Disposals	-	-	-	-
Accumulated Depreciation at 31/12/2023	721	-	-	721
 Net Book Value				
Net Book Value at 31/12/2022	-	-	-	-
Net Book Value at 31/12/2023	<u>1,443</u>	<u>-</u>	<u>-</u>	<u>1,443</u>

11. DEBTORS: Amounts falling due within one year

	2023 £	2022 £
Debtors (Accounts Receivable)	12,670	-
Prepayments	<u>1,269</u>	-
	<u>13,939</u>	<u>-</u>

12. CREDITORS: Amounts falling due within one year

	2023 £	2022 £
Creditors (Accounts Payable)	1,282	-
Accruals	3,133	-
Deferred Income	<u>53,700</u>	-
	<u>58,115</u>	<u>-</u>

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

13. FUND ANALYSIS

Fund Name	Balance as at 31 st December 2022 £	Receipts £	Payments £	Balance as at 31 st December 2023 £
Unrestricted Funds	<u>75,677</u>	<u>225,338</u>	<u>(94,856)</u>	<u>206,159</u>
	75,677	225,338	(94,856)	206,159
Restricted Funds:				
Action Together	6,250	-	(6,250)	-
Hertfordshire County Council	-	16,333	(16,333)	-
Cheshire East	8,750	-	(8,750)	-
Cheshire East Rural	3,750	-	(3,750)	-
Cheshire West NHS	-	53,218	(53,218)	-
Cheshire West (Chester) Suicide Prevention	-	7,700	(7,700)	-
Cheshire West & Chester Council	-	1,000	(1,000)	-
Cheshire Community CCF	15,000	-	(15,000)	-
Surrey County Council	-	48,333	(48,333)	-
Surrey County Council (Carers Grant)	-	834	(834)	-
The National Lottery Fund	-	35,000	(35,000)	-
Crewe & Nantwich Open Minds	-	3,350	(1,351)	1,999
	<u>33,750</u>	<u>165,768</u>	<u>(197,519)</u>	<u>1,999</u>
TOTAL FUNDS	<u>109,427</u>	<u>391,106</u>	<u>(292,375)</u>	<u>208,158</u>

14. COMPARATIVE INFORMATION

(Previous years)

	<i>Notes</i>	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Income from:				
Grants and donations	2	98,905	112,500	211,405
Charitable activities	3	7,266	-	7,266
Other income	4	400	-	400
Total		<u>106,571</u>	<u>112,500</u>	<u>219,071</u>
Expenditure on:				
Raising funds		216	-	216
Charitable activities	5	52,614	78,750	131,364
Other expenditure	6	-	-	-
Total		<u>52,830</u>	<u>78,750</u>	<u>131,580</u>
Net income/(expenditure) <i>[Net movement in funds]</i>		<u>53,741</u>	<u>33,750</u>	<u>87,491</u>
Total funds brought forward		<u>21,936</u>	<u>-</u>	<u>21,936</u>
Total funds carried forward	13	<u>75,677</u>	<u>33,750</u>	<u>109,427</u>

MENTELL

England & Wales - Charity number 1187547

Accounts

Charity Registration Number: 1187547

MENTELL

A Charitable Incorporated Organisation (CIO)

**TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS**

**For The Year Ended
31st December 2022**

MENTELL

Contents

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Independent Examination	3
Receipts and Payments Account	4
Statement of Assets and Liabilities	5
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MENTELL

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

Registered Charity Name	Mentell CIO
Charity Number	1187547
Registered Office	Profolk Bank Chambers Stockport SK1 1AR
Trustees	Alanna Atkinson (Chair) William Edge Peter Longbottom Nick Pimlott (resigned 10/02/23) Angela Pownall Hannah Taylor (appointed 04/07/23) Sarah Cruikshank (appointed 10/02/22 – resigned 23/03/23) Chloe Davies (resigned (15/07/23) Andrew Walker (resigned 31/03/22)
Accountants	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham OL1 2RA
Bankers	HSBC 42 Woodford Road Bramhall Stockport Cheshire SK7 1PA

Trustees' Annual Report for the period

Period start date Period end date
From 01 01 2022 **To** 31 12 2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Profolk
Bank Chambers
Stockport
Postcode SK1 1AR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Walker	Chair	Res 31/03/2022	Mentell Trustee Board
2	William Edge	Operations		Mentell Trustee Board
3	Chole Davies	Finance	Res 15/07/2021	Mentell Trustee Board
4	Peter Longbottom			Mentell Trustee Board
5	Nick Pimlott		Res 10/02/2023	Mentell Trustee Board
6	Angela Pownall			Mentell Trustee Board
7	Alanna Atkinson	Chair		Mentell Trustee Board
8	Sarah Cruikshank		10/02/2022 - 23/03/2023	Mentell Trustee Board
9	Hannah Taylor		App 04/07/2023	Mentell Trustee Board
10				
11				
12				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Community Accounting Lancashire C.I.C.	Foxfields, 9 Norley Close Chadderton, Oldham OL1 2RA
Bankers	HSBC	

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution
How the charity is constituted	Association CIO
Trustee selection methods	Appointed by trustee board, elected by board and/or members

Additional governance information

The CIO was formed and registered with the Charity Commission on the 23rd of January 2020. Activities prior to this were run through Mentell (an unincorporated organisation).
The trustees voted to close the unincorporated organisation on the 22nd of January 2020 and to transfer all assets of Mentell to Mentell CIO on the 23rd of January 2020. All activities are now operating under Mentell CIO.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

TO IMPROVE THE MENTAL HEALTH OF MALES (18+) BY PROMOTING SELF HELP CHOICES WITHIN THE CONTEXT OF MUTUAL SUPPORT

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

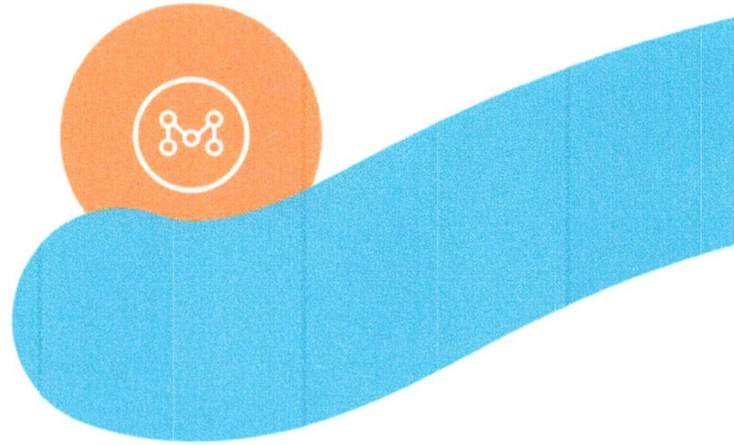
1) Free to access (weekly) peer to peer support groups for men 18+ to talk in a safe and confidential environment, free from advice and judgement. The service had 100% uptime throughout 2020, supporting 1492 men across the UK with zero waiting time and operated both face to face and online offerings.

2) The charity also deployed a nationwide campaign called TYBB (Turn Your Borough Blue) that aims to raise awareness for men's mental health and male suicide in places where men have meaningful conversations. This includes Pubs/Bars, Barbers, Coffee Shops and Local businesses. The initiative has recently expanded to cover Bookies, Gyms and Builders/Builders merchants.

The trustees have regard to the guidance issued by the Charity Commission on public benefit, and discuss this at our trustees meetings where we plan and make decisions for the carrying out of our activities to which the guidance is relevant.

Summary of the main achievements of the charity during the year

Mentell Trustee Report 2022



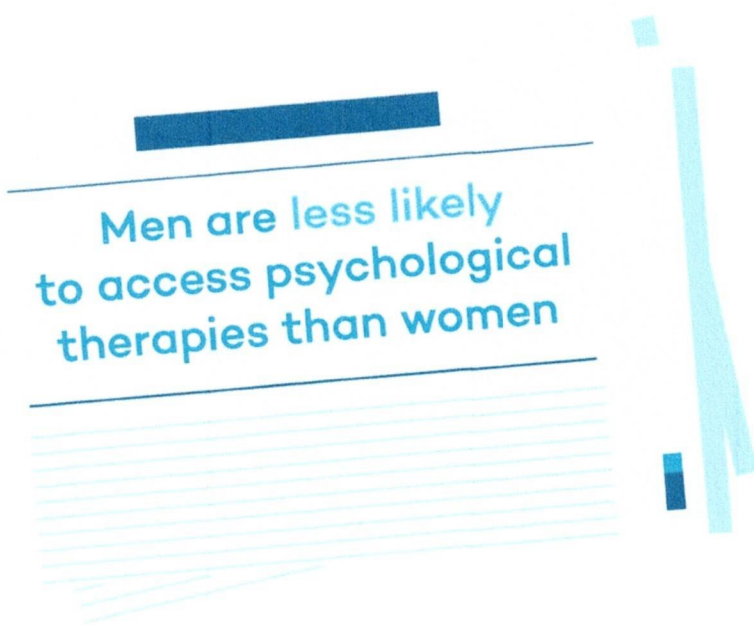
Where to begin

Last night was the final men's circle of 2022, and as we close down for the festive period for some needed TLC, the space for reflection opens up.

1,039 new men joined Mentell in 2022 from all walks of life; that's one thousand and thirty-nine new reasons to celebrate.

Thank you to all the facilitators who have opened up the circles in-person and online this year, acting as the charity's heartbeat; without these dedicated men, Mentell would not exist.

Big thanks to all the old and new members who have placed trust in Mentell this year, a safe and confidential space for men to talk, free from advice and judgment. It still humbles me every week to witness the courage of the men who decide to take a seat, drop the mask and be honest with their feelings in a circle of strangers.



