

MEN WALK TALK

England & Wales · Charity number 1188361

Details

Status Registered

Legal form CIO

Registered 2020-03-05

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

Contact

Address Wickbourne Centre
Clun Road
Littlehampton
West Sussex
BN17 7DZ

Phone 07544871442

Email Hello@menwalktalk.co.uk

Website www.MenWalkTalk.co.uk

Activities

Objects: FOR THE PUBLIC BENEFIT, THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH AMONG MEN THROUGH THE PROVISION OF VOLUNTEER-LED 'WALK AND TALK' WALKS FOR MEN IN COMMUNITIES ACROSS THE UNITED KINGDOM DURING WHICH THEY CAN RECEIVE PEER TO PEER SUPPORT IN A SOCIAL ENVIRONMENT.

Activities: MenWalkTalk support, organise and deliver Walk & Talk groups for Men aged over 18 across England, Facilitated by a trained Volunteer 'Walk-Leader'. Groups are designed to be safe spaces for Men to meet other guys, support one another and find ways to better manage any mental health worries. Safeguarding is important to MenWalkTalk, and MenWalkTalk is not a crisis support organisation.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£100,755	£69,181	-	-
2023-12-31	£52,055	£51,677	-	-
2022-12-31	£70,967	£30,702	-	-
2021-12-31	£20,631	£15,155	-	-
2020-12-31	£4,936	£1,957	-	-

Trustees

Name	Role	Appointed
Thomas Acott	Chair	2023-03-30
Daniel Edward Money		2025-11-01
James Christopher Abdool		2023-02-09
Michael James Jenkins		2020-11-01
RODNEY SCOTT PETER FUNNELL		2021-12-04
Taylor Charles Pryer-Freeman		2022-09-13
Zach Beckett		2025-04-11

MEN WALK TALK

England & Wales - Charity number 1188361

Accounts

MENWALKTALK TRUSTEE ANNUAL REPORT

Year Ending 31 December 2024

Registered Charity No. 1188361

Trustees	Mr Tom Acott (Chair) Mr James Abdool (Vice Chair) Mr Michael Jenkins (Treasurer) Mr Taylor Pryer-Freeman Mr Rodney Funnell Ms Zoe Fortune (resigned 13 January 2025) Mr Jake Harber (resigned 10 April 2024)
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Registered office	Wickbourne Centre Clun Road Littlehampton West Sussex BN17 7DZ
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Independent examiner	Verdant Accountants Limited Chartered Certified Accountants 20-22 Wenlock Road London N1 7GU
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CEO Statement

2024 has been a year of steady growth, renewed focus and deepened impact for MenWalkTalk. As we approach five years since our first ever walk, I've taken time to reflect on how far we've come – not just in numbers of walks, but in the lives we've touched.

This year, we've seen more men than ever join our walks. For many, it was their first step towards connection, conversation and community. Our incredible team of volunteer walk leaders and campaigners – many of whom have their own lived experience of mental health struggles – have continued to show up with empathy, consistency and care.

Behind the scenes, we've strengthened our foundations. We began laying the groundwork for a clearer operating model, introduced more structure to how we support and train volunteers, and welcomed a Fundraising Officer to help us secure the vital income needed to grow responsibly. We've also started important conversations about our leadership structure, ensuring we stay sustainable and focused on our mission as we evolve.

Our presence in local communities has grown thanks to partnerships, campaign work and increased engagement online. Through stories, statistics and shared experiences, we've raised awareness of how social isolation impacts men – and how simple, peer-led walks can be a powerful tool for change.

MenWalkTalk remains rooted in the belief that no man should feel he has to struggle alone. As we head into 2025, our vision remains clear: To build communities of peer support that make a positive impact on the wellbeing of men, through the power of walking and talking together.

Thank you to our supporters, volunteers, funders and trustees. Your trust in us makes this work possible.

Matt Pollard

CEO & Founder

About MenWalkTalk

MenWalkTalk is a UK charity supporting men's mental health through peer-led walking groups that combine conversation, connection and community. Founded in January 2020 by Matt Pollard following his own struggles with work-related stress, MenWalkTalk began with a simple idea: that walking side by side could break down the barriers that stop men from speaking openly about how they feel.

One man's journey has now grown into a movement. Today, MenWalkTalk hosts regular walks across the UK, creating safe and welcoming spaces for men of all backgrounds to come together – not for therapy or treatment, but for time out, fresh air, and honest conversation.

For many, a MenWalkTalk walk is the first time they've felt able to open up. One participant described it as "the only space I've found where I don't have to pretend I'm OK." Another said, "This walk saved my life – it gave me hope, and people who understood." These stories are echoed again and again across our network.

Our trained walk-leaders – all volunteers, many with lived experience of mental health struggles – are the heart of our model. They help create an informal but supportive environment where no one is pressured to talk, but everyone knows they can. We prioritise consistency and safety, offering structure through onboarding, safeguarding training, and regular check-ins with our volunteers.

By the end of 2024, MenWalkTalk had supported over 200 men through in-person walks, while also building a strong digital community through our WhatsApp groups, Facebook Groups, and bi-monthly Zoom socials. These platforms ensure continued access to peer support between walks – especially important for men who live in isolated areas or face social anxiety.

MenWalkTalk doesn't aim to replace clinical services. Instead, we meet men where they are – often before they reach crisis – and walk with them towards connection, understanding, and wellbeing. We believe that offering simple, stigma-free ways to talk can make a powerful difference. And we know from experience that it does.

Overview and Achievements in 2024

2024 was a year of reflection, consolidation and strategic growth for MenWalkTalk. As we neared our fifth anniversary, we focused not only on reaching more men but on ensuring that our support remained consistent, safe, and meaningful across every walk and platform.

Key achievements included:

- **Project worker role** – We were able to employ a part-time project worker with the specific goals of increasing volunteer recruitment, improving the onboarding process, strengthening the relationship with our volunteers, and building partnerships with other organisations.
- **Strengthening Volunteer Infrastructure:** We introduced structured onboarding and clearer role definitions for volunteer walk-leaders and campaigners.
- **Walk Expansion & Local Impact:** We continued to grow our walk network with new groups launching in areas such as Devon, Battersea and Sheffield, ending the year with 20 walks meeting on a regular basis. Several established walks also reported increased attendance, reflecting growing awareness and trust in the MenWalkTalk model.
- **University Project** – Following a direct request from the University of Sheffield, we helped facilitate an on-campus walking group to provide additional support for their staff and students. We also had many conversations with other Universities to explore how they can engage their students in support through our walks, or by providing volunteer opportunities with us to explore on-site campus walks.
- **Queen Alexandra Hospital** – We were invited to attend and lead a walk at the Queen Alexandra Hospital in Plymouth as part of their Men's Health Week promotion. This has led to an ongoing relationship with the hospital, as well as plans by The Men's Forum at QAH to establish a MWT walking group to support the male workforce.
- **Fundraising Development:** With the addition of a Fundraising Officer, we began to secure more income through grants, community partnerships and targeted donor engagement. This investment in sustainability helped lay the groundwork for future capacity-building.
- **Storytelling and Awareness:** Throughout the year, we amplified the voices of men who walk with us – sharing testimonials and lived experiences through social media and local campaigns. These powerful stories continued to challenge stigma and highlight the difference a simple walk can make.
- **Operational Foundations:** We began shaping a long-term operating model, reviewing internal roles, and exploring new leadership structures to support the charity's next phase. Discussions included introducing a Charity Manager role reflect our commitment to long-term sustainability.

Devon Project – Success in 2024

One of our standout developments in 2024 was the launch and success of the **MenWalkTalk Devon Project**, which was made possible by the kind support Devon Community Foundation and CLASP.

- **New Walk Locations:** Thanks to the funding, we were able to establish a new regular walk location in Newton Abbot, **with a further 2 walk leaders and locations added to our onboarding process** – each would be led by trained volunteer walk-leaders with lived experience. These walks quickly gained momentum, attracting regular attendees who reported improved mental wellbeing and reduced feelings of isolation.
- **Local Partnerships:** We collaborated with a range of organisations including Livewell Southwest, Talkworks, Devon Mind, Devon Recovery Learning Community, and the Devon Partnership Trust. These partnerships helped embed MenWalkTalk within existing mental health and wellbeing pathways in the region.
- **Community Engagement:** Our launch walks in each location were supported by local NHS teams, and our presence at community events and stakeholder meetings helped raise awareness and build trust in the MenWalkTalk approach. We also engaged local MPs, councillors, and voluntary networks to help spread the word.
- **Volunteer Growth:** We recruited and trained a committed group of walk-leaders across Devon who continue to support the project's growth. Feedback from these volunteers highlighted the personal impact of leading walks, as well as the collective benefits seen within their communities.
- **Legacy Planning:** As we approached the end of the funding period, we focused on ensuring sustainability through ongoing volunteer support, wider community promotion, and grant applications to maintain the walks beyond the initial funding window.

The Devon Project has demonstrated that the MenWalkTalk model can be successfully embedded in new areas with the right support. It's a clear example of how simple, peer-led interventions can make a measurable difference to men's mental health at a local level.

As we closed 2024, MenWalkTalk remained firmly committed to our mission: supporting wellbeing and building communities – one step, and one conversation, at a time.

