

# MINDS FOR MEN WELLNESS FOR WOMEN

England & Wales · Charity number 1189254

## Details

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Other names	STAGS, Let's Talk Together, Minds For Men Wellness for Women commUNITY Project, Wellness For Women
Status	Registered
Legal form	CIO
Registered	2020-04-29
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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**Address** Minds For Men - Wellness For Women  
The Annexe  
Wharton Terrace  
Hartlepool  
TS24 8NS

**Phone** 07935152839

**Email** [mindsformen@gmail.com](mailto:mindsformen@gmail.com)

**Website** [www.mindsformen.co.uk](http://www.mindsformen.co.uk)

## Activities

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**Objects:** TO PROMOTE SOCIAL INCLUSION FOR INDIVIDUALS OVER THE AGE OF 18 IN HARTLEPOOL AND THE SURROUNDING AREAS WHO ARE SOCIALLY EXCLUDED BY COMBATTING LONELINESS AND SOCIAL ISOLATION ARISING AS A RESULT OF THEIR AGE, INFIRMITY, ILL-HEALTH, DISABILITY OR SOCIAL CIRCUMSTANCE. WE ARRANGE COMMUNITY PROJECTS WHICH ARE PREDOMINANTLY PROVIDED BY OUR VOLUNTEERS FOR THE PURPOSE OF THIS CLAUSE "SOCIALLY EXCLUDED" MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OR MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT, FINANCIAL HARDSHIP, YOUTH OR OLD AGE; AND ILL HEALTH (PHYSICAL OR MENTAL)

**Activities:** Provision of activities and events for individuals over 18 with mental ill health and social anxiety issues to engage and socialise with individuals with similar issues. Social inclusion and engagement with like-minded people are our main objectives. We offer peer-to-peer support and signpost to professional help. Our volunteers engage the wider community offering support where needed.

## Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Other Charitable Purposes
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups

## Geography

- Durham
- Hartlepool
- Middlesbrough
- Stockton-on-tees
- Sunderland

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	-	-	-	-
2024-04-05	£524	£1,335	-	-
2023-04-05	£8,572	£7,442	-	-
2022-04-05	£19,658	£15,795	-	-
2021-04-05	£18,073	£14,159	-	-

## Trustees

Name	Role	Appointed
<b>Kristina Thorpe</b>	Chair	2022-03-31
Christopher Fisher		2021-10-12
Dawn Morrison		2021-10-25
Emily Birch		2021-09-12
Iain Doherty		2020-06-06
Janet Phillips		2022-03-31
Michael Day		2022-03-31

**MINDS FOR MEN WELLNESS FOR WOMEN**

England & Wales - Charity number 1189254

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# Accounts

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REGISTERED CHARITY NUMBER: 1189254

**Report of the Trustees and**  
**Unaudited Financial Statements for the Period 6 April 2023 to 5 April 2024**  
**for**  
**Minds for Men Wellness for Women**

Abacus Accountancy and Taxation  
11 Albion Terrace  
Hartlepool  
TS24 0QL

**Minds for Men Wellness for Women**

**Contents of the Financial Statements**  
**for the Period 6 April 2023 to 5 April 2024**

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**Minds for Men Wellness for Women**  
**Report of the Trustees**  
**for the Period 6 April 2023 to 5 April 2024**

The trustees present their report with the financial statements of the charity for the period 6 April 2023 to 5 April 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Our charity operates to relieve social anxiety and alleviate mental health pressures through providing activities that are inclusive and engaging.

We aim to, through our various scheduled activities and ad-hoc events, encourage men and women to participate as a group. We allow anyone over the age of 18 who needs us, into our support groups, regardless of financial circumstances, race, religion, sexual orientation or educational level. We adapt our activities to be inclusive and in line with the consensus of services users. They are community-centric and are focused on enabling those who would not normally participate in such activities to get involved. Through open and guided conversations within our support groups, we devise planned activities that encourage participation.

Our key objectives for the year are to:

- listen to our service users and plan activities to suit their wellbeing;
- encourage others to participate in our activities;
- provide structured support which is consistent and inclusive;
- provide one to one counselling to those who need it and may be unable to access it for varying reasons.