Men are less likely
to access psychological
therapies than women

The elephant (still) in the room

Speaking personally, I have found it challenging to hear some of our members share their stories of the unimaginable pain, suffering and health inequalities endured this year. In the same breath, I have also felt the inspiration of many to overcome the odds.

The truth is the magic of Mentell is not in the 'fixing' but in allowing the person to feel heard, a simple antidote to a society that profits from us masking our problems. If we readily welcome joy and laughter, we must embrace grief and sadness equally; it's part of life and denying it a place to be expressed only increases our male suicide rates.

So this is a big thank you to the regular men, who welcome the tears and laughter in equal measure; the circles wouldn't be the same without you, and the world needs more of you.



Community Matters - TYBB

Mentell entered the second year of the hugely successful ***Turn Your Borough Blue*** (TYBB) campaign. Over 801 pubs, bars, barbershops, gyms, coffee shops and businesses across the county are raising awareness for men's mental health and suicide using specially designed Mentell awareness products.

Over 35% of all Mentell service users now find their way to circle via the TYBB community campaign. In October, the charity got the chance to celebrate this success with an evening event at our head office in Profolk (Stockport).

Mentell showcased our success stories to 80 guests invited from our team of volunteers, care partners and supporters.

The event feedback was so positive, the trustees have decided to make the event an annual occasion.

**What effect is TYBB having on men entering the circles?**

In March, Mentell started tracking the source of each man entering the circle; the results speak for themselves...

Breakdown of signup source - **How did you hear about*

Mentell?

35% - TYBB venue (pub, bar, barber, coffee shop, workplace etc.)

20% - Friends & Family

17% - Care partner referrals

10% - Social media

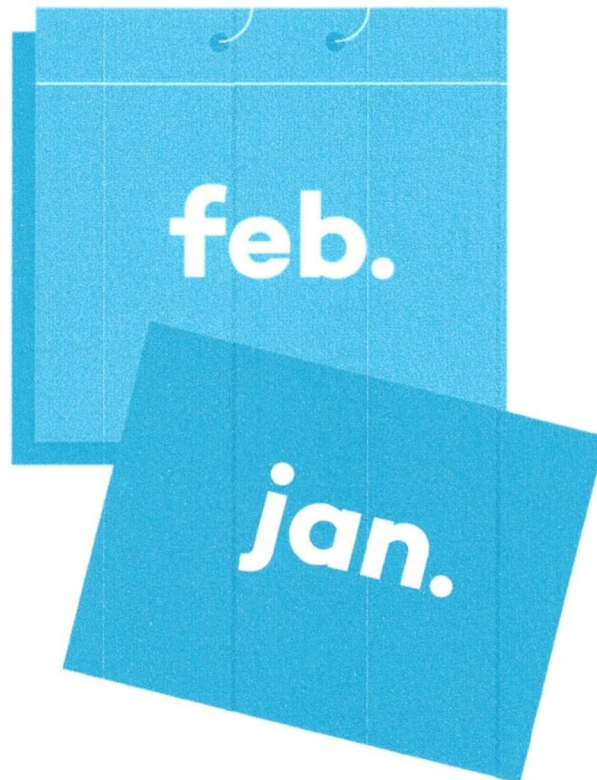
18% - Other

The numbers don't lie; *without the TYBB support from our community, 463 men would have missed the opportunity to talk this year.*

With that in mind, all we can say is **thank you.**

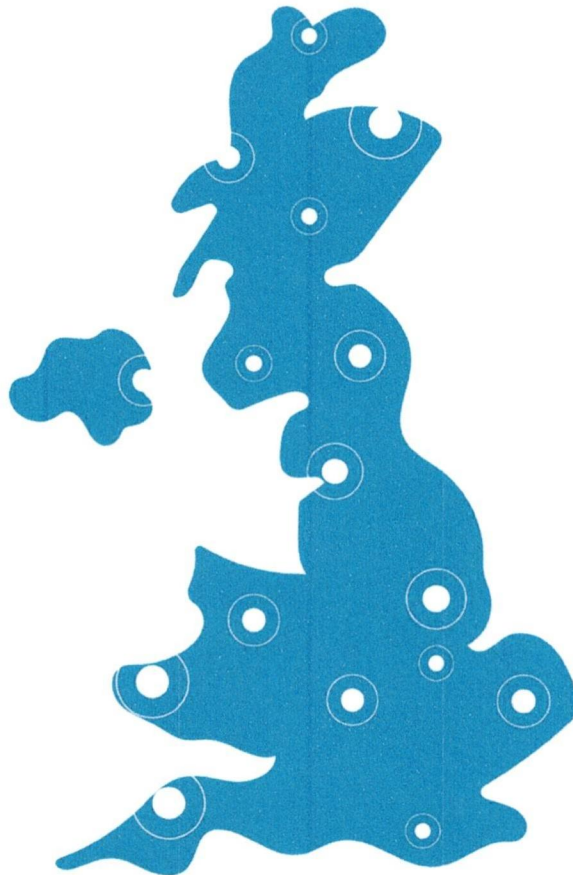
Thank you to all the landlords and business owners willing to put the posters in the gent's toilets, the awareness cards in the workplace, the beer mats on the tables - that simple act could have saved a man's life.

Thank you to the volunteers on the ground, setting up and restocking the venues across the country and supporting Mentell events up and down the country. Without these committed men and women keeping the charity moving, the charity wouldn't be where it is today.



Year in numbers

- **1039** new circle members (men 18+)
- **312** new TYBB pubs/bars/barber shops setup
- **136** direct referrals taken (social prescribing, GP etc.)
- **832** new Mentell referral channels opened (NHS and trusted care partners)
- Circle Experience Survey - **92% of all members are pleased** with the circle experience, **7% are satisfied**, **1% are unhappy**.



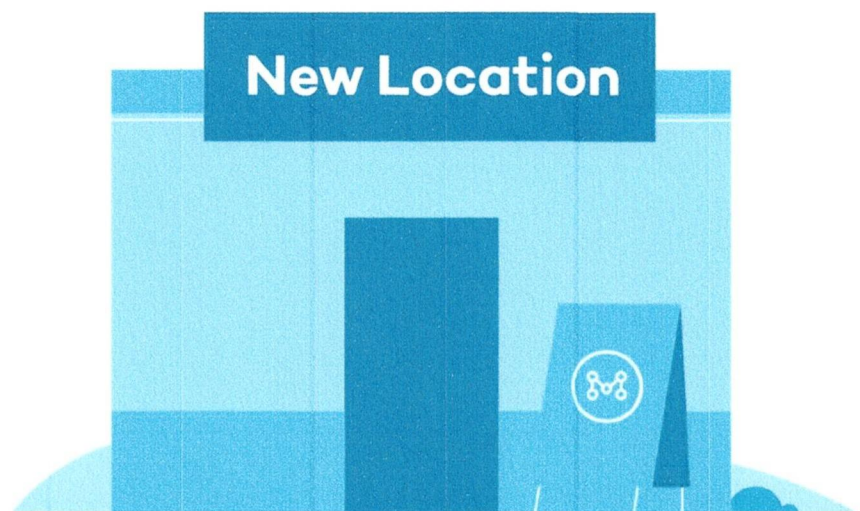
Launch of the Affiliate circle

In the last annual trustee report, we mentioned the importance of the charity moving towards a model that fits within the ecosystem rather than becoming the panacea to men's mental health.

Actions speak louder than words, and in the spring of 2022, the charity piloted a new affiliate circle partnership with the Nest (Hertfordshire). This men's group runs in-person peer-to-peer support groups serving men in Hertfordshire. At the same time, Mentell would cover online support and deploy the TYBB campaign- funding was secured, and over 100 men found their way to online or in-person support.

In 2023, **Mentell has secured £135,000 from The National Lottery** to scale up the affiliate program and support/skill up ten new men's groups across the UK.

Thank you, TNL, for the faith put into Mentell and the opportunity to grow within the existing support ecosystem for men.



In-person circles

In 2021 we announced that the support team piloted the reopening of in-person circles on the back of Covid restrictions lifting. In more positive news, 2022 saw all in-person circles reopen, to the delight of our regular members.

The growing demand for local circles is increasing month on month, and by 2023 the charity aims to double the number of local circles on offer.

Thank you to all the grant funders in 2022, particularly Action Together and Cheshire Community Foundation, for providing

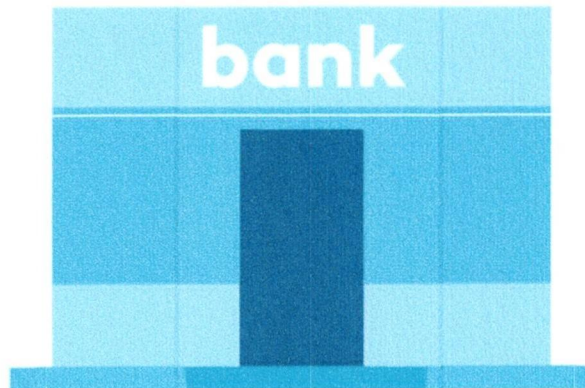
seed funding to kick start several localised offerings in Hyde and Cheshire East.



Mentell Retreat

Another major highlight of the year was hosting our first-ever Mentell retreat, a weekend experience designed to engage our facilitator team and give back to the men who give so much to the charity. Mentell's primary service is online, meaning many facilitators have never had the chance to connect in person.

The retreat provided the team with the perfect antidote for nearly two years of lockdowns and social isolation to reconnect around a fire and take advantage of the Outdoor Adventure Centre in the High Peaks (Derbyshire). The trustee board agreed that Mentell would continue the retreat for future years and develop the experience to recharge the men who give the most.