Highlights and Progress in 2024

In 2024, MenWalkTalk focused on refining the quality of our offer and deepening our impact in the communities we serve. This was a year marked by intentional improvement, listening to our participants and volunteers, and responding to the growing demand for meaningful, low-barrier mental health support, the result of which saw a 63% increase in the number of walk locations and stronger bonds with our volunteers and communities.

- **Participant Feedback and Impact:** We prioritised listening to those who walk with us. Feedback from participants highlighted that many felt less isolated, more connected, and increasingly confident in opening up about their mental health. This qualitative insight helped shape improvements to how we communicate and support men at every stage of their journey.
- **Strengthening Volunteer Roles:** Walk-leaders and community campaigners continued to be at the heart of MenWalkTalk. We introduced new role descriptions, peer learning opportunities, and check-in systems to help our volunteers feel supported, confident, and valued.
- **Raising Visibility Through Lived Experience:** We saw a rise in men stepping forward to share their stories publicly – through blogs, social media, and events – helping us reach wider audiences and reduce stigma in real, relatable ways. These personal accounts continue to be our most powerful advocacy tool.
- **More Than a Walk:** As the year progressed, our spaces became more than just walks. Men used them to reconnect with nature, return to work, build confidence in group settings, and form friendships that extended beyond the walks themselves. The social value of these connections became increasingly clear.
- **Laying the Groundwork for Scale:** While walk numbers remained steady, we prepared behind the scenes for long-term sustainability. This included exploring organisational structure changes, improving our internal systems, and developing stronger frameworks for local partnerships and business engagement.

As we closed the year, MenWalkTalk was not only continuing to walk and talk — we were listening, learning, and building the kind of community men tell us they wish they'd found sooner.

INDEPENDENT EXAMINER'S REPORT

Independent examiner's report to the Trustees of Men Walk Talk (Charity no 1188361).

I report to the trustees on my examination of the accounts of the above charity (the Charity) for the year ended 31 December 2024 which are set out on pages 8-10.

Responsibilities and basis of report

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

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that:

- (1) In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:
 - a. the accounting records were not kept in accordance with section 130 of the Act; or
 - b. the accounts do not accord with the accounting records.
- (2) 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.



Chaweevan Williams FCCA
Chartered Certified Accountant
Verdant Accountants Limited
20-22 Wenlock Road
London N1 7GU

Date: 03 July 2025

Financial Review

The charity received £100,755 in donations, grants and fundraising activities in the year to 31 December 2024 (2023: £52,055) and made payments of £69,181 (2023: £51,677). At 31 December 2024 the charity had £80,414 of cash funds (2023: £48,840).

The charity's policy is that the organisation will retain reserves of at least 4 months' running costs or £25,000 (whichever is the greater). This will be reviewed annually by the Trustees. At 31 December 2024 the charity's cash position met this reserve requirement.

The accounts, prepared on the "receipts and payments" basis, are included overleaf.

Men Walk talk

Receipts and Payments Accounts

For the year ended 31 December 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Receipts					
Donations		36,013	0	36,013	41,344
Grants		0	59,894	59,894	10,155
Fundraising		4,848	0	4,848	556
Sub total		40,861	59,894	100,755	52,055
Asset and investment sales					
		0	0	0	0
Total receipts		40,861	59,894	100,755	52,055
Payments					
Payments relating to charitable activities		11,025	2,440	13,465	10,434
Running costs		13,022	321	13,343	6,193
Staff costs		19,289	23,084	42,373	33,900
Sub total		43,336	25,845	69,181	50,527
Asset and investment purchases					
Computer equipment		0	0	0	1,150
Total payments		43,336	25,845	69,181	51,677
Net of receipts / (payments)		(2,475)	34,049	31,574	378
Transfer between funds		0	0	0	0
Cash funds at 31 December 2023 (2022)		41,704	7,136	48,840	48,462
Cash funds at 31 December 2024 (2023)	1b	39,229	41,185	80,414	48,840

Men Walk talk

Statement of Assets and Liabilities

As at 31 December 2024

	Notes	Total Funds 2024 £	Total Funds 2023 £
Cash funds			
Bank Current - Unrestricted		39,083	41,585
Paypal - Unrestricted		146	119
Bank Current - Restricted		41,185	7,136
Total cash funds		80,414	48,840
Other monetary assets			
Receivable income		0	19
Investment assets			
		Current Value	Current Value
Investment assets		0	0
		0	0
Assets retained for the charity's own use	1c	607	990
Liabilities			
Independent examination		(660)	(660)
Creditors		(29)	0

Approved by the Trustees on 2 July 2025 and signed on their behalf:



Michael Jenkins – Trustee

Date:

4 July 2025

The notes on page 10 form a part of these financial statements.

Men Walk talk

Notes to the Financial Statements

For the year ended 31 December 2024

1 Accounting policies

a Basis of preparation

The basis of accounting is Receipts & Payments.

b Funds accounting

Funds held by the charity are:

Unrestricted funds - general funds which can be used for the charity ordinary purposes.

Restricted funds - donations or grants received for a specific object or invited by the charity for a specific object. The funds may only be expended on the specific object for which they were given.

c Assets retained for the charity's own use

Assets retained for the charity's own use in the Statement of Assets and Liabilities are included at net book value.

2 Related party transactions

There were no payments to related parties during the year (2023: £1,320).

Volunteers and Team

Our volunteers remain the heart of MenWalkTalk – from the walk-leaders who show up rain or shine, to the campaigners and community champions helping us raise awareness across the country. In 2024, we focused on deepening the support and training available to our volunteer team, ensuring they feel equipped, valued and connected.

Our staff team also continued to evolve. With the Fundraising Officer firmly embedded in the organisation, we focused on streamlining internal operations and began scoping the introduction of a Charity Operations Manager role to support the CEO and futureproof the charity's growth. While our core team remains small – including the Founder & CEO, Charity Administrator, and Fundraising Officer – we are working smarter, with clearer systems and better coordination between staff and volunteers.

We are incredibly proud of the commitment and compassion shown by every person who gives their time to MenWalkTalk. Their lived experience, empathy, and belief in the power of conversation continue to shape everything we do.

Recognition and Thanks

In 2024, MenWalkTalk continued to benefit from the support of individuals, partners, and organisations who share our commitment to improving men's mental health.

We were proud to be part of several key events and campaigns throughout the year:

- We took part in the **Baton of Hope Conference**, continuing our involvement in national conversations around suicide prevention and mental health.
- We partnered with **Mercedes-Benz Vans UK** and **Chris Kamara** on a mental health awareness campaign, helping raise visibility of our work and message across a wider audience.
- We were chosen charity for The Sportsman, Littlehampton who hosted a **charity football club family fun day**, bringing together supporters and participants to raise funds for MenWalkTalk.
- We returned to **Armed Forces Day in Littlehampton** for the third consecutive year, maintaining a consistent presence in our local community, with thanks to Littlehampton Town Council.
- We attended **Brighton Pride**, furthering our commitment to inclusion and reaching more men who may benefit from our offer.
- In November we were invited to speak to staff at local employer GlaxoSmithKline for **International Men's Day**.
- In Littlehampton, where our first walk has continued to meet from, **Mewsbrook Park Cafe** chose to support us throughout the year, as one of their chosen charities.

We also connected with a number of services and networks to build awareness and explore volunteer engagement:

- Attended **VAAC networking events** and a **Mental Health NHS staff lunch** to promote collaboration and visibility.
- Participated in **filming with students in Brighton** to help share our message through new platforms.
- Continued outreach to **local Job Centres**, including in Chichester and Crawley, to promote volunteer opportunities and expand our presence.
- Took part in **Talk & Table community events** to engage directly with local residents and professionals.
- Distributed updated **marketing materials** to key local authorities and partners and through staff efforts across Sussex and beyond.

We are grateful to all individuals, volunteers, fundraisers, and partners who supported MenWalkTalk throughout 2024. Your time, commitment and advocacy help us ensure that men across the UK continue to find connection, support and conversation when they need it most.

Feedback and Testimonials

Participant Testimonials:

The voices of our participants are at the heart of MenWalkTalk. Their feedback continues to show just how vital our walks are in helping men feel less isolated, more connected, and supported in their mental health.

“MenWalkTalk has been a lifeline for me. The walks give me a chance to talk openly about my struggles and connect with others facing similar challenges.”

“I didn’t realise how much I needed MenWalkTalk until I joined. I was invited by a friend and now I look forward to it each week. It’s helped me get out, talk about ‘stuff’, and feel human again.”

“There’s no pressure to talk – but when you do, the support from others is amazing. Just being around guys who ‘get it’ has made me feel less alone.”

“I joined over a year ago after retiring. It’s helped me maintain my listening skills, hear others’ stories, and share when I need to. Conversations start with weather and work – but sometimes go to the heart of things. That balance is powerful.”

“I had a tough day recently. I turned up to the walk and got the support I needed – in bucketloads. It couldn’t have come at a better time.”

“What I like most is the freedom – no pressure, no expectations. You walk, you talk, or you just listen. And every time, you leave feeling lighter.”

“MenWalkTalk gives me structure and connection during difficult weeks. It’s become a trusted part of my mental wellbeing toolkit.”

“Excellent charity that provides great support and lifelong friends to men experiencing a difficult time – without putting pressure on anyone to talk.”

“It’s not just about talking – it’s about being around like-minded people. The combination of movement, fresh air, and open conversation is like medicine.”