**Review of Activities and Achievements**

Our support groups allowing 11 to 16 people to meet three times a week in safe controlled conditions. Providing food and support to vulnerable people in our community.

**FINANCIAL REVIEW**

**Principal funding sources**

The principal source of income is through donations and fundraising

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

**1189254**

**Minds for Men Wellness for Women**  
**Report of the Trustees**  
**for the Period 6 April 2024 to 5 April 2024**

**Principal address**

The Annexe  
Wharton Terrace  
Hartlepool  
TS24 8NS

**Trustees**

K Thorpe-Aspinall (appointed 31/3/2022)  
Mr M Day (appointed 31/3/2022)  
J Phillips (appointed 31/3/2022)  
D Morrison (appointed 25/10/2021)  
Mr C Fisher (appointed 12/10/2021)  
E Birch (appointed 12/9/2021)  
Mr I Doherty Trustee (appointed 6/6/2020)

**Independent Examiner**

Abacus Accountancy and Taxation Services  
11 Albion Terrace  
Hartlepool  
TS24 0QL

Approved by order of the board of trustees on 10 October 2024 and signed on its behalf by:  
K Thorpe- Aspinall - Trustee

**Independent Examiner's Report to the Trustees of  
Minds for Men Wellness for Women**

**Independent examiner's report to the trustees of Minds for Men Wellness for Women**

I report to the charity trustees on my examination of the accounts of Minds for Men Wellness for Women (the Trust) for the period 6 April 2023 to 5 April 2024.

**Responsibilities and basis of report**

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

D Sutheran  
Abacus Accountancy and Taxation  
11 Albion Terrace  
Hartlepool  
TS24 0QL

Date: 10 October 2024

**Minds for Men Wellness for Women**  
**Detailed Statement of Financial Activities**  
**for the Period 6 April 2023 to 5 April 2024**

£

**INCOME AND ENDOWMENTS**

**Donations and legacies**

Donations 285

285

**Other trading activities**

Fundraising events 239

**Total incoming resources** 524

**EXPENDITURE**

**Charitable activities**

Postage, stationery and advertising 78

Sundries 187

Motor and travel expenses 580

Staff training 120

965

**Support costs**

**Governance costs**

Accountancy fees 300

Insurance 90

390

Total resources expended 1,335

**Net income** (811)

**MINDS FOR MEN WELLNESS FOR WOMEN**

England & Wales - Charity number 1189254

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# Accounts

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REGISTERED CHARITY NUMBER: 1189254

**Report of the Trustees and**  
**Unaudited Financial Statements for the Period 6 April 2022 to 5 April 2023**  
**for**  
**Minds for Men Wellness for Women**

Abacus Accountancy and Taxation  
11 Albion Terrace  
Hartlepool  
TS24 0QL

**Minds for Men Wellness for Women**

**Contents of the Financial Statements**  
**for the Period 6 April 2022 to 5 April 2023**

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**Minds for Men Wellness for Women**  
**Report of the Trustees**  
**for the Period 6 April 2022 to 5 April 2023**

The trustees present their report with the financial statements of the charity for the period 6 April 2022 to 5 April 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Our charity operates to relieve social anxiety and alleviate mental health pressures through providing activities that are inclusive and engaging.

We aim to, through our various scheduled activities and ad-hoc events, encourage men and women to participate as a group. We allow anyone over the age of 18 who needs us, into our support groups, regardless of financial circumstances, race, religion, sexual orientation or educational level. We adapt our activities to be inclusive and in line with the consensus of services users. They are community-centric and are focused on enabling those who would not normally participate in such activities to get involved. Through open and guided conversations within our support groups, we devise planned activities that encourage participation.

Our key objectives for the year are to:

- listen to our service users and plan activities to suit their wellbeing;
- encourage others to participate in our activities;
- provide structured support which is consistent and inclusive;
- provide one to one counselling to those who need it and may be unable to access it for varying reasons.

**Review of Activities and Achievements**

Our support groups allowing 11 to 16 people to meet three times a week in safe controlled conditions. Providing food and support to vulnerable people in our community.