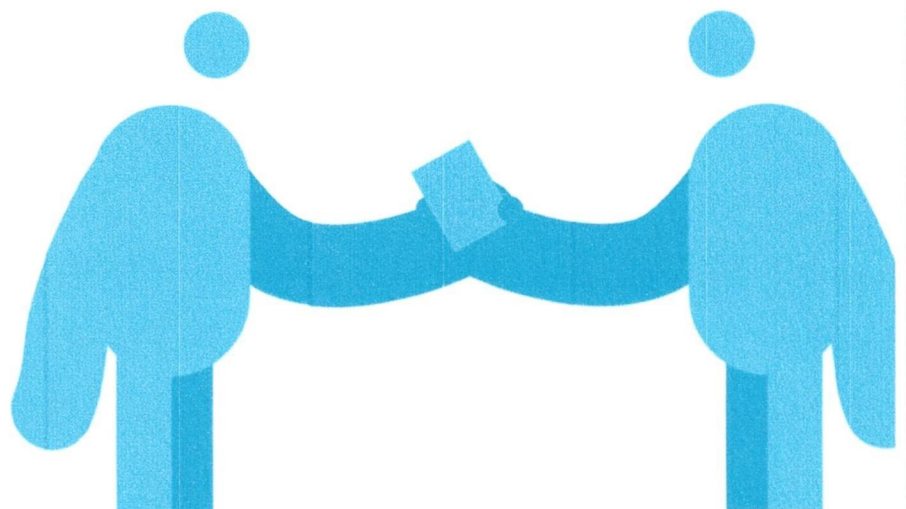
Funding streams

Mentell has continued to grow on the same trajectory that preceded the previous year, again doubling our headcount, turnover and membership base.

Revenue streams have shown signs of maturing, with many commissioned projects extending historic SLAs. As we move into 2023, there is a healthy mix of budget ranging from community donations (**25%**), Grant applications (**25%**) and commissioned work from local councils and NHS bodies (**50%**).

The charity has continuously operated with six months of reserves. Mentell has budgeted for the scaling up process expected in 2023 with the addition of several key roles set to be recruited - in particular, admin/business support for our CEO.

Thank you to the community members who kindly donated, NHS, Local Councils and the Grant funders who have commissioned Mentell projects this year. Mentell would still be seven men in a community room without you all!



Passing the baton

At the start of the year, the board of trustees identified a leadership gap that required an individual with specialist skills and passion for Mentell's mission to step into an executive position to drive the charity forward. After a lengthy recruitment process, the board unanimously agreed for Andy to step down as a trustee and take up the role of the interim CEO, held accountable by myself (Alanna) and the current board. It is with great satisfaction that I report back that Andy has thrived in the new role, and we look forward to supporting his efforts as he continues to grow our service, awareness and revenue streams in a way that is aligned with our values.

With Gratitude

Alanna (current) & **Andy** (past)

Mentell Chair(s)

Section E Financial review

Brief statement of the charity's policy on reserves

As of writing we currently have £ 216,141 in the bank. Our recurring monthly costs average at £20,000 per month therefore we have 10.8 months fuel in the tank. The charity policy is to maintain a reserves position to cover 6 months operations. In 2023 we are on track to double the income and therefore 2022 will be the last year the accounts are prepared on a cash accounting basis.

Details of any funds materially in deficit

None



Section F Other optional information

--

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Alanna Atkinson	William Edge
Position (eg Secretary, Chair, etc)	Chair	Trustee
Date	21st August 2023	

MENTELL

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF MENTELL

FOR THE YEAR ENDED 31 DECEMBER 2022

I report on the accounts for the year ended 31 December 2022 as set out on pages 4 to 7.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider an audit is not required for this year under section 144 of the 2011 Act, and that an independent examination is needed.

It is my responsibility as independent examiner to:

- ~ examine the accounts under section 145 of the 2011 Act
- ~ follow the applicable Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and
- ~ to state whether particular matters have come to my attention

Basis of Independent Examiners Report

My examination was carried out in accordance with the Directions given by the Charity commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from the 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 accounts.

Independent Examiners Statement

I have completed my examination for the year ended 31 December 2022.

I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ accounting records were not kept in accordance with section 130 of the 2011 Act or
- ~ the accounts do not accord with the accounting records to comply with the accounting requirements of the 2011 Act

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



25th August 2023

Miss Jacqueline Bird F.M.A.A.T.

Community Accounting Lancashire C.I.C.

Foxfields

9 Norley Close

Chadderton

Oldham

OL1 2RA

MENTELL

RECEIPTS AND PAYMENTS ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	<i>Notes</i>	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
RECEIPTS					
Grants	3	49,334	112,500	161,834	49,500
Fundraising	4	7,266	-	7,266	1,525
Donations		49,571	-	49,571	25,235
Other Income	5	400	-	400	21,149
TOTAL RECEIPTS		106,571	112,500	219,071	97,409
PAYMENTS					
Salaries Costs		4,524	40,550	45,074	38,010
Training & Courses		9,712	2,500	12,212	5,356
Marketing:					
Turn Your Borough Blue (TYBB)		-	-	-	13,244
Social Marketing		14,354	10,675	25,029	7,013
Online Circle Operations		9,153	11,825	20,978	10,530
Design Work		-	-	-	903
IT Software & Consumables		1,455	-	1,455	617
Computer & IT Equipment		2,079	-	2,079	-
Office Furniture & Equipment		314	-	314	-
Rent & Room Hire		-	-	-	2,400
Telephones		1,067	-	1,067	588
Printing & Stationery		466	-	466	37
Postage & Carriage		659	-	659	743
Refreshments		344	-	344	-
Volunteer Expenses		745	-	745	359
Travel Costs		3,902	2,175	6,077	3,195
Insurance		-	-	-	1,031
Membership, Subscriptions & Licences		657	-	657	1,385
Consultancy & Professional Fees		1,149	11,025	12,174	1,202
Compliance & Legal Fees		-	-	-	400
Payroll Costs		375	-	375	346
Accountancy Fees		1,220	-	1,220	655
Just Giving Fees		216	-	216	-
Bank Charges & Interest Paid		190	-	190	86
Miscellaneous		249	-	249	-
TOTAL PAYMENTS		52,830	78,750	131,580	88,100
Net of receipts/(payments)		53,741	33,750	87,491	9,309
Cash funds at 31 December 2021	6	21,936	-	21,936	12,627
Cash funds at 31 December 2022	6	<u>75,677</u>	<u>33,750</u>	<u>109,427</u>	<u>21,936</u>

MENTELL

STATEMENT OF ASSETS AND LIABILITES

FOR THE YEAR ENDED 31 DECEMBER 2022

	Funds as at 31 st December 2022 £	Funds as at 31 st December 2021 £
ASSETS		
Bank & Cash	109,427	21,936
LIABILITIES		
Independent Examiners Fee	(1,050)	(730)
NET ASSETS & LIABILITIES	<u>108,377</u>	<u>21,206</u>

The financial statements were approved by the Board of Trustees on the 2nd of August 2023 and signed on their behalf:



Alanna Atkinson
Chair

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1. BASIS OF PREPARATION OF ACCOUNTS

Receipts and payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context “cash” includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

The trustees have chosen not to prepare accruals based accounts as the income did not exceed £250,00 in the annual accounting period for the year ended 31 December 2021.

As such the financial statements were prepared on the basis of ‘receipts and payments’, and not in accordance with the Charities SORP (FRS 102).

2. GRANTS

Grants are credited to revenue on a receivable basis, and all income is allocated to appropriate funds based on the income, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria’s is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

3. GRANTS RECEIVED

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Derbyshire County Council	32,500	-	32,500	32,500
Hertfordshire County Council	-	7,500	7,500	-
Cheshire East	-	35,000	35,000	-
Cheshire East Rural	-	15,000	15,000	-
Cheshire East NHS - CCG	12,334	-	12,334	-
Cheshire East Community Foundation	-	-	-	15,000
Cheshire West NHS	-	15,000	15,000	-
Cheshire Community CCF	-	15,000	15,000	-
Cheshire West	2,500	-	2,500	-
Action Together	2,000	25,000	27,000	-
Tesco Bag Pack (Groundwork)	-	-	-	1,000
The Arnold Clark Community Fund	-	-	-	1,000
	<u>49,334</u>	<u>112,500</u>	<u>161,834</u>	<u>49,500</u>

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

4. FUNDRAISING

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Turn Your Borough Blue campaign	<u>7,266</u>	-	<u>7,266</u>	<u>1,525</u>
	<u>7,266</u>	<u>-</u>	<u>7,266</u>	<u>1,525</u>

5. OTHER INCOME

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Cheshire East MBC Covid-19 Response and Recovery Grant**	-	-	-	20,000
Miscellaneous Income	<u>400</u>	-	<u>400</u>	<u>1,149</u>
	<u>400</u>	<u>-</u>	<u>400</u>	<u>21,149</u>

**During the previous financial period the charity benefitted from £20,000 of Local Government Covid-19 Grants. In accordance with accounting policy, this credit was included in 'Other Income' in the previous year within the 'Receipts and Payments Accounts'.