“I’ve had some dark days lately, and the encouragement I received to rejoin the group helped me through. I’m now inspired to one day become a walk leader myself.”

“It’s a little like a healthy addiction – the more you go, the more you get out of it. I’m thankful for the support it’s given me in my recovery.”

We are also grateful for the constructive feedback, which helps us grow. Some participants expressed a preference for WhatsApp over Heylo for ease of use, and others suggested more social gatherings outside of the walks – ideas we’re actively exploring.

These testimonials are a powerful reminder that while the format may be simple, the impact is often life changing.

Volunteer Testimonial:

“Volunteering for MenWalkTalk has been one of the most rewarding experiences of my life. Seeing the impact it has on participants is truly inspiring.”

“In my Senior volunteer role, I have attended and participated in the monthly MWT meetings. This has enabled me to stay connected to the charity’s operation programme, its successes and challenges and to bring a walk leader’s perspective to the discussions.

I am able to input and influence discussions and help thinking around priorities and outcomes for the charity and provide thinking and inputs for the MWT senior team to take to trustee meetings if required.

*I have participated in the Sussex men’s mental health network meeting on behalf of MWT and work alongside a local campaigner and am about to link into the local social subscriber network which has been facilitated by the Operations manager, MWT.” - **Alan, Senior***

Volunteer

“I became a Mental Health First Aider in 2019 and was later encouraged by a friend to check out MenWalkTalk. After joining the Worthing Walk one September, I felt immediately welcomed. I soon began covering walks and now lead the Hove group. It’s small but powerful – it’s amazing what you can talk through in 90 minutes.

*Since 2022, I’ve been a Senior Volunteer, contributing to Ops Meetings, supporting with health and safety, events, and mentoring new walk leader volunteers. MWT has given me the chance to grow too – from ASSIST suicide intervention training to representing the charity at national events. It’s been a rewarding and meaningful journey.” - **Paul, Senior***

Volunteer

Statement by the Chair

As we bring another year to a close, we are proud to reflect on a number of achievements at MenWalkTalk during a period of growth and continued support for the drive towards better wellbeing for men.

Matt and the team have made great strides in many key areas – and these are now really bearing fruit – more walk Leaders, volunteers and ultimately the increasing numbers of men attending our walks are testament to this

I would like to thank everyone who has contributed their time, effort, and resources to our mission. Together, we are helping break the stigma around men's wellbeing and create peer support that enables men to feel safe about speaking openly. I am confident that with continued support, MenWalkTalk will keep growing, helping even more men in the coming years.

Tom Acott

Chair of Trustees

MenWalkTalk

MEN WALK TALK

England & Wales - Charity number 1188361

Accounts

MENWALKTALK TRUSTEE ANNUAL REPORT

Year Ending 31 December 2023

Registered Charity No. 1188361

Trustees

Mr James Abdool (Chair)
Mr Tom Acott (Vice Chair)
Mr Michael Jenkins (Treasurer)
Mr Taylor Pryer-Freeman
Mr Rodney Funnell
Ms Zoe Fortune
Mr Jake Harber (resigned 10 April 2024)

Registered office

Wickbourne Centre
Clun Road
Littlehampton
West Sussex
BN17 7DZ

Independent examiner

Verdant Accountants Limited
Chartered Certified Accountants
20-22 Wenlock Road
London N1 7GU

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CEO Statement

As I reflect on the past year, I am filled with gratitude for the progress MenWalkTalk has made in 2023. What started as an idea to give men a safe space to talk about their mental health while walking has grown into a nationwide movement. Our walks, volunteers, and partnerships have expanded, and the positive feedback we have received inspires us to keep pushing forward.

The dedication of our senior volunteers and walk-leaders has been critical to our success, as has the support from our growing community of participants. Together, we are making a real difference in men's mental health.

Thank you to everyone who continues to support MenWalkTalk. We are committed to breaking the stigma surrounding men's mental health and look forward to what we will achieve in 2024.

Matt Pollard, CEO & Founder

About MenWalkTalk

MenWalkTalk was founded in January 2020 by Matt Pollard, born out of his personal experiences with work stress and its impact on his well-being. Recognising the benefits of walking as a form of self-care, Matt realised the potential for it to create a supportive environment where individuals could openly discuss their mental health challenges. Matt was acutely aware of the unique struggles faced by men when it came to mental health issues. Research consistently indicates that men often find it more challenging to seek help or discuss their emotional well-being openly. Additionally, men are at a higher risk of suicide compared to other demographics. These concerning statistics further motivated Matt to establish MenWalkTalk and address the specific needs of men's mental health.

With a deep understanding of the positive impact walking can have on mental wellbeing, Matt's vision for MenWalkTalk became focused on creating a supportive and inclusive environment where men could freely express their thoughts, feelings, and concerns. By combining the benefits of physical activity with open conversations, MenWalkTalk aims to empower men to proactively engage in discussions about their mental health, destigmatise seeking help, and foster a sense of camaraderie and connection among participants.

Matt's personal journey and empathy for others experiencing similar challenges have been instrumental in shaping MenWalkTalk's mission and approach. The charity recognises the importance of offering men a safe and accessible platform for discussing their mental health while actively promoting the understanding that seeking support is a sign of strength. Through MenWalkTalk, Matt and his team aspire to make a lasting impact on men's mental well-being by leveraging the power of walking and open dialogue to provide solace, support, and hope for a brighter future.

In addition to organising walks, MenWalkTalk has embraced digital platforms like the Heylo app and Facebook Groups to enhance its support network. Members also have the chance to meet online monthly via Zoom for socials and MenWalkTalk has a dedicated group for each walk-location on the Heylo app, providing ongoing peer support for men accessing MenWalkTalk walks wherever they are. These digital avenues ensure continuous access to support, extending the impact of MenWalkTalk beyond physical meetings and creating a safe space for men to connect, share and find solace.

Overview and Achievements in 2022-2023

By the end of 2022, MenWalkTalk had laid a solid foundation for growth. The charity, focused on providing support for men's mental health through walking and talking, successfully engaged communities across the UK.

Key achievements included:

- **Community Engagement:** Organised regular walking groups across the UK, with an emphasis on starting new walks in Northwest London, attracting a diverse group of men.
- **Growth in Reach:** Increased social media presence and word-of-mouth brought more men to the walks.
- **Partnerships and Collaborations:** Partnered with local businesses and mental health organisations.
- **Volunteer Support:** Expanded the number of dedicated volunteers who facilitate walks and provide logistical support.
- **Fundraising Efforts:** Launched new initiatives to explore fundraising, including events, donations and merchandise.

Highlights and Progress in 2023

In 2023, we continued to build on our successes, achieving significant milestones:

- **Expansion of Walking Groups:** Increased the number of walking groups, with new locations in both urban and rural areas.
- **Increased Participation:** Attendance at walks grew steadily, with more men from diverse backgrounds participating.
- **Enhanced Online Presence:** Revamped the website, increased social media engagement and we introduced the use of the Heylo App, a mobile app for walk sign-ups and the community chat for support outside of the walks.
- **Mental Health Awareness Campaigns:** Launched successful campaigns to break the stigma surrounding men's mental health, featuring personal stories from walk participants.
- **Funding and Sustainability:** Secured grants and increased opportunities for individual giving through events and challenges, diversifying our income.

INDEPENDENT EXAMINER'S REPORT

Independent examiner's report to the Trustees of Men Walk Talk (Charity no 1188361).

I report to the trustees on my examination of the accounts of the above charity(the Charity) for the year ended 31 December 2023 which are set out on pages 5-7.

Responsibilities and basis of report

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

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that:

- (1) In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:
 1. the accounting records were not kept in accordance with section 130 of the Act; or
 2. the accounts do not accord with the accounting records.
- (2) 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.



Chaweevan Williams FCCA
Chartered Certified Accountant
Verdant Accountants Limited
20-22 Wenlock Road
London N1 7GU

Date: 02 October 2024

Financial Review

The charity received £52,055 in donations, grants and fundraising activities in the year to 31 December 2023 (2022: £70,967) and made payments of £51,677 (2022: £30,702). At 31 December 2023 the charity had £48,840 of cash funds (2022: £48,462).

The charity's policy is to hold cash reserves to enable it to meet at least 12 months' worth of estimated minimum running costs. At 31 December 2023 the charity's cash position met this reserve requirement.

The accounts, prepared on the "receipts and payments" basis, are included overleaf.

