



REPORT OF THE TRUSTEES & UNAUDITED FINANCIAL STATEMENTS



For the period ended 31st December 2024

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'Simply put, it's (Talk Club) changed my life. I'm not only better to myself now, but I'm better to those I care about. I'm more open and embracing of the world around me, and it's led to huge shifts in my self esteem. I'm in a cycle of meeting great people, making the most of each day, and practising gratitude. Talk Club has given me the tools I need to be mentally fit.'

Anonymous Talk Club Attendee

A community that supports
every man to be mentally fit.



INTRODUCTION

By Steven Dodds - Trustee



In 2023/24, Talk Club continued its progress from an innovative start-up charity to an organisation with longer-term sustainability and impact at its core.

This progress included re-structuring its staff team and delivering digital support for our most important asset, the over 120 Captains that deliver the charity's work around the country.

In September 2024, the charity's first 'Impact survey', the results of which are throughout this review, documented the many positive benefits of Talk Club for participants, with 94% of survey responders reporting a positive impact.

The research also showed that Talk Club's 'continuity of care' (the charity's model of offering progressively more significant mental fitness support to those that need it), works. Talk Club's therapist-led group therapy continues to grow, with 74% of participants having originally attended a peer-led 'Talk & Listen' group.

The charity also expanded its peer-led work into male prisons and now operates Talk & Listen groups in 13 prisons around the country. This work has seen remarkable results, with HMP Bristol reporting a 50% reduction in self-harm amongst attendees.

Talk Club also strengthened the Trustee board with expert appointments in HR, mental health, income generation, law, business development, IT and Safeguarding. I am very grateful to all the Board for their support of the charity.

In a challenging economic environment, the income generated for the calendar year 2024 was very similar to 2023, (£273,000 vs £283,000), demonstrating the charity can consistently raise the funds needed to operate. Improving the charity's ability to raise funds so it can invest in its staff team remains a key task.

Core to Talk Club's progress is its accessible format, distinct brand and a committed team of staff, Captains, trustees, donors, partners, ambassadors and friends who share the same values. We are all working to strengthen Talk Club's ability to deliver a mentally-fit society.

Thank you to everyone who has played their part.

Steven



'There has been such a positive impact with my social interactions and relationships being much improved and work is positive again. To see the change within myself over my time in Talk Club has been immense. I feel so much more confident now than when I first joined the club and the club makes me remember that here is an incredible band of men out there who care.'

Anonymous Talk Club Attendee



94%

The percentage of Talk Club users who experienced a positive impact, improving their mental health 'a great deal' and 'to some extent'.