6. FUND ANALYSIS

Fund Name	Balance as at 31st December 2021 £	Receipts £	Payments £	Balance as at 31st December 2022 £
Unrestricted Funds	<u>21,936</u>	<u>106,571</u>	<u>(52,830)</u>	<u>75,677</u>
	21,936	106,571	(52,830)	75,677
Restricted Funds:				
Hertfordshire County Council	-	7,500	(7,500)	-
Cheshire East	-	35,000	(26,250)	8,750
Cheshire East Rural	-	15,000	(11,250)	3,750
Cheshire West NHS	-	15,000	(15,000)	-
Cheshire Community CCF	-	15,000	-	15,000
Action Together	<u>-</u>	<u>25,000</u>	<u>(18,750)</u>	<u>6,250</u>
	-	112,500	(78,750)	33,750
TOTAL FUNDS	<u>21,936</u>	<u>219,071</u>	<u>(131,580)</u>	<u>109,427</u>

MENTELL

England & Wales - Charity number 1187547

Accounts

Charity Registration Number: 1187547

MENTELL

A Charitable Incorporated Organisation (CIO)

**TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS**

**For The Year Ended
31st December 2021**

MENTELL

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Statement of Assets and Liabilities	5
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MENTELL

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

Registered Charity Name	Mentell CIO
Charity Number	1187547
Registered Office	Profolk Bank Chambers Stockport SK1 1AR
Trustees	Andrew Walker (Chair) William Edge Chloe Davies Peter Longbottom Nick Pimlott Angela Pownall Alanna Atkinson
Accountants	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham OL1 2RA
Bankers	HSBC 42 Woodford Road Bramhall Stockport Cheshire SK7 1PA

Trustees' Annual Report for the period

	Period start date			Period end date			
From	01	01	2021	To	31	12	2021

Section A Reference and administration details

Charity name Mentell

Other names charity is known by NA

Registered charity number (if any) 1187547

Charity's principal address

Profolk	
Bank Chambers	
Stockport	
Postcode	SK1 1AR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Walker	Chair		Mentell Trustee Board
2	William Edge	Operations		Mentell Trustee Board
3	Chole Davies	Finance		Mentell Trustee Board
4	Peter Longbottom			Mentell Trustee Board
5	Nick Pimlott			Mentell Trustee Board
6	Angela Pownall			Mentell Trustee Board
7	Alanna Atkinson			Mentell Trustee Board
8				
9				
10				
11				
12				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Community Accounting Lancashire C.I.C.	Foxfields, 9 Norley Close Chadderton, Oldham OL1 2RA
Bankers	HSBC	

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution
How the charity is constituted <i>(eg. trust, association, company)</i>	Association CIO
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Appointed by trustee board, elected by board and/or members

Additional governance information

The CIO was formed and registered with the Charity Commission on the 23rd of January 2020. Activities prior to this were run through Mentell (an unincorporated organisation).
The trustees voted to close the unincorporated organisation on the 22nd of January 2020 and to transfer all assets of Mentell to Mentell CIO on the 23rd of January 2020. All activities are now operating under Mentell CIO.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

TO IMPROVE THE MENTAL HEALTH OF MALES (18+) BY PROMOTING SELF HELP CHOICES WITHIN THE CONTEXT OF MUTUAL SUPPORT

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

1) Free to access (weekly) peer to peer support groups for men 18+ to talk in a safe and confidential environment, free from advice and judgement. The service had 100% uptime throughout 2020, supporting 1492 men across the UK with zero waiting time and operated both face to face and online offerings.

2) The charity also deployed a nationwide campaign called TYBB (Turn Your Borough Blue) that aims to raise awareness for men's mental health and male suicide in places where men have meaningful conversations. This includes Pubs/Bars, Gyms, Barbers, Coffee Shops and Local businesses.

The trustees have regard to the guidance issued by the Charity Commission on public benefit, and discuss this at our trustees meetings where we plan and make decisions for the carrying out of our activities to which the guidance is relevant.

Summary of the main achievements of the charity during the year

As we collectively allow the festive celebrations to digest, the week between boxing day and the turn of a new year offers up a space for reflection.



Where to begin

A week ago today, our team of facilitators across the UK and Ireland opened and closed the final Mentell circles of 2021 before taking some well-deserved time off.

It's hard to put into words how far the ripples of a few can reach into the many.

To state the obvious, Mentell would not exist without the men who lead and support the circles week in, week out - from that place of recognition; we lay the foundations of gratitude.



The elephant in the room

Statistics tell us the most significant risk to a man's life (under 45yr) is in his own bare hands, and unfortunately, **men still account for 75% of all suicides** nationwide.

Therefore, the medicine carriers of today need not be the thinkers but the individuals who dare to feel and, by doing so, give permission for others to do the same.

So in a year where the worlds wealthiest have invested billions and billions into space exploration, maybe the space between our head and the heart still remains the greatest frontier yet to be explored?

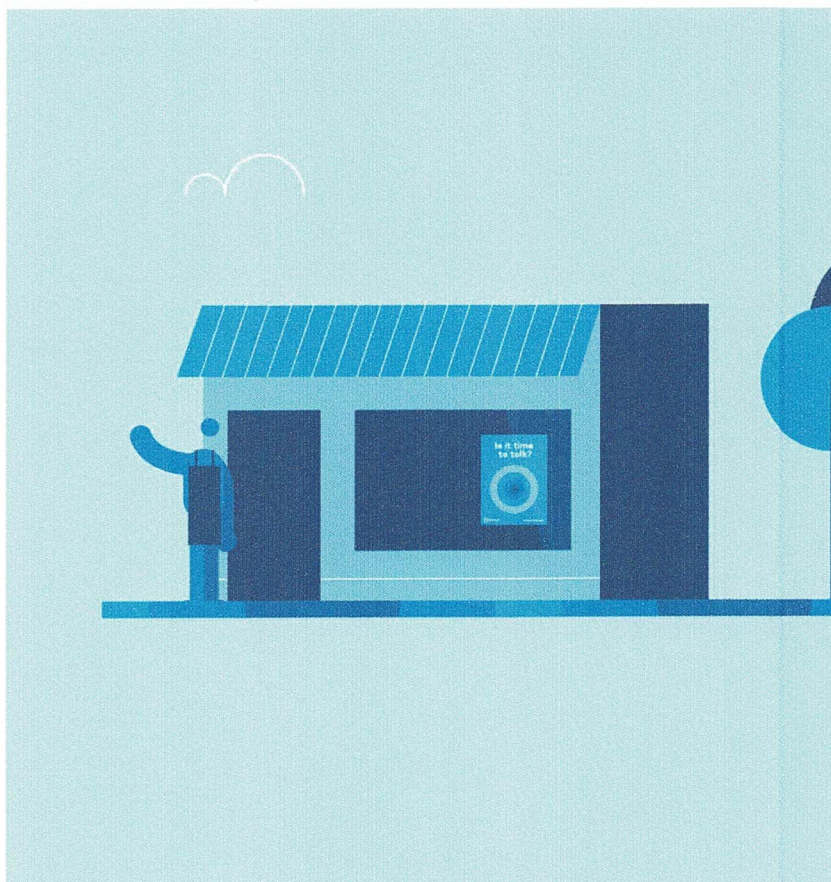
So this is a big thank you to the regular men, who welcome the tears and laughter in equal measure; the circles wouldn't be the same without you, and the world needs more of you.



Community Matters - TYBB

In 2021 Mentell's online circles have continued to grow from strength to strength; as of writing, 1492 circle members and counting. The paradox of placing the charities focus online has, in turn, allowed the community activity 'offline' to become even more impactful.

Mentell launched the [Turn Your Borough Blue](#) (TYBB) campaign in early January. To date, over 500 pubs, bars, barbershops, gyms, coffee shops and businesses across the county are now raising awareness for men's mental health and male suicide using specially designed Mentell awareness products.



What effect is TYBB having on men entering the circles?

In March, Mentell started tracking the source of each man entering the circle; the results speak for themselves...

**Breakdown of signup source - How did you hear about Mentell?*

40% - TYBB venue (pub, bar, barber, coffee shop, workplace etc.)

23% - Friends & Family

18% - Care partner referrals

14% - Social media

5% - Other

The numbers don't lie; ***without the TYBB support from our community, 596 men would have missed the opportunity to talk this year.***

With that in mind, all we can say is **thank you.**

Thank you to all the landlords and business owners willing to put the posters in the gent's toilets, the awareness cards in the workplace, the beer mats on the tables - that simple act could have saved a man's life.

Thank you to the 200+ volunteers on the ground, setting up and restocking the venues across the country and supporting Mentell events up and down the country. Without these committed men and women keeping the charity moving, the charity wouldn't be where it is today.



Year in numbers

- **1492** new circle members (men 18+)
- **556** new TYBB pubs/bars/barber shops setup
- **103** direct referrals taken (social prescribing, GP etc.)

- **1038** new Mentell referral channels opened (NHS and trusted care partners)
- Online Circle Experience Survey - **93% of all members are very happy** with the online circle experience, **7% satisfied**.



Becoming part of the ecosystem (rather than the ecosystem)

The impact of COVID / social isolation on men's mental health across the board has been enormous, and we will no doubt be counting the cost for many years to come.