MenWalkTalk

Receipts and Payments Accounts

For the year ended 31 December 2023

	Notes	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		£	£	2023	2022
				£	
Receipts					
Donations		41,344	0	41,344	62,668
Grants		0	10,155	10,155	8,155
Fundraising		556	0	556	144
Sub total		<u>41,900</u>	<u>10,155</u>	<u>52,055</u>	<u>70,967</u>
Asset and investment sales					
		0	0	0	0
Total receipts		<u>41,900</u>	<u>10,155</u>	<u>52,055</u>	<u>70,967</u>
Payments					
Payments relating to charitable activities		9,577	857	10,434	8,312
Running costs		6,028	165	6,193	5,981
Staff costs		28,301	5,599	33,900	15,508
Sub total		<u>43,906</u>	<u>6,621</u>	<u>50,527</u>	<u>29,801</u>
Asset and investment purchases					
Computer equipment		1,150	0	1,150	901
Total payments		<u>45,056</u>	<u>6,621</u>	<u>51,677</u>	<u>30,702</u>
Net of receipts / (payments)		<u>(3,156)</u>	<u>3,534</u>	<u>378</u>	<u>40,265</u>
Transfer between funds		0	0	0	0
Cash funds at 31 December 2022 (2021)		<u>44,905</u>	<u>3,557</u>	<u>48,462</u>	<u>8,197</u>
Cash funds at 31 December 2023 (2022)	1b	<u>41,749</u>	<u>7,091</u>	<u>48,840</u>	<u>48,462</u>

MenWalkTalk
Statement of Assets and Liabilities
As at 31 December 2023

	Notes	Total Funds 2023 £	Total Funds 2022 £
Cash funds			
Bank Current - Unrestricted		41,585	43,612
PayPal - Unrestricted		119	1,293
Bank Current - Restricted		7,136	3,557
Total cash funds		48,840	48,462
Other monetary assets			
Receivable income		19	5,155
Investment assets			
Investment assets		0	0
		0	0
Assets retained for the charity's own use	1c	990	450
Liabilities			
Independent examination		(660)	(570)
Creditors		0	(161)

Approved by the Trustees on 30 September 2024 and signed on their behalf:



Michael Jenkins – Trustee

Date: 2 October 2024

The notes on page 7 form a part of these financial statements.

Notes to the Financial Statements

For the year ended 31 December 2023

1 Accounting policies

a Basis of preparation

The basis of accounting is Receipts & Payments.

b Funds accounting

Funds held by the charity are:

Unrestricted funds - general funds which can be used for the charity ordinary purposes.

Restricted funds - donations or grants received for a specific object or invited by the charity for a specific object. The funds may only be expended on the specific object for which they were given.

c Assets retained for the charity's own use

Assets retained for the charity's own use in the Statement of Assets and Liabilities are included at net book value.

2 Related party transactions

	£
Remuneration or expenses paid to any trustee or related party	1,320

The trustees approved payments to related parties for developing the MWT London offering. The total related party amount paid was in 2023 was £1,320 (2022: £3,588).

Volunteers and Team

Our volunteers continue to be the backbone of MenWalkTalk. In 2023, we expanded our volunteer base, adding more walk-leaders and recruited to new roles, including a dedicated volunteer coordinator and other staff. We are grateful for the dedication and commitment of all our volunteers, whose efforts make our work possible.

In 2023, we expanded our staff team by recruiting an Operations Manager, Fundraising Officer and a Volunteer Coordinator. These key roles were introduced to provide additional support to the existing staff team, which consists of the CEO and the Charity Administrator. The aim of these new appointments is to enhance the charity's operational efficiency and volunteer engagement, ensuring that MenWalkTalk continues to grow and effectively serve our community.

Recognition and Thanks

In 2023, MenWalkTalk was honoured to receive a £15,000 donation from The Body Shop as one of their three chosen charities, with some of our staff team and volunteers supporting The Body Shop at their fundraising days, serving customers, engaging with customers and restocking shelves to support their fundraising initiative.

In July 2023, our Founder and CEO had the immense honour of participating in the 'Baton of Hope's Charity Walk' in Brighton as a named baton-bearer. This significant event was dedicated to recognising and remembering those who have completed suicide and those who continue to struggle with mental health challenges. Carrying the baton as a symbol of hope, Matt found the experience deeply moving and personal, as it resonated with the core mission of MenWalkTalk—to support men through connection and conversation.

For Matt, this event became an experience he holds close to his heart, reinforcing his commitment to raising awareness around suicide prevention and mental health advocacy.

We are deeply grateful for the continued support and generosity of those who have taken on a variety of challenges and participated in events to raise funds for MenWalkTalk. Their dedication and commitment play a crucial role in helping us to sustain and expand our offer, ensuring we can continue providing vital support to men through our walk and talk groups. Every donation, large or small, makes a significant impact and we extend our heartfelt thanks to everyone who has contributed.

Feedback and Testimonials

Participant Testimonials:

"MenWalkTalk has been a lifeline for me. The walks give me a chance to talk openly about my struggles and connect with others facing similar challenges."

"I felt welcome and included. I picked up some very helpful tips to get me through a hard time. I'm very impressed by the set up and will be attending future meetings as the combination of exercise, fresh air, and like-minded people is a medicine to me at the moment."

"I joined MenWalkTalk over a year ago to address a concern that a sudden and dramatic reduction in social contact following retirement would not be beneficial to my mental wellbeing. The format of the walks is ideal for many who can be guarded at opening up in conversation with complete strangers. I find most conversations begin with chat about weather, work & travel. Occasionally walkers offer their back story, often talking about difficult or traumatic times. I hope that careful listening to these very personal insights is helpful to those that offer them. I also find the walks helpful in maintaining my listening skills and offering responses to fellow walkers to provide anything from reassurance to a question that gently challenges their thinking."

Volunteer Testimonial:

"Volunteering for MenWalkTalk has been one of the most rewarding experiences of my life. Seeing the impact it has on participants is truly inspiring."

Partner Testimonial:

"MenWalkTalk is really helpful and inspiring, doing some great work and it's good to hear that men are talking when they have the right opportunity like you're offering."

Statement by the Chair

As we bring another year to a close, we are proud to reflect on a number of achievements at MenWalkTalk during a period of growth and continued support for the drive towards better wellbeing for men.

We have maintained diverse groups of men who attend our walks, made possible by the dedication and commitment of our staff and volunteers. This regular activity is key to helping support men at times when other services may be failing them.

Our fundraising activities have stepped up a gear this year and laid the foundation for the future whilst helping pave the way for new initiatives in 2023. It has been a tough year for fundraising given the economic uncertainty but we are pleased that our donors, new and old, have remained loyal to MenWalkTalk.

I would like to thank everyone who has contributed their time, effort, and resources to our mission. Together, we are helping break the stigma around men's wellbeing and create peer support that enables men to feel safe about speaking openly. I am confident that with continued support, MenWalkTalk will keep growing, helping even more men in the coming years.

James Abdool
Chair of Trustees
MenWalkTalk

MEN WALK TALK

England & Wales - Charity number 1188361

Accounts

2022

TRUSTEE ANNUAL REPORT



MEN WALK TALK
Registered Charity
No. 1188361



@MenWalkTalk





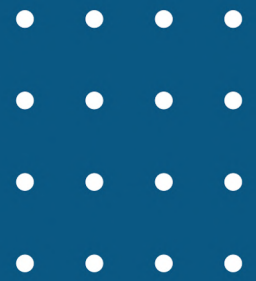
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Financial Review	Pages 7-9
Team	Page 10-11
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MenWalkTalk
Wickbourne Centre
Clun Road
Littlehampton
West Sussex
BN17 7DZ

Independent Examiner:
Verdant Accountants
20-22 Wenlock Road
London
England
N1 7GU





CEO Introduction

I am pleased to present the Trustee Annual Report, showcasing the remarkable achievements of MenWalkTalk over the course of the last year. Our "walk and talks" have continued to provide a safe space for men to discuss their mental health, come together and foster friendships, building stronger communities. From pop-up events to participation in Fundraisers, we have continued to raise awareness and meet and support more men.

We are proud of our expansion through successful grants, establishing seven new walks in the year across the South-West and South-East of the UK. Additionally, generous donations – including a significant £50,000 contribution from a Discretionary Trust Will – have empowered us to further our mission. Our sponsorship of the Steyning Under 11s Football Team helped promote mental well-being within the community and encouraged families to have conversations with their children about mental health and the stigma men face.

As MenWalkTalk approaches its 3rd year in 2023, we are grateful for your support in breaking the stigma surrounding men's mental health. This Trustee Annual Report highlights these achievements and expresses our sincere appreciation for your contributions. Together, we are making a difference, providing a safe space for healing and growth.

– Matt Pollard, CEO & Founder

About MenWalkTalk



MenWalkTalk was founded in January 2020 by Matt Pollard, born out of his personal experiences with work stress and its impact on his well-being. Recognising the benefits of walking as a form of self-care, Matt realised the potential for it to create a supportive environment where individuals could openly discuss their mental health challenges.

Matt was acutely aware of the unique struggles faced by men when it came to mental health issues. Research consistently indicates that men often find it more challenging to seek help or discuss their emotional well-being openly. Additionally, men are at a higher risk of suicide compared to other demographics. These concerning statistics further motivated Matt to establish MenWalkTalk and address the specific needs of men's mental health.

With a deep understanding of the positive impact walking can have on mental well-being, Matt's vision for MenWalkTalk became focused on creating a supportive and inclusive environment where men could freely express their thoughts, feelings, and concerns. By combining the benefits of physical activity with open conversations, MenWalkTalk aims to empower men to proactively engage in discussions about their mental health, destigmatise seeking help, and foster a sense of camaraderie and connection among participants.

Matt's personal journey and empathy for others experiencing similar challenges have been instrumental in shaping MenWalkTalk's mission and approach. The charity recognises the importance of offering men a safe and accessible platform for discussing their mental health while actively promoting the understanding that seeking support is a sign of strength. Through MenWalkTalk, Matt and his team aspire to make a lasting impact on men's mental well-being by leveraging the power of walking and open dialogue to provide solace, support, and hope for a brighter future.