**FINANCIAL REVIEW**

**Principal funding sources**

The principal source of income is through donations and fundraising

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

**1189254**

**Minds for Men Wellness for Women**  
**Report of the Trustees**  
**for the Period 6 April 2022 to 5 April 2023**

**Principal address**

The Annexe  
Wharton Terrace  
Hartlepool  
TS24 8NS

**Trustees**

K Thorpe-Aspinall (appointed 31/3/2022)  
Mr M Day (appointed 31/3/2022)  
J Phillips (appointed 31/3/2022)  
D Morrison (appointed 25/10/2021)  
Mr C Fisher (appointed 12/10/2021)  
E Birch (appointed 12/9/2021)  
Mr I Doherty Trustee (appointed 6/6/2020)

**Independent Examiner**

Abacus Accountancy and Taxation Services  
11 Albion Terrace  
Hartlepool  
TS24 0QL

Approved by order of the board of trustees on 9 September 2023 and signed on its behalf by:  
K Thorpe- Aspinall - Trustee

**Independent Examiner's Report to the Trustees of  
Minds for Men Wellness for Women**

**Independent examiner's report to the trustees of Minds for Men Wellness for Women**

I report to the charity trustees on my examination of the accounts of Minds for Men Wellness for Women (the Trust) for the period 6 April 2022 to 5 April 2023.

**Responsibilities and basis of report**

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

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D Sutheran  
Abacus Accountancy and Taxation  
11 Albion Terrace  
Hartlepool  
TS24 0QL

Date: 9 September 2023

**Minds for Men Wellness for Women**  
**Detailed Statement of Financial Activities**  
**for the Period 6 April 2022 to 5 April 2023**

£

**INCOME AND ENDOWMENTS**

**Donations and legacies**

Donations 7,884

7,884

**Other trading activities**

Fundraising events 688

**Total incoming resources** 8,572

**EXPENDITURE**

**Charitable activities**

Postage, stationery and advertising 78

Sundries 1,149

Motor and travel expenses 973

Repairs and maintenance 1,082

Staff training 185

Uniform costs 80

Event and activity costs 2,355

Donations, outreach and support 1,150

7,052

**Support costs**

**Governance costs**

Accountancy fees 300

Insurance 90

390

Total resources expended 7,442

**Net income** 1,130

**MINDS FOR MEN WELLNESS FOR WOMEN**

England & Wales - Charity number 1189254

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# Accounts

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REGISTERED CHARITY NUMBER: 1189254

**Report of the Trustees and**  
**Unaudited Financial Statements for the Period 6 April 2021 to 5 April 2022**  
**for**  
**Minds for Men Wellness for Women**

Abacus Accountancy and Taxation  
11 Albion Terrace  
Hartlepool  
TS24 0QL

**Minds for Men Wellness for Women**

**Contents of the Financial Statements**  
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**Minds for Men Wellness for Women**  
**Report of the Trustees**  
**for the Period 6 April 2021 to 5 April 2022**

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Our support groups allowing 11 to 16 people to meet three times a week in safe controlled conditions. Providing food and support to vulnerable people in our community.

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**Governing document**

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**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

**1189254**

**Minds for Men Wellness for Women**  
**Report of the Trustees**  
**for the Period 6 April 2021 to 5 April 2022**

**Principal address**

The Annexe  
Wharton Terrace  
Hartlepool  
TS24 8NS

**Trustees**

K Thorpe-Aspinall (appointed 31/3/2022)  
Mr M Day (appointed 31/3/2022)  
J Phillips (appointed 31/3/2022)  
D Morrison (appointed 25/10/2021)  
Mr C Fisher (appointed 12/10/2021)  
E Birch (appointed 12/9/2021)  
Mr I Doherty Trustee (appointed 6/6/2020)

**Independent Examiner**

Abacus Accountancy and Taxation Services  
11 Albion Terrace  
Hartlepool  
TS24 0QL

Approved by order of the board of trustees on 11 December 2022 and signed on its behalf by: K  
Thorpe- Aspinall - Trustee

**Independent Examiner's Report to the Trustees of  
Minds for Men Wellness for Women**

**Independent examiner's report to the trustees of Minds for Men Wellness for Women**

I report to the charity trustees on my examination of the accounts of Minds for Men Wellness for Women (the Trust) for the period 6 April 2021 to 5 April 2022.