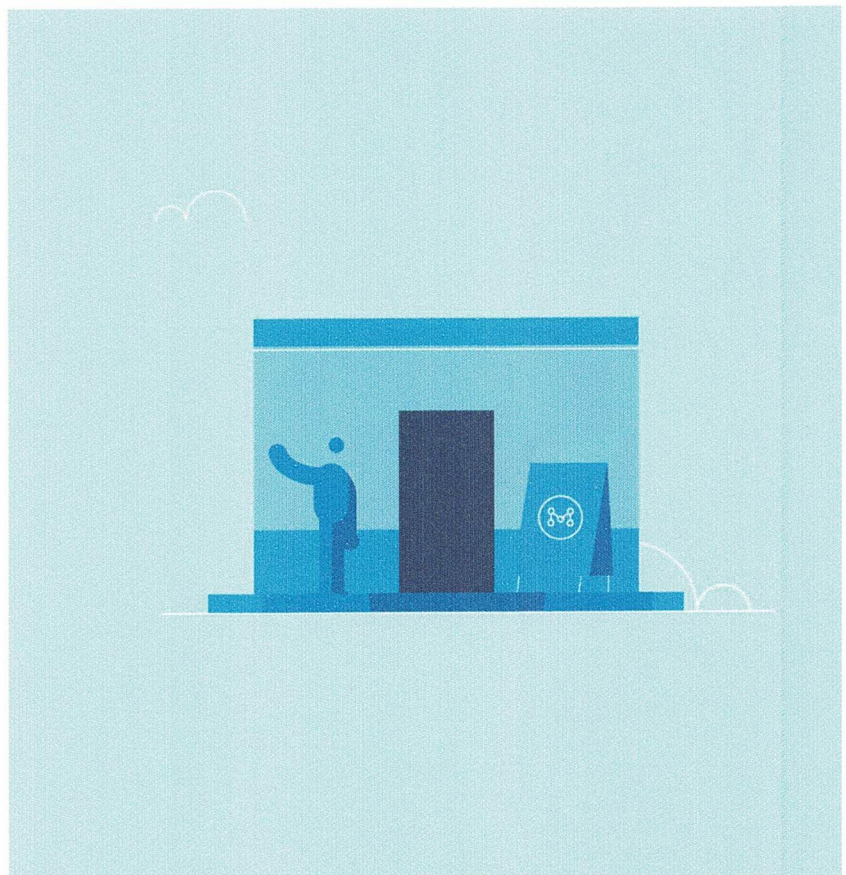
For every man who enters a Mentell circle, a thousand other men suffer in silence, unaware or unwilling to find support. We don't have a magic wand, so instead, it's time to embrace the bitter truth. The truth is that Mentell is not the panacea to men's mental health, nor will it ever be, but

it can be part of something that is.

"Individually, we are one drop. Together, we are an ocean." – Ryunosuke Satoro

Moving into 2022, ***Mentell will be working with over 1000 care providers across the UK*** to link into an ecosystem of support that will go above and beyond what one organisation can offer.

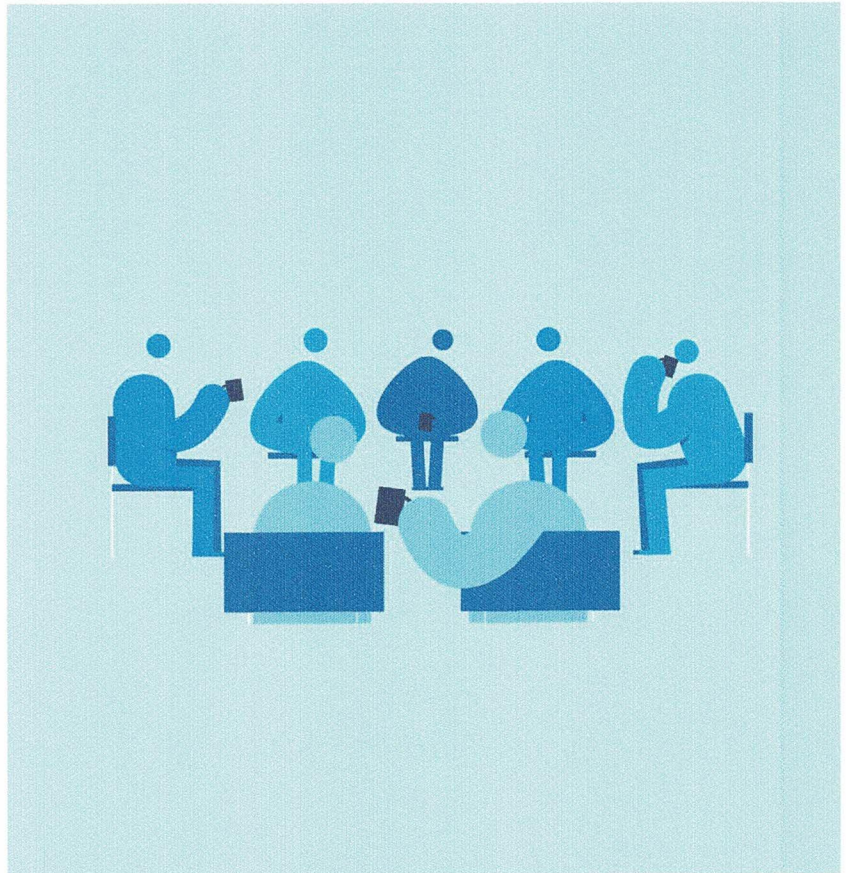
Thank you to all our care partners who have sent referrals to Mentell and supported our members outside of the circle.



In-person circles

The support team has recently piloted a series of in-person circles (behind the scenes) at Stockport Country

FC; the feedback from local members has been very positive, and the plan is to continue the trial into the new year. Depending on the membership demand, facilitator availability, and the impact of Omicron, the charity will review the viability of opening in-person circles month by month in 2022.



Mentell meets the health secretary.

In September, the *Centre for Social Justice* invited Mentell to meet **Sajid Javid** in Blackpool at his first keynote speech as health secretary. Mentell had the privilege to be given a private round table discussion with Sajid and a handful of NHS & 3rd sector leaders on the 'state of play' for the nation's mental health pandemic.

What came out was an acceptance that the power of prevention lies in the heart of the community. We cannot expect the NHS to carry all the weight; social prescribing

is a shining example of how services like Mentell can integrate with statutory services and share the load.

Thank you to all you wonderful social prescribers!



Growth Pains

Growth is a double-edged sword. Shiny and attractive on the outside, served with moments of discomfort on the inside.

To say Mentell has grown this year would be an understatement; our headcount, turnover and membership base has doubled compared to the prev year and is showing no signs of levelling off anytime soon.

The challenge now is to grow sustainably; the charity is on course to double again in size in 2022. The scaling-up

process has impacted our funding streams; once upon a time, Mentell was dependant on grants to survive. As we move into 2022, there is a more healthy mix of budget ranging from community donations (**20%**), Grant applications (**23%**) and commissioned work from local councils and NHS bodies (**57%**).

Thank you to the community members who kindly donated, NHS, Local Councils and the Grant funders who have commissioned Mentell projects throughout this year. Mentell would still be seven men in a community room without you all!

With Gratitude

Andy

Chair

Section E Financial review

Brief statement of the charity's policy on reserves

As of writing we currently have £21,936 in the bank, therefore If we stripped everything back and went to our core monthly running cost (£4,619.19) we have 4.7 months of fuel in the tank, our policy is to have 6 months - building back the surplus is required before investing further.

Details of any funds materially in deficit

None



Section F Other optional information

--

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Andrew Walker	Peter Longbottom
Position (eg Secretary, Chair, etc)	Chair	Trustee
Date	18/02/2022	

MENTELL

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF MENTELL

FOR THE YEAR ENDED 31 DECEMBER 2021

I report on the accounts for the year ended 31 December 2021 as set out on pages 4 to 7.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider an audit is not required for this year under section 144 of the 2011 Act, and that an independent examination is needed.

It is my responsibility as independent examiner to:

- ~ examine the accounts under section 145 of the 2011 Act
- ~ follow the applicable Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and
- ~ to state whether particular matters have come to my attention

Basis of Independent Examiners Report

My examination was carried out in accordance with the Directions given by the Charity commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from the 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 accounts.

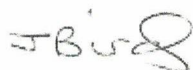
Independent Examiners Statement

I have completed my examination for the year ended 31 December 2021.

I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ accounting records were not kept in accordance with section 130 of the 2011 Act or
- ~ the accounts do not accord with the accounting records to comply with the accounting requirements of the 2011 Act

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



22nd of February 2022

Miss Jacqueline Bird F.M.A.A.T.

Community Accounting Lancashire C.I.C.

Foxfields

9 Norley Close

Chadderton

Oldham

OL1 2RA

MENTELL

RECEIPTS AND PAYMENTS ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

		Unrestricted Funds 01/01/21 to 31/12/21 £	Restricted Funds 01/01/21 to 31/12/21 £	Total Funds 01/01/21 to 31/12/21 £	Total Funds 23/01/20 to 31/12/20 £
RECEIPTS					
Grants	3	34,500	15,000	49,500	20,431
Fundraising	4	1,525	-	1,525	4,152
Donations		25,235	-	25,235	12,387
Other Income	5	<u>21,149</u>	<u>-</u>	<u>21,149</u>	<u>5,875</u>
TOTAL RECEIPTS		82,409	15,000	97,409	42,845
PAYMENTS					
Salaries Costs		23,010	15,000	38,010	6,500
Training		5,356	-	5,356	3,749
Marketing:					
Turn Your Borough Blue (TYBB)		13,244	-	13,244	-
Social Marketing		7,013	-	7,013	-
Materials (Leaflets & Business Cards)		-	-	-	564
Materials (Stationery & Badges)		-	-	-	2,168
Campaign Costs		-	-	-	1,799
Consultancy (Social Media Management)		-	-	-	2,015
Facebook Advertising		-	-	-	4,637
Other Advertising		-	-	-	82
Online Circle Operations		8,071	2,459	10,530	-
Video (Design & Build)		-	-	-	1,500
Website (Design & Build)		-	-	-	4,220
Website (Hosting)		-	-	-	316
Design Work		903	-	903	150
Computer Equipment & Software		617	-	617	5,125
Rent & Room Hire		2,400	-	2,400	1,064
Telephones		588	-	588	248
Stationery		37	-	37	102
Postage & Carriage		743	-	743	16
Volunteer Expenses		359	-	359	397
Travel Costs		3,195	-	3,195	648
Clothing		-	-	-	90
Insurance		1,031	-	1,031	515
Subscriptions		1,385	-	1,385	6,209
Consultancy & Professional Fees		1,202	-	1,202	3,500
Compliance & Legal Fees		400	-	400	656
Payroll Fees		346	-	346	53
Accounts Fees		655	-	655	-
Bank Charges & Interest Paid		<u>86</u>	<u>-</u>	<u>86</u>	<u>101</u>
TOTAL PAYMENTS		70,641	17,459	88,100	46,424
Net of receipts/(payments)		11,768	(2,459)	9,309	(3,579)
Cash funds at 31 December 2020	6	10,168	2,459	12,627	16,206
Cash funds at 31 December 2021	6	<u>21,936</u>	<u>-</u>	<u>21,936</u>	<u>12,627</u>

