



**MENTELL**

**A Charitable Incorporated Organisation (CIO)**

**TRUSTEES' ANNUAL REPORT AND  
FINANCIAL STATEMENTS**

**For The Year Ended  
31<sup>st</sup> December 2023**

# MENTELL

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## MENTELL

### MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

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<b>Registered Charity Name</b>	Mentell CIO
<b>Charity Number</b>	1187547
<b>Registered Office</b>	Profolk Bank Chambers Stockport SK1 1AR
<b>Trustees</b>	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)
<b>Accountants</b>	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham OL1 2RA
<b>Bankers</b>	HSBC 42 Woodford Road Bramhall Stockport Cheshire SK7 1PA



## Trustees' Annual Report for the period

From: 1<sup>st</sup> January 2023

To: 31<sup>st</sup> 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><b>Where to begin?</b></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>

	<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.</p> <p><b>5,579 reasons to keep going</b> 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.</p> <p><b>Community Matters - TYBB</b> Mentell entered the third year of the hugely successful <a href="#">Turn Your Borough Blue</a> (TYBB) campaign. Over <b>1,000 pubs</b>, 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 <b>35%</b> of all Mentell service users now find their way to circle via the TYBB community campaign.</p> <p><b>What effect is TYBB having on men entering the circles?</b> In March, Mentell started tracking the source of each man entering the circle; the results speak for themselves... <i>*Breakdown of signup source - <b>How did you hear about Mentell?</b></i> 22% - TYBB venue (pub, bar, barber, coffee shop, workplace etc.) 17% - Friends &amp; Family 25% - Care partner referrals 9% - Social media 27% - Other</p> <p>The numbers don't lie; <b><i>without the TYBB support from our community, 332 men would have missed the opportunity to talk this year.</i></b> With that in mind, all we can say is <b>thank you.</b></p> <p><b>Thank you to all the landlords and business owners</b> 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.</p> <p><b>Thank you to the volunteers</b> 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>
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		<p><b>2023 in numbers</b></p> <ul style="list-style-type: none"> <li>• <b>1612</b> new circle members (men 18+)</li> <li>• <b>349</b> new TYBB pubs/bars/barber shops setup</li> <li>• <b>191</b> direct referrals taken (social prescribing, GP's etc.)</li> <li>• <b>734</b> new Mentell referral channels opened (NHS and trusted care partners)</li> </ul> <p>Circle Experience Survey - <b>91.5% of all members are pleased</b> with the circle experience, <b>7.5% are satisfied, 1% are unhappy.</b></p> <p><b>Affiliate circle</b> 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><b>Scaling up</b> 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><b>Mentell Retreat</b> 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><b>Funding streams</b> 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><b>Thank you</b> 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><b>Looking ahead to 2024</b></p> <p><b>Phone calls</b> 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><b>Measuring impact</b> 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><b>Putting a face to a name</b> 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**

<b>Signature(s)</b>		
<b>Full name(s)</b>	Angela Pownall	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	11 <sup>th</sup> September 2024	

## MENTELL

### REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF MENTELL

#### FOR THE YEAR ENDED 31 DECEMBER 2023

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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.

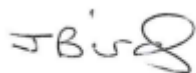
I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ 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.



2<sup>nd</sup> 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

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**MENTELL**

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

**FOR THE YEAR ENDED 31 DECEMBER 2023**

		Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
	<i>Notes</i>				
<b>Income from:</b>					
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>
<b>Total</b>		<b><u>225,338</u></b>	<b><u>165,768</u></b>	<b><u>391,106</u></b>	<b><u>219,071</u></b>
<b>Expenditure on:</b>					
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>
<b>Total</b>		<b><u>94,856</u></b>	<b><u>197,519</u></b>	<b><u>292,375</u></b>	<b><u>131,580</u></b>
<b>Net income/(expenditure)</b>		<u>130,482</u>	<u>(31,751)</u>	<u>98,731</u>	<u>87,491</u>
<b>Transfers between funds</b>		-	-	-	-
<b>Net movement in funds</b>		<u>130,482</u>	<u>(31,751)</u>	<u>98,731</u>	<u>87,491</u>
<b>Reconciliation of funds:</b>					
Total funds brought forward		<u>75,677</u>	<u>33,750</u>	<u>109,427</u>	<u>21,936</u>
<b>Total funds carried forward</b>	13	<b><u>206,159</u></b>	<b><u>1,999</u></b>	<b><u>208,158</u></b>	<b><u>109,427</u></b>