In addition to organising walks, MenWalkTalk has embraced digital platforms like WhatsApp and Facebook Groups to enhance its support network. Members have met online weekly via Zoom for social chats and setup a dedicated WhatsApp group, providing ongoing peer support for men accessing MenWalkTalk. The inclusion of Heylo Group has further expanded the charity's reach, leveraging their expertise and resources to foster awareness and engagement. These digital avenues ensure continuous access to support, extending the impact of MenWalkTalk beyond physical meetings and creating a safe space for men to connect, share, and find solace.

Matt has garnered support from notable individuals and celebrity ambassadors, including actor David Tag and actor/presenter and Here4U campaigner Dan Westwood. These ambassadors actively utilise social media platforms and host interviews to raise awareness about the charity and its objectives.

Achievements



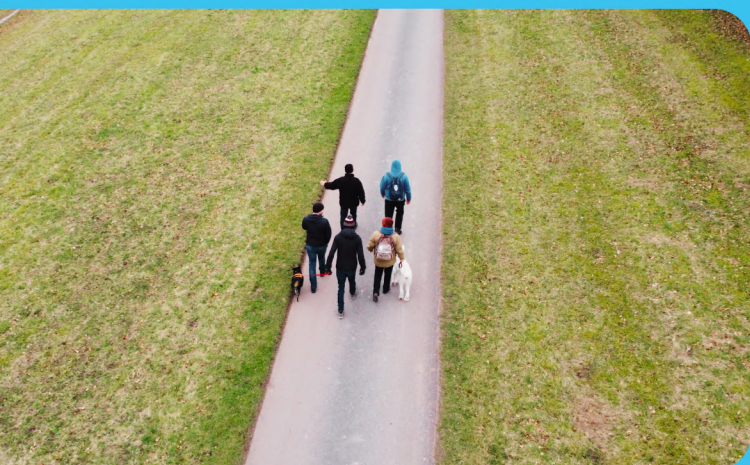
In the year 2022, MenWalkTalk achieved significant milestones and made substantial progress in our mission to promote men's mental health and well-being. Through a series of successful events, partnerships, and strategic initiatives, we have extended our reach and impact, fostering open conversations and support for men's mental health throughout the United Kingdom.

We kicked off the year with enthusiasm, organising the Wiston House Pop-up Walk and Talk event in February. This event provided a platform for men to engage in open conversations about mental health, while also welcoming women to participate and show their support for the cause. The event's success set a positive tone for our activities throughout the year.

In March, we actively participated in the Men's Wellbeing Festival in Hastings, where we set up a stall. This allowed us to reach a wider audience and raise awareness about men's mental health. Additionally, it provided an opportunity to introduce our new offerings in Hastings and offer valuable resources to festival attendees. This engagement showcased our commitment to creating a lasting impact on men's well-being.

In April, we organised the April Amble, a challenging 8.6-mile walk from Shoreham Bridge to Bramber along the Downs Link. This physically demanding event not only promoted physical activity but also facilitated meaningful conversations about mental health among the participants. By encouraging dialogue and fostering relationships among our members, we effectively created a supportive community centred around mental well-being.

Building on our commitment to collaboration, we forged a partnership with The Body Shop in April. As one of three chosen charities at The Body Shop HQ, we supported the company's sales and received a donation in February 2023. This collaboration not only bolstered the cause of men's mental health but also increased our visibility, ensuring that our message reached a wider audience.



In June, we secured a grant to expand our offerings and establish new walks across North-West London. This grant not only allowed us to reach more individuals but also played a vital role in our growth and sustainability. By broadening our reach, we extended our support to more communities and contributed to the overall well-being of men.

In July, we received a generous donation of £50,000 from a Discretionary Trust Will. This substantial contribution enabled us to employ an administrator who supported all core functions of the charity. Additionally, it helped us build stronger relationships with our volunteer team and partners, further enhancing our ability to make a positive impact.

In August, we organised the Summer Walkathon Pier 2 Pier event, spanning from Bognor Pier to Brighton Pier. This inclusive and enjoyable event attracted participants of all ages and genders. By promoting awareness of MenWalkTalk and creating a supportive and active environment, we encouraged open dialogue and facilitated a sense of belonging.

Recognising the significance of effective governance and strategic planning, our Trustees and Operations Board held an away day in August. This in-person meeting allowed for crucial discussions, collaboration, and the alignment of our organisational goals. By ensuring effective governance, we demonstrated our commitment to transparency, accountability, and long-term success.



Recognising the significance of effective governance and strategic planning, our Trustees and Operations Board held an away day in August. This in-person meeting allowed for crucial discussions, collaboration, and the alignment of our organisational goals. By ensuring effective governance, we demonstrated our commitment to transparency, accountability, and long-term success.

In November, we participated in the HuMAN Event at Churchill Square, Brighton. This event served as a platform to engage with the community, raise awareness about men's mental health, and promote our offerings. It provided an invaluable opportunity to connect with individuals, spark conversations, and emphasise the importance of prioritising men's mental well-being.



To conclude the year, our Trustees and Operations Board held another away day in December, focused on strategy and setting out our three-year plans. This event laid the foundation for future initiatives, ensuring a clear direction and effective implementation of our goals. It exemplified our commitment to continuous improvement and long-term impact.

These achievements in 2022 highlight MenWalkTalk's dedication to promoting men's mental health, raising awareness, and expanding their reach through various events, partnerships, sponsorships, and strategic planning.



Locations

MenWalkTalk continued to facilitate walking groups meeting this year for regular walks in:

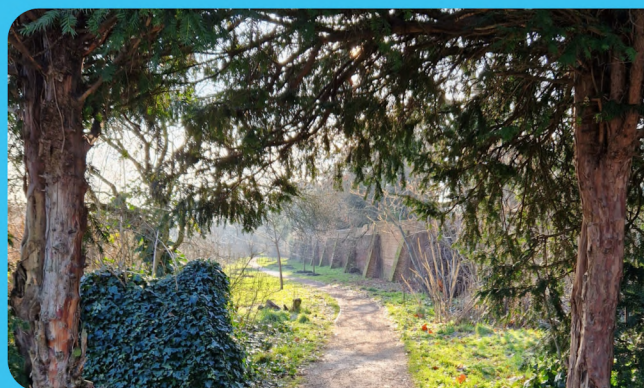
- Bognor Regis on a fortnightly basis
- Littlehampton on a fortnightly basis
- Worthing on a fortnightly basis
- Brighton on a fortnightly basis
- Weedon in West Northamptonshire on a weekly basis
- Nottinghamshire, in three locations across Bassetlaw, Idle Valley, Langold Lakes and Retford each meeting on a monthly basis

And in 2022 we started offering walks in:

- Hastings, East Sussex on a monthly basis
- Regents Park, London meeting on a monthly basis
- Gunnersbury Park, London meeting on a monthly basis
- Saltram Park, Plymouth on a monthly basis
- Sidmouth, Devon on a monthly basis
- Lindfield, West Sussex on a monthly basis
- Arundel, West Sussex on a fortnightly basis

As well as our regular “walk and talk” meetings above, we continued to facilitate an online zoom social space for those guys who couldn’t get to a walk or live too far from the current offer or those who use it as a platform to check-in with others between walks. We covered many themed discussions around Stress, Anxiety and Depression.

We continue to offer ‘pop-up’ “walk and talks” to help us raise awareness and reach more people, we have also joined local community events and promoted the work of the charity across public spaces with partner agencies.



INDEPENDENT EXAMINER'S REPORT

Independent examiner's report to the Trustees of Men Walk Talk (Charity no 1188361).

I report to the trustees on my examination of the accounts of the above charity (the Charity) for the year ended 31 December 2022 which are set out on pages 7- 9.

Responsibilities and basis of report

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

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that:

(1) In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records.

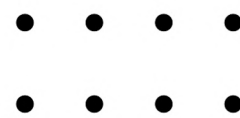
(2) I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Chaweevan Williams FCCA
Verdant Accountants Limited
Chartered Certified Accountants
20-22 Wenlock Road
London N1 7GU

Date: 04 July 2023

Financial Review



The charity received £70,967 in donations, grants and fundraising activities in the year to 31 December 2022 (2021: £20,631), and made payments of £30,702 (2021: £15,412). At 31 December 2022 the charity had £48,462 of cash funds (2021: £8,197).

The charity's policy is to hold cash reserves to enable it to meet at least 12 months' worth of estimated minimum running costs. At 31 December 22 the charity's cash position met this reserve requirement..

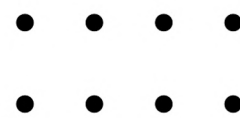
The accounts, prepared on the "receipt and payments" basis, are included below:

Receipts and Payments Accounts

For the year ended 31 December 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Receipts					
Donations		62,668	0	62,668	9486
Grants		0	8,155	8,155	11145
Fundraising		144	0	144	0
Sub total		62,812	8,155	70,967	20,631
Asset and investment sales					
		0	0	0	0
Total receipts		62,812	8,155	70,967	20,631
Payments					
Payments relating to charitable activities		6,312	2000	8,312	5,374
Running costs		5,636	345	5,981	5,269
Staff costs		9,279	6229	15,508	4,513
Sub total		21,227	8,574	29,801	15,156
Asset and investment purchases					
Computer equipment		901	0	901	256
Total payments		22,128	8,574	30,702	15,412
Net of receipts / (payments)		40,684	(419)	40,265	5,219
Transfer between funds		0	0	0	0
Cash funds at 31 December 2021		4,221	3,976	8,197	2,978
Cash funds at 31 December 2022	1b	44,905	3,557	48,462	8,197

Financial Review continued



Statement of Assets and Liabilities

As at 31 December 2022

	Notes	Total Funds 2022 £	Total Funds 2021 £
Cash funds			
Bank Current - Unrestricted		43,612	4,207
Paypal - Unrestricted		1,293	14
Bank Current - Restricted		3,557	3,976
Total cash funds		48,462	8,197
Other monetary assets			
Receivable income		5,155	0
Investment assets			
Investment assets		0	0
		0	0
Assets retained for the charity's own use	1c	450	128
Liabilities			
Independent examination		(570)	0
Creditors		(161)	0

Approved by the Trustees on 4 July 2023 and signed on their behalf.