MENTELL

STATEMENT OF ASSETS AND LIABILITES

FOR THE YEAR ENDED 31 DECEMBER 2021

	Total Funds As at 31 December 2021 £
ASSETS	
Bank & Cash	21,936
LIABILITIES	
Independent Examiners Fee	(730)
NET ASSETS & LIABILITIES	<u>21,206</u>

The financial statements were approved by the Board of Trustees on the 21st of February 2022 and signed on their behalf:



Andrew Walker
Chair

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1. BASIS OF PREPARATION OF ACCOUNTS

Receipts and payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

The trustees have chosen not to prepare accruals based accounts as the income did not exceed £250,00 in the annual accounting period for the year ended 31 December 2021.

As such the financial statements were prepared on the basis of 'receipts and payments', and not in accordance with the Charities SORP (FRS 102).

2. GRANTS

Grants are credited to revenue on a receivable basis, and all income is allocated to appropriate funds based on the income, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

3. GRANTS RECEIVED

	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	01/01/21 to 31/12/21	01/01/21 to 31/12/21	01/01/21 to 31/12/21	23/01/20 to 31/12/20
	£	£	£	£
Cheshire East Community Foundation	-	15,000	15,000	-
Tesco Bag Pack (Groundwork)	1,000	-	1,000	-
The Arnold Clark Community Fund	1,000	-	1,000	-
The National Lottery Fund	-	-	-	6,750
The Duke of Devonshire's Charitable Trust	-	-	-	5,000
Cheshire East Council Community Grant	-	-	-	208
Respoke	-	-	-	2,550
Forever Manchester	-	-	-	973
Action Together	-	-	-	1,000
The Bureau Covid-19 Community Response Fund	-	-	-	950
Derbyshire County Council	32,500	-	32,500	3,000
	<u>34,500</u>	<u>15,000</u>	<u>49,500</u>	<u>20,431</u>

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

4. FUNDRAISING

	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	01/01/21	01/01/21	01/01/21	23/01/20
	to	to	to	to
	31/12/21	31/12/21	31/12/21	31/12/20
	£	£	£	£
Sponsorship	-	-	-	3,955
Turn Your Borough Blue campaign	<u>1,525</u>	-	<u>1,525</u>	<u>197</u>
	<u><u>1,525</u></u>	<u><u>-</u></u>	<u><u>1,525</u></u>	<u><u>4,152</u></u>

5. OTHER INCOME

	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	01/01/21	01/01/21	01/01/21	23/01/20
	to	to	to	to
	31/12/21	31/12/21	31/12/21	31/12/20
	£	£	£	£
Cheshire East MBC Covid-19 Response and Recovery Grant	20,000	-	20,000	-
Cheshire East MBC Covid Recovery Grant	-	-	-	4,900
Stockport MBC Local Fund Covid Grant	-	-	-	900
Bank Compensation Payment	-	-	-	75
Miscellaneous Income	<u>1,419</u>	-	<u>1,149</u>	-
	<u><u>21,149</u></u>	<u><u>-</u></u>	<u><u>21,149</u></u>	<u><u>5,875</u></u>

**During the period the charity benefitted from a total of £20,000 (2020: £5,800) from Local Government Covid-19 Grants. In accordance with accounting policy, this credit is included in 'Other Income' within the 'Statement of Financial Activities (incorporating the Receipts and Payments Accounts)' in the period for which they compensate.

6. FUND ANALYSIS

Fund Name	Balance as at 31 December 2020	Receipts	Payments	Balance as at 31 December 2021
	£	£	£	£
Unrestricted Funds	<u>10,168</u>	<u>82,409</u>	<u>(70,641)</u>	<u>21,936</u>
	10,168	82,409	(70,641)	21,936
Restricted Funds:				
Cheshire East Community Foundation	-	15,000	(15,000)	-
The National Lottery Fund	458	-	(458)	-
The Duke of Devonshire's Charitable Trust	<u>2,001</u>	-	<u>(2,001)</u>	-
	2,459	15,000	(17,459)	-
TOTAL FUNDS	<u><u>12,627</u></u>	<u><u>97,409</u></u>	<u><u>(88,100)</u></u>	<u><u>21,936</u></u>

MENTELL

England & Wales - Charity number 1187547

Accounts

Charity Registration Number: 1187547

MENTELL

A Charitable Incorporated Organisation (CIO)

**TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS**

For The Period

23 January 2020 to 31st December 2020

MENTELL

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MENTELL

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

Registered Charity Name	Mentell CIO
Charity Number	1187547
Registered Office	Profolk Bank Chambers Stockport SK1 1AR
Trustees	Andrew Walker William Edge Chloe Davies Peter Longbottom Nick Pimlott (appointed 30/09/2020) Angela Pownall (appointed 30/09/2020) Alanna Atkinson (appointed 03/12/2020)
Accountants	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham OL1 2RA
Bankers	HSBC 42 Woodford Road Bramhall Stockport Cheshire SK7 1PA

Trustees' Annual Report for the period

	Period start date	Period end date	
From	23 01 2020	31 12 2020	To

Section A Reference and administration details

Charity name	Mentell
Other names charity is known by	NA
Registered charity number (if any)	1187547
Charity's principal address	Profolk Bank Chambers
	Stockport
Postcode	SK1 1AR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Walker	Chair		Mentell Trustee Board
2	William Edge	Operations		Mentell Trustee Board
3	Chole Davies	Finance		Mentell Trustee Board
4	Peter Longbottom			Mentell Trustee Board
5	Nick Pimlott		30 th September 2020	Mentell Trustee Board
6	Angela Pownall		30 th September 2020	Mentell Trustee Board
7	Alanna Atkinson		3 rd December 2020	Mentell Trustee Board
8				
9				
10				
11				
12				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Community Accounting Lancashire C.I.C.	Foxfields, 9 Norley Close Chadderton, Oldham OL1 2RA
Bankers	HSBC	

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed by trustee board, elected by board and/or members

Additional governance information

The CIO was formed and registered with the Charity Commission on the 23rd of January 2020. Activities prior to this were run through Mentell (an unincorporated organisation).
The trustees voted to close the unincorporated organisation on the 22nd of January 2020 and to transfer all assets of Mentell to Mentell CIO on the 23rd of January 2020. The total of assets transferred consisted of bank and cash of £16,206.08 (this is shown in the accounts attached).
All activities are now operating under Mentell CIO.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

TO IMPROVE THE MENTAL HEALTH OF MALES (18+) BY PROMOTING SELF HELP CHOICES WITHIN THE CONTEXT OF MUTUAL SUPPORT

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

1) Free to access (weekly) peer to peer support groups for men 18+ to talk in a safe and confidential environment, free from advice and judgement. The service had 100% uptime throughout 2020, supporting 896 men across the UK with zero waiting time and operated both face to face and online offerings.

2) The charity also deployed a nationwide campaign called TYBB (Turn Your Borough Blue) that aims to raise awareness for men's mental health and male suicide in places where men have meaningful conversations. This includes Pubs/Bars, Gyms, Barbers, Coffee Shops and Local businesses.

The trustees have regard to the guidance issued by the Charity Commission on public benefit, and discuss this at our trustees meetings where we plan and make decisions for the carrying out of our activities to which the guidance is relevant.

Summary of the main achievements of the charity during the year

Last night was the final men's circle of 2020, and as we close down for the festive period for some needed TLC, the space for reflection opens up.



Where to begin

Firstly let's address the elephant in the room, **closing down of physical circles.**

For those reading this who have come into Mentell via the online circles, it's worth recognising that the roots of the charity have always been in holding our men's groups face to face. Lockdown changed the face of Mentell overnight, and we had to adapt quickly!

It still saddens me to know that some of our (PRE-COVID) members have been unable to make the online switch for whatever reason that may be. **Mentell has not forgotten you;** we will reopen our physical circles when it is safe and logistically

possible to do so. When the time comes, **rest assured you will be the first to know.**

In the mean time if there is anything we can do to help you engage with the online circles please let us know –

talkto@mentell.org.uk

In more positive news

The ongoing success and demand for the online circles have seen Mentell commit the necessary resources to guarantee the online service longterm - if you are reading this and want to give it go signup at <https://www.mentell.org.uk/signup>.