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

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



Angela Pownall  
**Chair**

# MENTELL

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 DECEMBER 2023

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#### 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
	£	£	£	£
<b>Grants</b>				
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	-
<b>Donations</b>				
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	<b>10,563</b>	-
Fundraising Costs (Just Giving)	<u>1,145</u>	<u>-</u>	<u><b>1,145</b></u>	<u>216</u>
	<u><b>11,448</b></u>	<u><b>260</b></u>	<u><b>11,708</b></u>	<u><b>216</b></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	-	<b>91,331</b>	45,074
Marketing:					
Social Marketing	3,664	4,747	-	<b>8,411</b>	25,029
TYBB Marketing	120	-	-	<b>120</b>	-
General Marketing	2,380	20,253	-	<b>22,633</b>	-
Online Circle Operations	-	17,445	-	<b>17,445</b>	20,978
In Person Circle & Affiliate Circle	671	20,125	-	<b>20,796</b>	-
Facilitator Retreat	4,376	5,000	-	<b>9,376</b>	-
IT Software & Consumables	2,276	-	-	<b>2,276</b>	1,455
Computer & IT Equipment	1,316	-	-	<b>1,316</b>	2,079
Office Furniture & Equipment	-	-	-	<b>-</b>	314
Events Equipment	371	-	-	<b>371</b>	-
Rent & Room Hire	229	-	-	<b>229</b>	-
Telephones	2,097	-	-	<b>2,097</b>	1,067
Printing & Stationery	497	10	-	<b>507</b>	466
Postage & Carriage	1,424	3	-	<b>1,427</b>	659
Refreshments	719	245	-	<b>964</b>	344
Volunteer Expenses	61	-	-	<b>61</b>	745
Travel & Accommodation Costs	3,982	7,910	-	<b>11,892</b>	6,077
Training & Courses	21,592	1,250	-	<b>22,842</b>	12,212
Insurance	627	-	-	<b>627</b>	-
Subscriptions & Licences	90	-	-	<b>90</b>	657
Consultancy & Professional Fees	13,688	26,852	-	<b>40,540</b>	12,174
Community Champion Fees	3,628	13,517	-	<b>17,145</b>	-
Compliance & Legal Fees	-	-	168	<b>168</b>	-
Payroll & Bookkeeping Fees	-	-	3,355	<b>3,355</b>	375
Accountancy Costs	-	-	3,570	<b>3,570</b>	1,220
Bank & Paypal Charges	-	-	218	<b>218</b>	190
Depreciation	721	-	-	<b>721</b>	-
Sundries	<u>35</u>	<u>104</u>	<u>-</u>	<u><b>139</b></u>	<u>249</u>
	<u><b>76,097</b></u>	<u><b>197,259</b></u>	<u><b>7,311</b></u>	<u><b>280,667</b></u>	<u><b>131,364</b></u>



# MENTELL

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 DECEMBER 2023

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**Total resources expended are stated after charging:**

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

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 31<sup>st</sup> December 2022 fees.

As the annual income has exceeded £250,00 in this financial period, for the year ended 31<sup>st</sup> 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 31<sup>st</sup> 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:	<b>2023</b>	2022
	<b>£</b>	£
<b>Wages &amp; Salaries</b>	<b><u>91,331</u></b>	<u>45,074</u>
No employee received emoluments of £60,000 or above (2022: none).		
	<b>2023</b>	2022
Average number of full-time equivalent employees in the year:		
Charitable Activities & Administration	<b><u>3.5</u></b>	<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 31<sup>st</sup> December 2023 (2022: none).

# MENTELL

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 DECEMBER 2023

#### 10. TANGIBLE FIXED ASSETS

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

#### 11. DEBTORS: Amounts falling due within one year

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

#### 12. CREDITORS: Amounts falling due within one year

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

**MENTELL**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

**13. FUND ANALYSIS**

Fund Name	Balance as at 31 <sup>st</sup> December 2022 £	Receipts £	Payments £	Balance as at 31 <sup>st</sup> December 2023 £
<b>Unrestricted Funds</b>	<u>75,677</u>	<u>225,338</u>	<u>(94,856)</u>	<u>206,159</u>
	75,677	225,338	(94,856)	206,159
<b>Restricted Funds:</b>				
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>
<b>TOTAL FUNDS</b>	<u><b>109,427</b></u>	<u><b>391,106</b></u>	<u><b>(292,375)</b></u>	<u><b>208,158</b></u>

**14. COMPARATIVE INFORMATION**

*(Previous years)*

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