

2021

TRUSTEE ANNUAL REPORT

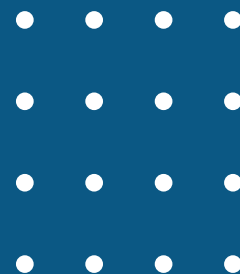
MEN WALK TALK
Registered Charity
No. 1188361



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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



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:



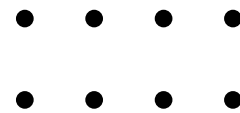
CHARITY COMMISSION
FOR ENGLAND AND WALES

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

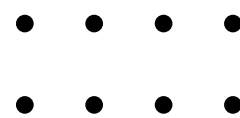
Financial Review continued



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**



