

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

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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').

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: 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