Reasons to be Grateful

Jan: Mentell became an officially registered charity

Feb: We moved into a HQ ([Profolk](#))

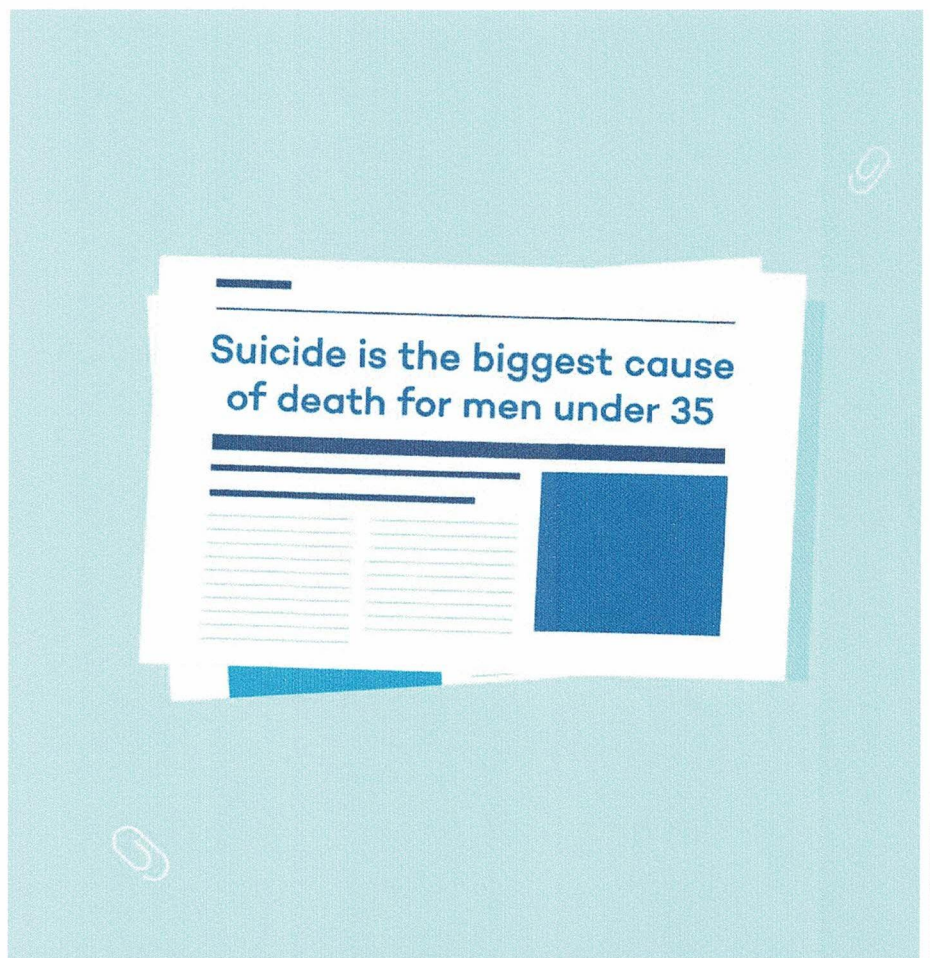
Mar: Launch of the [online circles](#)

Aug: Launch of the [new website](#)

Sep: Over [facebook](#) we released the '[man with the bag video](#)' on world suicide prevention day which was shared 1500 times and just under a quarter of a million people watched the video in less than 24hrs.

Oct: We took on our first employee's, Craig, (Member Support) and Jo (Community Manager)

Nov: The charity, now recognised by the NHS, has been commissioned to support men across the UK in several regional projects.



The year in numbers

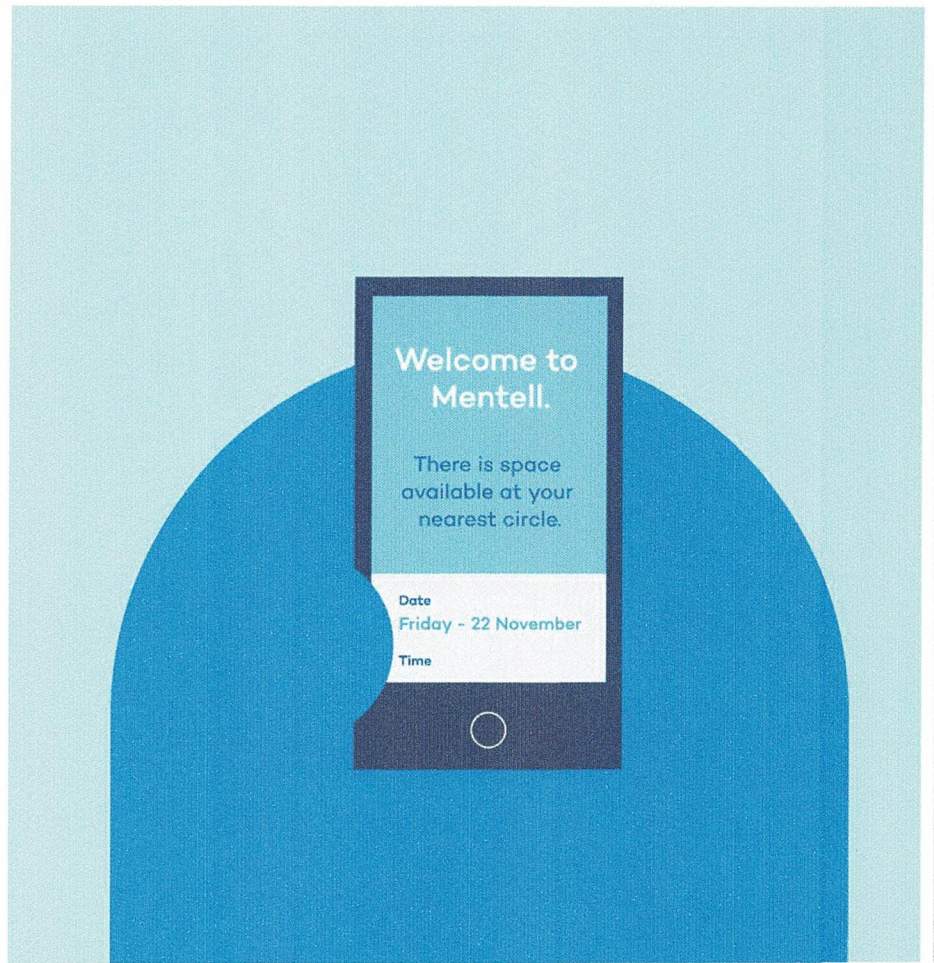
- 1) Online Signups - **897 men** have signed up for Mentell Online
- 2) Online Circle Experience Survey - **82%** of all members are very happy with the online circle experience , **11%** satisfied and **7%** unhappy.
- 3) Facilitators - The charity has increased the facilitator pool by **160%**



Ongoing Member Feedback

Mentell is working hard behind the scenes to break down barriers for our new signups to a) Reduce the time it takes to access a circle and b) improve the likelihood that new men will take the final step and attend.

We recently sent out an 'Overcoming Barriers' survey asking for help around reducing the barriers that new members face when entering the online circles.



Below are some of the common barriers you highlighted

1. Fear of the unknown
2. How to use Zoom
3. Fear of judgment
4. Lack of confidence
5. Unsure if it's for me

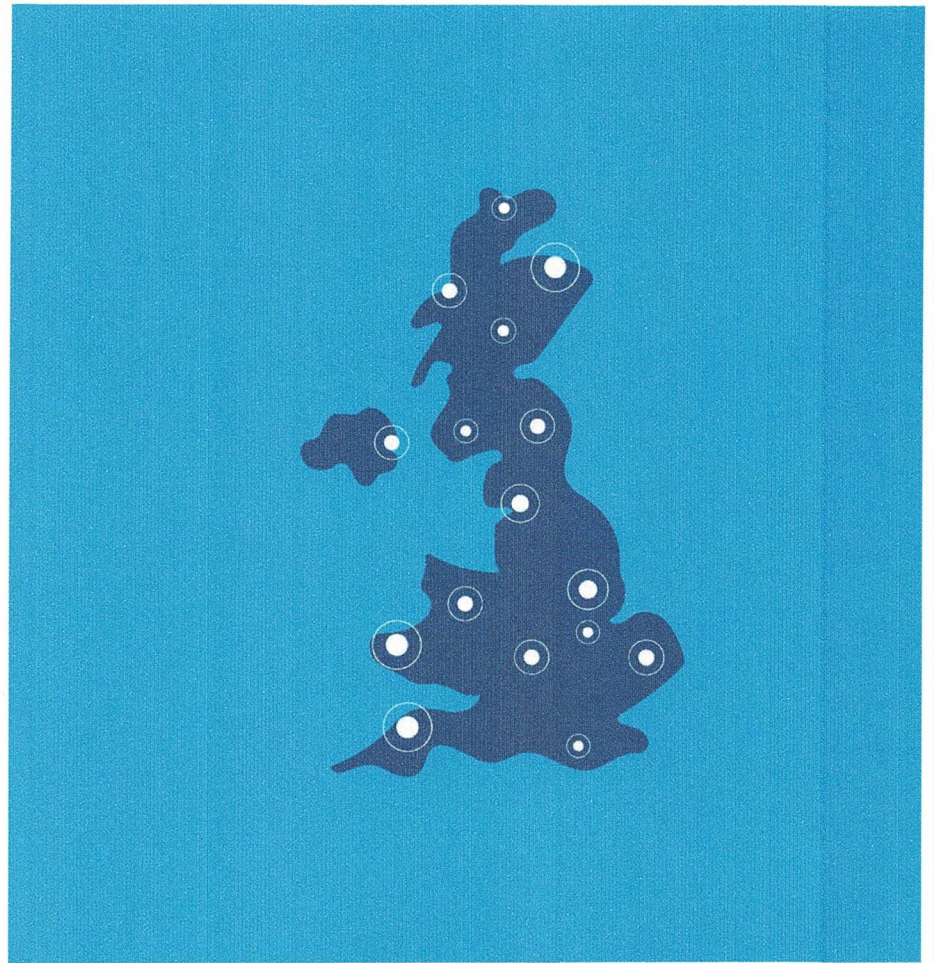
Thanks to all your feedback we have set the wheels in motion for the following solutions

(Happening as of writing this)

1. **Personal Welcome Video:** Every new member will receive a personal video reach out from the member support team
2. **Zoom setup walkthrough**

(Happening early part of 2021)

1. **Member Testimonial:** We plan to introduce video testimonials sent via email to new members from active members who have given Mentell permission to share their story.
2. **Trial Phone Call Support:** New members can take up the option to have a phone call from the support team before attending.
3. **Refreshed Onboarding Emails:** New member welcome emails will address common concerns and worries to build confidence before joining the circle.
4. **The introduction of circle ambassadors:** Which better equip regular members with the right framework and tools to guide men into the circle who need support.