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D Sutheran  
Abacus Accountancy and Taxation  
11 Albion Terrace  
Hartlepool  
TS24 0QL

Date: 11 December 2022

**Minds for Men Wellness for Women**  
**Detailed Statement of Financial Activities**  
**for the Period 6 April 2021 to 5 April 2022**

£

**INCOME AND ENDOWMENTS**

**Donations and legacies**

Donations 11,841

11,841

**Other trading activities**

Fundraising events 435

**Total incoming resources** 12,276

**EXPENDITURE**

**Charitable activities**

Postage, stationery and advertising 165

Sundries 1,342

Motor and travel expenses 1,986

Repairs and maintenance 1,145

Staff training 236

Uniform costs 198

Event and activity costs 2,198

Donations, outreach and support 1,484

Community shop stock 2,176

10,930

**Support costs**

**Governance costs**

Accountancy fees 300

Insurance 90

390

Total resources expended 11,320

**Net income** 956

**MINDS FOR MEN WELLNESS FOR WOMEN**

England & Wales - Charity number 1189254

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# Accounts

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**Report of the Trustees and**  
**Unaudited Financial Statements for the Period 1 May 2020 to 5 April 2021**  
**for**  
**Minds for Men Wellness for Women**

JBC Accountants Limited  
Chartered Accountants  
3B Lockheed Court  
Preston Farm  
Stockton on Tees  
TS18 3SH

**Minds for Men Wellness for Women**

**Contents of the Financial Statements  
for the Period 1 May 2020 to 5 April 2021**

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## **Minds for Men Wellness for Women**

### **Report of the Trustees** **for the Period 1 May 2020 to 5 April 2021**

The trustees present their report with the financial statements of the charity for the period 1 May 2020 to 5 April 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

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- provide structured support which is consistent and inclusive;
- provide one to one counselling to those who need it and may be unable to access it for varying reasons.

##### **Review of Activities and Achievements**

We have completed 32 planned well-being walks to varying destinations which have all been coastal or woodland based. Our support groups ran through the pandemic allowing 11 to 16 people to meet twice a week in safe controlled conditions.

We delivered over 1000 food parcels from our food bank to vulnerable people in our community, assisted with CV preparation and interview preparation for 30 people, assisted in the re-housing of 2 individuals from violent relationships and issued 50+ fuel poverty vouchers.

Our community shop was open for 6 months to provide low cost and free food to local residents.

#### **FINANCIAL REVIEW**

##### **Principal funding sources**

The principal source of income is through donations and fundraising.

Several grants were received for varying projects from the following donors:

County Durham Community Foundation

Tees Valley Community Foundation

The William Leech Charity

Sir James Knott Trust

Provincial Grand Lodge of Durham

#### **FUTURE PLANS**

Our plans are to continue as we have with our regular activities but also add a mobile support hub after we have completed the conversion process of a minibus.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

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#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

1189254

**Minds for Men Wellness for Women**

**Report of the Trustees**  
**for the Period 1 May 2020 to 5 April 2021**

**Principal address**

The Annexe  
Wharton Terrace  
Hartlepool  
TS24 8NS

**Trustees**

Mr M Connelly (appointed 14/7/2022)  
K Thorpe-Aspinall (appointed 31/3/2022)  
Mr M Day (appointed 31/3/2022)  
J Phillips (appointed 31/3/2022)  
D Morrison (appointed 25/10/2021)  
Mr C Fisher (appointed 12/10/2021)  
E Birch (appointed 12/9/2021)  
Mr I Doherty Trustee (appointed 6/6/2020)

**Independent Examiner**

JBC Accountants Limited  
Chartered Accountants  
3B Lockheed Court  
Preston Farm  
Stockton on Tees  
TS18 3SH

Approved by order of the board of trustees on ..... and signed on its behalf by:

.....  
Mr M Connelly - Trustee

**Independent Examiner's Report to the Trustees of  
Minds for Men Wellness for Women**

**Independent examiner's report to the trustees of Minds for Men Wellness for Women**

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**Responsibilities and basis of report**

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L Dickson  
Institute of Chartered Accountants in England and Wales  
JBC Accountants Limited  
Chartered Accountants  
3B Lockheed Court  
Preston Farm  
Stockton on Tees  
TS18 3SH

Date: .....