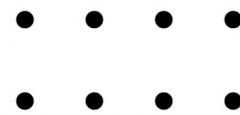
Michael Jenkins – Trustee

Date:

4 July 2023

The notes on page 9 form a part of these financial statements.

Financial Review continued



Notes to the Financial Statements

For the year ended 31 December 2022

1 Accounting policies

a Basis of preparation

The basis of accounting is Receipts & Payments.

b Funds accounting

Funds held by the charity are:

Unrestricted funds - general funds which can be used for the charity ordinary purposes.

Restricted funds - donations or grants received for a specific object or invited by the charity for a specific object. The funds may only be expended on the specific object for which they were given.

c Assets retained for the charity's own use

Assets retained for the charity's own use in the Statement of Assets and Liabilities are included at net

2 Related party transactions

	£
Remuneration or expenses paid to any trustee or related party	3,588

The trustees approved payments to related parties for developing the MWT London offering and for HR consultancy services. The total amount paid was in 2022 was £3,588 (2021: nil).

Team MWT



Volunteers

Throughout 2022, our volunteer walk-leader team grew to sixteen and we welcomed four volunteer campaigners to the team. We also have our Volunteer Board of Operations who help oversee and coordinate the many activities.

Staff

We have 2 paid staff part-time including Danni who is our Charity Administrator and Fundraising Assistant and Matt as the CEO.



Founder and CEO of the MenWalkTalk Charity

Matt founded the MenWalkTalk Charity in January 2020 after using his passion to support people and reduce the stigma surrounding men's mental health.



Charity Administrator and Fundraising Support

Danni joined the board with a huge passion to see growth and awareness of support for men and is always the first to offer support with all things admin/campaign. Danni says "I am so lucky to have met Matt who has helped me come out of my shell and play a part in this amazing team".



Volunteer Chair of Operations and Walk Leader

Alan loves all things mindfulness and is passionate about supporting us, I am always learning to be more grounded and mindful when walking and talking with Alan. Alan says "I am part of the MenWalkTalk team because I believe talking and walking in the open air nourishes and supports good mental and physical wellbeing."



Volunteer Board Member and Walk-Leader

Mark has been part of the MenWalkTalk journey since our first ever walk. He feels that our slogan of "It's OK not to be OK" is a very powerful message to communicate and one that will help men with mental health issues to understand they are not alone. Mark leads his walks with the focus being that sharing thoughts and experiences with other like minded men provides a solid start to a better situation.

Team continued



Volunteer Board Member

Simon is always learning and sharing knowledge with the guys on each walk he attends. Simon writes "I am part of the MenWalkTalk Team because I want to help reduce the stigma associated with men's mental ill-health and I hope that by sharing my own experiences, it might encourage other men to realise it is ok to speak up and ask for help when they need it".



Volunteer Board Member & Social Creative Lead

Amy has a heart for bringing change to men's mental health, a world where opening up and reaching out can be done without any judgement or stigma attached. Amy manages our social media and her aim is to share positivity as well as awareness of who we are and how people can get involved.



Volunteer Board Member & Content Lead

Luke believes that everyone deserves to feel heard and cared about. He resonates strongly with MenWalkTalk's message and feels that seeking support with your mental health is a show of huge strength and the first step towards moving forward. Luke takes care of MenWalkTalk's content creation needs.



Volunteer Board Member and Walk-Leader

Paul first joined MWT in 2021 as a walker then Volunteer. He says that the MWT approach of getting out and talking is simple but proven. It demonstrates the importance of talking about mental health and sharing experiences.

Trustees

- James Abdool (Chair, appointed March 2023)
- Mike Jenkins (Treasurer)
- Tom Acott (appointed March 2023)
- Charlotte Griffiths (resigned March 2023)
- Dr Zoe Fortune
- Rod Funnell
- Jake Harber
- Taylor Pryer-Freeman (appointed September 2022)



THANK YOU

Statement by Mike Jenkins, former Chair of the Trustees:

I am so proud of everything that Matt and our fantastic team have achieved this year. As a charity this has been a really important year for us in putting in place some of the infrastructure that we need to really kick-on: we have recruited our first staff members, brought on board new trustees and volunteers, developed our strategy, enhanced our reporting, governance model and processes, and built awareness through a campaign of advertising on social media.

As a result of this, plus all the hard work put in from the team and all those who have supported us financially, we have been able to set up walks in seven new locations this year as well as continuing our existing walks and online offering. This has allowed us to reach more men who are looking for support, and I continue to be inspired by the feedback coming through of what a positive impact this is having on those that really need it.

And so on behalf of the Trustees I want to extend a huge thank you to all of those who make MenWalkTalk possible – our donors, ambassadors, our amazing volunteers and walk leaders, and of course to Matt and Danni whose continuing hard work and positivity set an example to all of us.

– **Mike Jenkins**



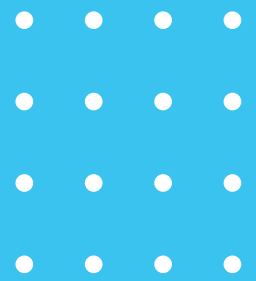
MEN WALK TALK

England & Wales - Charity number 1188361

Accounts

2021

TRUSTEE ANNUAL REPORT



MEN WALK TALK
Registered Charity
No. 1188361

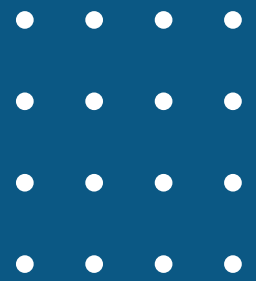




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CEO Introduction

As I sit and write this for our second annual report, I must share how appreciative and grateful I am for the work that all our volunteers give to MenWalkTalk and the members who participate in our “walk and talks” that help provide the safe space for more guys to get involved and feel able to open up about their mental health.

Our walk-leaders who consistently offer those safe spaces for guys across the UK both in-person and on Zoom, giving guys somewhere they can off load, vent and meet new friends, without judgement.

I would also like to thank our Operations Board for their willingness and motivation to help grow MenWalkTalk and finally, my thanks to our Board of Trustees for their time and commitment to governing the work of the Charity.

I am especially encouraged to continue our mission since being named the UK’s 1,685th Point of Light by Prime Minister Boris Johnson in July 2021.

Although we are a new charity, we are thrilled to be able to share some of our many achievements within this report and reflect on how far we’ve come from the birth of the charity on 5th March 2020. I’d also like to take this opportunity to thank you for your continued support, fundraising and joint commitment to ending the stigma surrounding men’s mental health.

I am proud of where MenWalkTalk Charity is going and look forward to 2022 and our plans for expansion to provide a safe space for even more people.

– Matt Pollard, CEO & Founder

About MenWalkTalk



MenWalkTalk was set up in January 2020 after the Founder, Matt Pollard, felt the way work stress had impacted on his mood. He started walking to make himself feel better, but after a while considered that other people may also be feeling the same but had nowhere informal to go and chat with other guys.

It was then Matt realised how walking can offer people the opportunity to talk about their mental health. Matt was aware of how men can struggle with their mental health and are at a higher risk of suicide.

Matt says “Some people have a fear of accessing help, but MenWalkTalk is peer support, not therapy. We’re in contact with GPs and social prescribing teams, and are also linked to other Pathfinder West Sussex services”.

As well as the walks, which over the last year continued to follow guidelines in line with Covid restrictions, members of the group have met online weekly for social chats and been part of a WhatsApp group that’s used for ongoing peer support with any guy who has accessed MenWalkTalk.

At the start, MenWalkTalk knew that for some, the hardest part would be making that first contact or walking through that first door. Matt is always happy to chat with someone before they attend one of the walks. Sometimes these pre-walk chats and meetings give men the opportunity to make disclosures about their mental health before they join a group for the first time, which can make things easier.

MenWalkTalk has attracted a number of supporters and celebrity ambassadors including Hollyoaks actor David Tag and actor/presenter and Here4U campaigner Dan Westwood, who frequently hosts interviews on social media to raise awareness of the charity and its aims.



Achievements

Over the past year, we have continued to offer “walk and talks” in West Sussex as well as expanding our walks into new areas across the UK.

Firstly, our brand-new group meeting at Preston Park, Brighton became one of the most attended with numbers up to 10-11 on some of the walks, this was helped after receiving project funding from Sussex Health & Care Partnership.

Our Network then grew North, with a volunteer leading a walk in Rugby and then to Nottingham where three walks started in Langold Lakes, Retford and Idle Valley with support from the Clinical Commissioning Group in Bassetlaw.