Where can we improve?

1. **Diversity** - We go above, and beyond to strip all public-facing personality away from Mentell, the main reason behind the move was to ensure the charity doesn't appeal to a specific type of person, culture or race. Yet we can do more for our BAME and LGBTQ communities, who have more significant barriers to overcome. I ask anyone reading this with any suggestions; please email talkto@mentell.org.uk
2. **Community**- We know we have such an active membership base, it's about time we engaged with you more. Expect more surveys, the introduction of a monthly newsletter and engaging emails that will cover important topics that make up the Mentell experience.
3. **Volunteers**- We will also be setting up training workshops for community volunteers on a wide range of subjects to assist everyone working on the frontline of

the community aspect for the charity.

4. **Communication** - As the charity grows, it has become more important to improve how we communicate essential information.



Mentell 2021 Vision

Please click the image above to open up our vision for the future, building stronger and more resilient communities by reconnecting men back to the circle.

Section E Financial review

Brief statement of the charity's policy on reserves

Our reserves policy is to hold 6 months of core running costs in our general reserves (including employee salaries).
As at the 31st of December 2020 we held a total of £12,627 in our reserves, being £2,459 of restricted funds and £10,168 of unrestricted (general) funds.



Details of any funds materially in deficit

None

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Andrew Walker	Peter Longbottom
Position (eg Secretary, Chair, etc)	Chair	Trustee
Date	11/10/21	

MENTELL

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF MENTELL

FOR THE PERIOD 23 JANUARY 2020 TO 31 DECEMBER 2020

I report on the accounts for the period 23 January 2020 to 31 December 2020 as set out on pages 4 to 7.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider an audit is not required for this year under section 144 of the 2011 Act, and that an independent examination is needed.

It is my responsibility as independent examiner to:

- ~ examine the accounts under section 145 of the 2011 Act
- ~ follow the applicable Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and
- ~ to state whether particular matters have come to my attention

Basis of Independent Examiners Report

My examination was carried out in accordance with the Directions given by the Charity commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from the 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 accounts.

Independent Examiners Statement

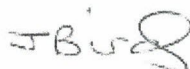
I have completed my examination for the period 23 January 2020 to 31 December 2020.

I can verify that the assets from Mentell (unincorporated organisation) were transferred to Mentell CIO (registration number 1187547) on the 23rd of January 2020.

I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ accounting records were not kept in accordance with section 130 of the 2011 Act or
- ~ the accounts do not accord with the accounting records to comply with the accounting requirements of the 2011 Act

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



22nd of October 2021

Miss Jacqueline Bird F.M.A.A.T.

Community Accounting Lancashire C.I.C.

Foxfields

9 Norley Close

Chadderton

Oldham

OL1 2RA

MENTELL

RECEIPTS AND PAYMENTS ACCOUNT

FOR THE PERIOD 23 JANUARY 2020 TO 31 DECEMBER 2020

		Unrestricted Funds	Restricted Funds	Total Funds
		23/01/20 to 31/12/20	23/01/20 to 31/12/20	23/01/20 to 31/12/20
	<i>Notes</i>	£	£	£
RECEIPTS				
Grants	3	8,681	11,750	20,431
Fundraising	4	4,152	-	4,152
Donations		12,387	-	12,387
Other Income	5	<u>5,875</u>	<u>-</u>	<u>5,875</u>
TOTAL RECEIPTS		31,095	11,750	42,845
PAYMENTS				
Salaries Costs		6,500	-	6,500
Training		3,495	254	3,749
Marketing:				
Materials (Leaflets & Business Cards)		90	474	564
Materials (Stationery & Badges)		1,595	573	2,168
Campaign Costs		1,799	-	1,799
Consultancy (Social Media Management)		2,015	-	2,015
Facebook Advertising		2,575	2,062	4,637
Other Advertising		82	-	82
Video (Design & Build)		1,500	-	1,500
Website (Design & Build)		4,220	-	4,220
Website (Hosting)		283	33	316
Design Work		150	-	150
Computer Equipment & Software		5,125	-	5,125
Rent & Room Hire		1,064	-	1,064
Telephones		51	197	248
Stationery		102	-	102
Postage & Carriage		16	-	16
Refreshments & Food		397	-	397
Travel Costs		648	-	648
Clothing		90	-	90
Insurance		515	-	515
Subscriptions		2,476	3,733	6,209
Consultancy & Professional Fees		1,535	1,965	3,500
Compliance & Legal Fees		656	-	656
Payroll Fees		53	-	53
Accounts Fees		-	-	-
Bank Charges & Interest Paid		<u>101</u>	<u>-</u>	<u>101</u>
TOTAL PAYMENTS		37,133	9,291	46,424
Net of receipts/(payments)		(6,038)	2,459	(3,579)
Cash funds as transferred at 23 January 2020	<i>1/6</i>	16,206	-	16,206
Cash funds at 31 December 2020	<i>6</i>	<u>10,168</u>	<u>2,459</u>	<u>12,627</u>

MENTELL

STATEMENT OF ASSETS AND LIABILITES

FOR THE PERIOD 23 JANUARY 2020 TO 31 DECEMBER 2020

	Total Funds
	As at 31 December 2020
	£
ASSETS	
Bank & Cash	12,627
LIABILITIES	
Independent Examiners Fee	655
NET ASSETS & LIABILITIES	<u>11,972</u>

The financial statements were approved by the Board of Trustees on the 22nd of October 2021 and signed on their behalf:



Andrew Walker
Chair

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD 23 JANUARY 2020 TO 31 DECEMBER 2020

1. BASIS OF PREPARATION OF ACCOUNTS

Receipts and payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

The trustees have chosen not to prepare accruals based accounts as the income did not exceed £250,00 in the annual accounting period from 23 January 2020 to 31 December 2020.

As such the financial statements were prepared on the basis of 'receipts and payments', and not in accordance with the Charities SORP (FRS 102).

The assets from Mentell (unincorporated organisation) totalling £16,206.08 were transferred on the 23rd of January 2020, and all activities now operate from this date under Mentell CIO (registered number 1187547).

2. GRANTS

Grants are credited to revenue on a receivable basis, and all income is allocated to appropriate funds based on the income, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

3. GRANTS RECEIVED

	Unrestricted Funds 23/01/20 to 31/12/20 £	Restricted Funds 23/01/20 to 31/12/20 £	Total Funds 23/01/20 to 31/12/20 £
The National Lottery Fund	-	6,750	6,750
The Duke of Devonshire's Charitable Trust	-	5,000	5,000
Cheshire East Council Community Grant	208	-	208
Respoke	2,550	-	2,550
Forever Manchester	973	-	973
Action Together	*1,000	-	1,000
The Bureau Covid-19 Community Response Fund	*950	-	950
Derbyshire County Council	3,000	-	3,000
	<u>8,681</u>	<u>11,750</u>	<u>20,431</u>

* The Bureau Covid-19 Community Response Fund grant was a joint funding bid with Action Together.

MENTELL

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD 23 JANUARY 2020 TO 31 DECEMBER 2020

4. FUNDRAISING

	Unrestricted Funds	Restricted Funds	Total Funds
	23/01/20 to 31/12/20	23/01/20 to 31/12/20	23/01/20 to 31/12/20
	£	£	£
Sponsorship	3,955	-	3,955
Turn Your Borough Blue campaign	<u>197</u>	<u>-</u>	<u>197</u>
	<u>4,152</u>	<u>-</u>	<u>4,152</u>

5. OTHER INCOME

	Unrestricted Funds	Restricted Funds	Total Funds
	23/01/20 to 31/12/20	23/01/20 to 31/12/20	23/01/20 to 31/12/20
	£	£	£
Stockport Council Local Fund Covid Grant	**900	-	900
Cheshire East Council Covid Response & Recovery Grant	**4,900	-	4,900
Bank Compensation Payment	<u>75</u>	<u>-</u>	<u>75</u>
	<u>5,875</u>	<u>-</u>	<u>5,875</u>

**During the period the charity benefitted from a total of £5,800 from Local Government Covid Grants. In accordance with accounting policy, this credit is included in 'Other Income' within the 'Statement of Financial Activities (incorporating the Receipts and Payments Accounts)' in the period for which they compensate.

6. FUND ANALYSIS

Fund Name	Balance transferred at 23 January 2020	Receipts	Payments	Balance as at 31 December 2020
	£	£	£	£
Unrestricted Funds	<u>16,206</u>	<u>31,095</u>	<u>(37,133)</u>	<u>10,168</u>
	16,206	31,095	(37,133)	10,168
Restricted Funds:				
The National Lottery Fund	-	6,750	(6,292)	458
The Duke of Devonshire's Charitable Trust	<u>-</u>	<u>5,000</u>	<u>(2,999)</u>	<u>2,001</u>
	-	11,750	(9,291)	2,459
TOTAL FUNDS	<u>16,206</u>	<u>42,845</u>	<u>(46,424)</u>	<u>12,627</u>