**Minds for Men Wellness for Women**

**Statement of Financial Activities**  
**for the Period 1 May 2020 to 5 April 2021**

	Notes	Unrestricted fund £
<b>INCOME AND ENDOWMENTS FROM</b>		
Donations and legacies		17,379
Other trading activities	2	694
<b>Total</b>		<u>18,073</u>
<b>EXPENDITURE ON</b>		
<b>Charitable activities</b>		
Core charitable		14,756
<b>NET INCOME</b>		3,317
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>3,317</u></u>

The notes form part of these financial statements

**Minds for Men Wellness for Women**

**Balance Sheet**  
**5 April 2021**

	Notes	Unrestricted fund £
<b>FIXED ASSETS</b>		
Tangible assets	4	2,114
<b>CURRENT ASSETS</b>		
Stocks	5	739
Debtors	6	963
Cash at bank		1
		<hr/> 1,703
<b>CREDITORS</b>		
Amounts falling due within one year	7	(500)
		<hr/> 1,203
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		3,317
		<hr/>
<b>NET ASSETS</b>		3,317
		<hr/> <hr/>
<b>FUNDS</b>	8	
Unrestricted funds		3,317
		<hr/>
<b>TOTAL FUNDS</b>		3,317
		<hr/> <hr/>

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:

.....  
Mr M Connelly - Trustee

.....  
K Thorpe-Aspinall - Trustee

The notes form part of these financial statements

**Minds for Men Wellness for Women**

**Notes to the Financial Statements**  
**for the Period 1 May 2020 to 5 April 2021**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings                      - 20% on reducing balance

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**2. OTHER TRADING ACTIVITIES**

Fundraising events	£ 694 <hr/> <hr/>
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**Minds for Men Wellness for Women**

**Notes to the Financial Statements - continued**  
**for the Period 1 May 2020 to 5 April 2021**

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the period ended 5 April 2021.

**Trustees' expenses**

There were no trustees' expenses paid for the period ended 5 April 2021.

**4. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
Additions	2,642
<b>DEPRECIATION</b>	
Charge for year	528
<b>NET BOOK VALUE</b>	
At 5 April 2021	2,114

**5. STOCKS**

Stocks	£ 739
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**6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

Other debtors	£ 41
Prepayments	922
	963

**7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

Other creditors	£ 500
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**8. MOVEMENT IN FUNDS**

	Net movement in funds £	At 5/4/21 £
<b>Unrestricted funds</b>		
General fund	3,317	3,317
<b>TOTAL FUNDS</b>	3,317	3,317

**Minds for Men Wellness for Women**

**Notes to the Financial Statements - continued**  
**for the Period 1 May 2020 to 5 April 2021**

**8. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	18,073	(14,756)	3,317
<b>TOTAL FUNDS</b>	<u>18,073</u>	<u>(14,756)</u>	<u>3,317</u>

**9. RELATED PARTY DISCLOSURES**

Charitable costs of £153.41 were reimbursed to trustees during the period.

Goods and services to the value of £555.90 were donated by trustees to the charity.

**Minds for Men Wellness for Women**

**Detailed Statement of Financial Activities**  
**for the Period 1 May 2020 to 5 April 2021**

£

**INCOME AND ENDOWMENTS**

**Donations and legacies**

Donations	4,874
Grants	12,505

17,379

**Other trading activities**

Fundraising events	694
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18,073

**Total incoming resources**

**EXPENDITURE**

**Charitable activities**

Postage, stationery and advertising	272
Sundries	1,338
Motor and travel expenses	2,624
Repairs and maintenance	1,845
Staff training	596
Uniform costs	1,675
Event and activity costs	3,341
Donations, outreach and support	1,202
Community shop stock	738
Depreciation of tangible fixed assets	528

14,159

**Support costs**

**Finance**

Bank charges	11
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**Governance costs**

Accountancy fees	500
Insurance	86

586

Total resources expended	14,756
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<b>Net income</b>	<u><u>3,317</u></u>
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