In February, we filmed our first video with our Ambassador David Tag who at the time was an actor on Channel 4’s ‘Hollyoaks’.

In June, we held a ‘pop-up’ walk at Petworth Park, a local National Trust site and another at Horsham’s Warnham Local Nature Reserve, both were well attended.

Our Summer Walkathon was a success with 16 guys participating and over £1800 raised and after the summer, we formed our Volunteer Operations Board to oversee and coordinate the charity's activities in a more focused way, supporting Matt and the Trustees with the daily running of the charity.



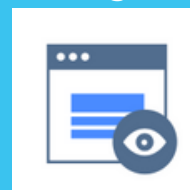
Facebook Impressions



217,049

01-01-2021 - 31-12-2021

Instagram Impressions



135,529

01-01-2021 - 31-12-2021



Achievements continued

Later in the year, 3 Brighton walk-leaders attended Applied Suicide Intervention Skills & Training (ASIST) and we try to offer this training to all our volunteer walk-leaders where possible.

In December, we were fortunate to receive funding from 'Mind Brighton & Hove' to employ someone to set-up and co-ordinate a walk in Hastings, East Sussex.

During the Winter, we were interviewed by 'Sussex Local' magazine and were published on the front page of their magazines, delivered to over 12,000 houses across Sussex in December. As well as this we were also published in an online newspaper sharing our Christmas Self-Care Countdown and the offer for our MenWalkTalk meet-up on Boxing Day in Littlehampton, helping those who may be socially isolated.

Finally, we cannot forget all of our wonderful supporters and campaigners, who fundraised towards the work of MenWalkTalk and helped us to receive many donations.

Our Christmas Self-Care Advent



Financial Review

The charity raised £20,631 in donations and grants in the period to 31 December 2021 (2020: £4,936), and made payments of £15,155 (2020: £1,957). At 31 December 2020 the charity had £8,197 of cash funds (2020: £2,978). Due to the charity's size the trustees do not feel that it is necessary to hold reserves at this time. The accounts, which are prepared on the "receipt and payments" basis, are included below:



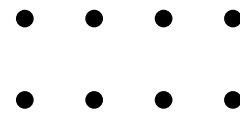
CHARITY COMMISSION
FOR ENGLAND AND WALES

Men Walk Talk		1188361		CC16a
Receipts and payments accounts				
For the period from	01-Jan-21	To	31-Dec-21	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	9,486	-	-	9,486	2,566
Grants	-	11,145	-	11,145	2,370
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	9,486	11,145	-	20,631	4,936
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,486	11,145	-	20,631	4,936
A3 Payments					
Expenses for fundraising activities	-	-	-	-	502
Payments relating to charitable activities	3,899	1,475	-	5,374	777
Grants and donations	-	-	-	-	47
Running costs	3,221	2,048	-	5,269	631
Staff costs	0	4,512	-	4,512	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	7,120	8,035	-	15,155	1,957
A4 Asset and investment purchases, (see table)					
Computer equipment	-	256	-	256	-
	-	-	-	-	-
Sub total	-	256	-	256	-
Total payments	7,120	8,292	-	15,412	1,957
Net of receipts/(payments)	2,366	2,853	-	5,219	2,978
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,855	1,123	-	2,978	-
Cash funds this year end	4,221	3,976	-	8,197	2,978

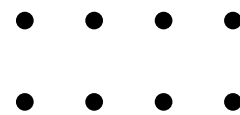
Financial Review continued



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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	4,207	3,976	-
	Paypal	14	-	-
		-	-	-
	Total cash funds	4,221	3,976	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Laptop		256	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

Financial Review continued



Note 1: Restricted funds

Donor	Amount (£)	Description of restriction
ADC Wellbeing	375	To be used for Littlehampton
Mind Brighton	1500	To be used for Hastings
Comic relief	224	For use on training and uniform
Littlehampton town council	650	To be used for Littlehampton
Comic relief	896	For use on training and uniform
Suicide Innovation Fund	7500	For use in Brighton

Note 2: Related party transactions

Description	Amount (£)
Details of any remuneration or expenses paid to any trustee or related party	4512
Other transactions with related parties and trustees	1053

The trustees approved payments to the founder for time spent supporting the charity. The total amount paid in 2021 was £4,512.

The trustees approved expense payments of £1,053 in 2021 to the founder and volunteers for travel costs and IT/telephone costs incurred in supporting the charity.

Name: Michael Jenkins

Role: Trustee

Signed:

Date: 28/10/2022

Locations



MenWalkTalk had groups meeting this year for regular walks in:

- Bognor Regis on a fortnightly basis
- Littlehampton on a fortnightly basis
- Worthing on a fortnightly basis
- Brighton on a fortnightly basis
- Weedon in West Northamptonshire on a weekly basis
- Nottinghamshire, in three locations across Bassetlaw, Idle Valley, Langold Lakes and Retford each meeting on a monthly basis

As well as our regular "walk and talk" meetings, we facilitated an online zoom meeting for those unable to get to a walk, or those who needed a space to check-in with others in between walks.

We continued to offer 'pop-up' "walk and talks" to help raise awareness and reach more people. We also joined local community events and promoted the work of the charity across public spaces with partner agencies.



Team



Volunteers

Throughout 2021, we were fortunate to have the support of nine volunteer walk-leaders, four volunteer campaigners and a volunteer admin assistant Danni who supported the charity with raising awareness of the MenWalkTalk offer and its aims. Throughout the year, we formed a Volunteer Board to oversee and coordinate our activities and the operational functions.



Founder and CEO of the MenWalkTalk Charity

Matt founded the MenWalkTalk Charity in January 2020 after being really passionate about supporting people and reducing the stigma surrounding men's mental health.



Volunteer Board Member and Admin Assistant

Danni joined the board with a huge passion to see growth and awareness of support for men and is always the first to offer support with all things admin/campaign. . Danni says "I am so lucky to have met Matt who has helped me come out of my shell and play a part in this amazing team".



Volunteer Board Member and Walk Leader

Alan loves all things mindfulness and is passionate about supporting us, I am always learning to be more grounded and mindful when walking and talking with Alan. Alan says "I am part of the MenWalkTalk team because I believe talking and walking in the open air nourishes and supports good mental and physical wellbeing."



Volunteer Board Member and Walk-Leader

Mark has been part of the MenWalkTalk journey since our first ever walk. He feels that our slogan of "It's OK not to be OK" is a very powerful message to communicate and one that will help men with mental health issues to understand they are not alone. Mark leads his walks with the focus being that sharing thoughts and experiences with other like minded men provides a solid start to a better situation.

Team continued

Volunteer Board Member



Simon is always learning and sharing knowledge with the guys on each walk he attends. Simon writes "I am part of the MenWalkTalk Team because I want to help reduce the stigma associated with men's mental ill-health and I hope that by sharing my own experiences, it might encourage other men to realise it is ok to speak up and ask for help when they need it".

Volunteer Board Member



Amy has a heart for bringing change to men's mental health, a world where opening up and reaching out can be done without any judgement or stigma attached. Amy manages our social media and her aim is to share positivity as well as awareness of who we are and how people can get involved.

Trustees

- Michael Jenkins (Chair and Treasurer)
- Luke Knight (resigned September 2022)
- Jessica Hart (resigned August 2021)
- Charlotte Griffiths (appointed June 2021)
- Jake Harber (appointed March 2020)
- Rod Funnell (appointed December 2021)
- Dr Zoe Fortune (appointed October 2021)
- Taylor Pryer-Freeman (appointed September 2022)



THANK YOU

Statement by the Chair:

On behalf of the Trustees I wanted to say a massive thank you to everyone who has supported MenWalkTalk throughout the year – to our donors, our ambassadors, our amazing volunteers and walk leaders, and of course to our founder Matt whose drive and positivity are integral to all the great work that Men Walk Talk does.

We trustees have all been continually inspired by the stories that we hear about the positive impact the charity is making day in, day out. It was our pleasure to see Matt recognised with a Point of Light award from the Prime Minister earlier in the year, a credit to both Matt and the volunteers. We look forward to continuing to support your excellent work into the future.

– **Michael Jenkins**



MEN WALK TALK

England & Wales - Charity number 1188361

Accounts

Men Walk Talk

Registered Charity Number: 1188361

Annual Report and Accounts

Period to 31 December 2020

1: Introduction (Matt Pollard, Founder and CEO)

As I write this, we are in the process of finding a way out of the coronavirus pandemic. Reflecting to last year seems like a distant memory as we have been busy responding to needs of our members at what is, of course, a challenging time. It cannot however take away from the amazing things that we achieved in 2019-20.

We are still an extremely young charity, and I am so proud of where we now find ourselves and our achievements in such a short space of time. I am delighted to review last year, reflect on some great times, and share with you how we continue to transform the way Mental Health is viewed in the public eye, the media and beyond. We are changing the lives of those affected by Mental Health every single day. Thank you for your continued interest and support.

2: Achievements

Since registering as a charity on 5th March 2020, we have set-up eight walk and talk groups across 5 different counties, training 11 people as Mental Health First Aiders (trustees and volunteers). We've spent 160 hours on Zoom as a group of guys, checking in each week, for some this was their only time to chat with others. Overall, we've walked over 440km together across all groups and fundraisers. We supported guys in Brazil, Canada, and Trinidad to open up and learn to speak up about their wellbeing.

3: About MenWalkTalk

MenWalkTalk was set up in January 2020 after the Founder, Matt Pollard, felt the way work stress had impacted on his mood. He started walking to make himself feel better, but after a while considered that other people may also be feeling the same but had nowhere informal to go and chat with other guys.

It was then Matt realised how walking can offer people the opportunity to talk about their mental health. Matt was aware of how men can struggle with their mental health and are at a higher risk of suicide.

Matt says "Some people have a fear of accessing help, but MenWalkTalk is peer support, not therapy. We're in contact with GPs and social prescribing teams, but we are also linking to other Pathfinder West Sussex services".

As well as the walks, which over the last year have happened in line with Covid guidelines, members of the group have met online weekly for social chats and on a WhatsApp group that's used for ongoing peer support.

At the start MenWalkTalk knew that for some, the hardest part would be making that first call or walking through that first door. Matt is always happy to chat with someone before they attend one of the walks. Sometimes these pre-walk chats and meetings give men the opportunity to make disclosures about their mental health before they join a group for the first time, which can make things easier.

MenWalkTalk has attracted a number of supporters and celebrity ambassadors including Hollyoaks actor David Tag and actor/presenter and Here4U campaigner Dan Westwood who frequently host interviews on social media to raise awareness of the charity and its aims.

4: Case Studies

Case study 1: One of our participants joined the Zoom meetings as soon as Lockdown was in place in March 2020. He joined quizzes, social spaces every week, supporting me in introducing new people to the group and facilitating conversations about mental health. Aged 67 years old, he is our oldest participant and shares his story in our magazine being printed next month. Health anxiety stopped him attending groups, but after a 1:1 walk in Cuckmere Haven where he met me, he started to consider joining the Brighton walk. He came along in March this year and joins each fortnight, working through his health anxiety and has signed himself back up for some CBT sessions.

Case study 2: One participant, found out about our walk in Brighton as he was out clearing his head from his suicidal ideation. Aged 44, he has since lost his job and is in a new relationship. Lockdown has been tough, he felt able to disclose his feelings in the group right away, sharing that the walk and talk in fresh air was just what he needed. He joins the walks in Brighton each fortnight and he has taken a 'keep safe' card from myself and also accepted my offer of taking a 'Stay Alive Booklet' that we asked for a few copies of to keep in the walk-leader backpacks for this very reason, a hands on and tangible resource to support saving lives.

5: Locations

MenWalkTalk currently has eight groups meeting for regular walks in:

- Bognor Regis on a fortnightly basis with an average attendance of 2.
- Littlehampton on a fortnightly basis with an average attendance of 4.
- Worthing on a fortnightly basis with an average attendance of 3.
- Brighton on a fortnightly basis with an average attendance of 7.
- Rugby on a fortnightly basis, which has just started out.
- Nottinghamshire, in three locations across Bassetlaw, two in Retford and Worksop, each walk happening monthly.

MenWalkTalk also facilitate 'pop-up walk and talks' to reach out to rural areas and spread awareness of the offer for the walks across different areas; we have met on an ad-hoc basis in Petworth and Horsham.

6: Response to Covid

COVID-19 put extra pressure on many people's mental health, Mental health charities like MenWalkTalk have had to quickly adapt their services to meet these needs and find ways of meeting additional demand with reduced resources.

Whilst the coronavirus pandemic has impacted all aspects of our work, including our aim, which was to gather men and walk and talk, it hasn't stopped us from delivering our critical mission.

In fact, we rapidly adapted and started new ways of working so that we were able to play a positive role in addressing the mental health impacts of the pandemic and the Lockdown measures. This included setting up an online Zoom Social Space which met every Tuesday evening as soon as Lockdown was implemented, sometimes hosting pub quizzes and at times offering peer support to guys who were really struggling with their mental health and the lack of professional support due to the Lockdown.

Anyone who attended a Zoom meeting was invited to join a MenWalkTalk WhatsApp group where the peer support could be offered on an ad-hoc, as/when needed but was not a crisis support. This WhatsApp group has been a platform where guys share useful strategies to deal with their mental health struggles as well as life-hacks and sharing DIY interests.

As well as the Zoom meeting, our founder Matt also hosted live walk and talks via the social media platforms Facebook and Instagram. During these walks he would share information about the online offer and also the benefits of getting out walking, especially as it was the only thing allowed during Lockdown.

7: Financial Review

The charity raised £4,936 in donations and grants in the period to 31 December 2020, and made payments of £1,957. At 31 December 2020 the charity had £2,978 of cash funds and a further £8,620 expected from funds pledged but not yet received. Due to the charity's size the trustees do not feel that it is necessary to hold reserves at this time. The accounts, which prepared on the "receipt and payments" basis, are included below:

Receipts and payments accounts

Men Walk Talk	1188361
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Receipts and payments accounts

For the period from	05-Mar-20	To	31-Dec-20
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CC16a

Section A Receipts and payments

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total funds £	Last year £
A1 Receipts					
Donations	2,566	-	-	2,566	-
Grants	-	2,370	-	2,370	-
Sub total <i>(Gross income for AR)</i>	2,566	2,370	-	4,936	-
A2 Asset and investment sales					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,566	2,370	-	4,936	-
A3 Payments					
Expenses for fundraising activities	278	225	-	502	-
Payments relating to charitable activities	343	434	-	777	-
Grants and donations	47	-	-	47	-
Running costs	42	589	-	631	-
Sub total	710	1,247	-	1,957	-
A4 Asset and investment purchases					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	710	1,247	-	1,957	-
Net receipts/(payments) of	1,855	1,123	-	2,978	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-

Cash funds this year end

1,855	1,123	-	2,978	-
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Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds £	Restricted funds £	Endowment funds £
B1 Cash funds	Bank	1,743	1,123	-
	Paypal	112	-	-
		-	-	-
	Total cash funds	1,855	1,123	-
		Unrestricted funds £	Restricted funds £	Endowment funds £
B2 Other monetary assets		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	

Notes to the accounts

Note 1: Restricted funds

Donor	Amount	Description of restriction
Littlehampton Town Council Grant Aid	750	Spent only for benefit of Littlehampton Residents
Comic Relief Project Delivery Fund [£1120 of £2240]	1120	Spend only for benefit of Worthing area
Comic Relief Capacity Building Grant	500	Littlehampton Focus

Note 2: Commitments, security pledged and events after the balance sheet date

Funds pledged but not yet received at year-end:	
Suicide Innovation Fund	7500
Comic Relief 2nd instalment	1120
Commitments/guarantees made by the charity not reflected in the R&P accounts at year-end	300
Material events occurring after the balance sheet date	None
Particulars of any debt outstanding at the date the statement of assets and liabilities which is owed by the CIO and which is secured by an express charge on any of the assets of the CIO	None

Note 3: Related party transactions

Details of any remuneration or expenses paid to any trustee or related party	3312	The trustees approved a payment made in March 2021 to the founder for time spent supporting the charity during the period November 2020 to February 2021. The total amount paid was £3312
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Note 4: Significant non-monetary resources

None

Signature

Signed on behalf of all the trustees

Signature

Print Name

Date of approval




Mike Jenkins
Luke Knight

29 October 2021
29 October 2021

8: Team

Volunteers

Currently we have a team of nine volunteer walk-leaders and also have a volunteer campaigner and admin assistant Danni who supports with raising awareness of the MenWalkTalk offer and its aims. We have formed a Volunteer Board to oversee and coordinate our activities.



Matt Pollard

Founder and CEO of the MenWalkTalk Charity

I'm assuming you've already met me via the info page but if you haven't I'm Matt, 28 years old and founded MenWalkTalk in January 2020. I'm really passionate about supporting people and reducing the stigma surrounding men's mental health.



Danni Rigby

Volunteer Board Member and Admin Support

Danni has joined the board with a huge passion to see growth and awareness of support for men and is always the first to offer support with all things admin/campaign. Danni says "I am part of the MenWalkTalk team because from suffering from mental health in the past I can understand the emotions that people with mental health go through. This has always made me want to help others who may not be feeling 100% themselves. Men's mental health is also very close to my heart due to some men closest to me suffering. I am so lucky to have met Matt who has helped me come out of my shell and play a part in this amazing team".



Alan Savage

Volunteer Board Member and Worthing Walk Leader

Alan loves all things mindfulness and is passionate about supporting us, I am always learning to be more grounded and mindful when walking and talking with Alan. Alan says "I am part of the MenWalkTalk team because I believe talking and walking in the open air nourishes and supports good mental and physical well-being."



Simon Pepper

Volunteer Board Member

Simon is always learning and sharing knowledge with the guys on each walk he attends, I am excited to have him on the board with me! Simon writes "I am part of the MenWalkTalk Team because I want to help reduce the stigma associated with men's mental ill-health and I hope that by sharing my own experiences, it might encourage other men to realise it is ok to speak up and ask for help when they need it".

Trustees

Luke Knight – Chair

Jessica Hart (resigned August 2021)

Mike Jenkins – Treasurer

Charlotte Griffiths – Fundraising

Jake Harber

Statement by the Chair of the Trustees: On behalf of the Trustees I wanted to say a massive thank you to everyone who has made it possible to get MenWalkTalk set up, and especially to our founder Matt whose drive and positivity have made this happen. We have all been incredibly inspired by the positive impact MenWalkTalk is making and look forward to continuing this great work into next year.