YEAR AT A GLANCE

How we empowered communities



TC Win Men & Boys Coalition Award
Nov '23



New TC Website
Dec '23



BETA TC App & Captain's Toolkit Complete
Dec '24

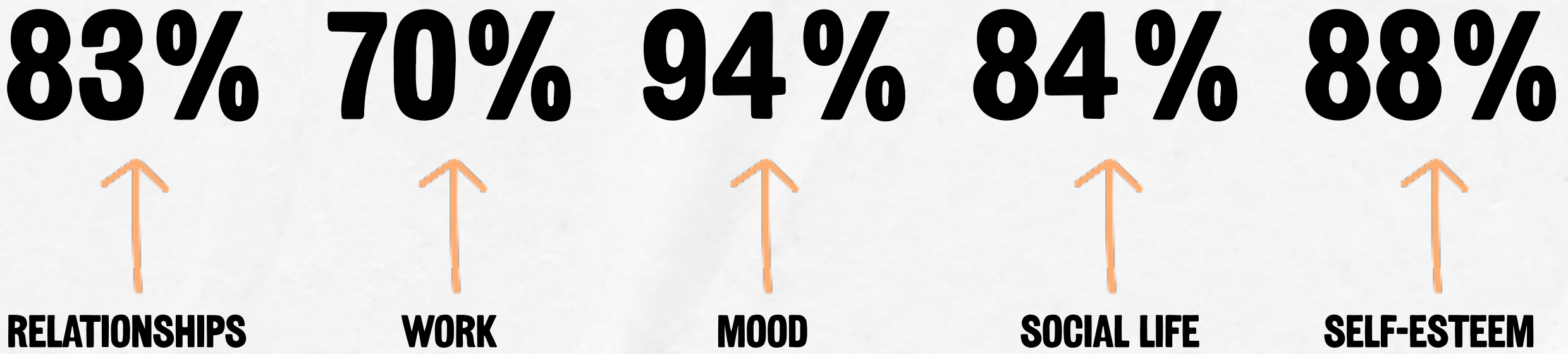


TC Prison Support First Captains Trained
June '24



IMPACT PEOPLE CAN COUNT ON

The percentage of attendees reporting a positive impact on specific areas of their life.



 Data collected from the TC Big Survey 2024



Year at a glance continued

Activity Report

Objectives and activities

The Charity's objectives are to promote and protect the physical and mental health of men, in particular, but not exclusively, by:

- a) Providing mental health talking clubs for men in their community
- b) Raising awareness of mental health via events and online resources, and;
- c) Providing a supportive network for men both online and offline so that they can talk about their mental health.

Public benefit statement

The trustees have given due consideration to the Charity Commission's published guidance on the Public Benefit requirement under the Charities Act 2011, and are satisfied that the Charity's main activities described above are for the public benefit.



Exercise.

Not feeling
alone.

IMPACT FROM THE MOUTHS OF ATTENDEES

Sense of community
and support.

Importance of opening up.

Hearing and listening
To others.

Helped with
Suicidal
Thoughts.

Practicing positivity
And gratitude.

Year at a glance continued

Creating resilient communities



Despite a challenging economic climate, Talk Club has continued to grow its services. It has strengthened its operations by improving the tools by which it empowers communities. At the same time it has also forged valuable new inroads to reach those who need it most.

It all starts with listening

With huge growth in the first few years as a charity, the team faced the challenge of not being able to grow fast enough to support this growth.

During this 18 month period, the charity engaged with its community to better understand what was needed to improve its services and create more positive impact.

77%

ANXIETY

73%

DEPRESSION

44%

SUICIDAL THOUGHTS

The percentages of attendees suffering from various mental health conditions.

19%

PTSD

HOW ARE YOU?
OF 102 TALK

Year at a glance continued



Supporting Captains and Clubs

Talking clubs are at the heart of how the charity helps improve the mental health of men across the UK. To support clubs better, two strategic steps were identified.

1. **A Head of Captains appointed** to focus on improving communication and support between HQ and club. As Talk Club understands the value of human to human connection this move was imperative to the charity delivering on its values.

2. **Digital Tools to empower individuals, Captains and Businesses.** Creating better digital platforms such as a **new website and Talk Club App** would be an efficient way to better reach, inform and support individuals and organisations within our community about the charity's services. It also would provide key access to the new **Captain's Toolkit** a new home for training and development tools for Club Captains and Businesses.



IMPROVEMENTS ALL ROUND

Year at a glance continued

Group Therapy

Having started back in January 2022, Talk Club has now trained twice as many therapists, meaning twice as many therapy groups are now up and running to support men who urgently need access to these services.

Business Support

Business Support continued to grow for organisations within our UK communities. At the heart of this growth was the development of robust training and insightful workshop programmes, enabling businesses of varying sizes, from Airbus, Babcock and SR2 VWV, to transform internal culture and awareness amongst employees. These success have led TC into servicing more industries, such as corporate and music festivals.

Prison Support

In June 2024 Talk Club started its first Captains' training as part of a new Prison Support initiative to serve men who could not benefit from TC services. Beginning at HMP Bristol, the prison had 16 weekly Talk Club groups up and running and being attended by 7-10 men each group by Christmas 2024.





15%

On average a Talk Club session improves the mental fitness of an attendee by 15%.



Amit Ghosh
Visual Differences campaigner



Richard Hammond
TV presenter



Jake Quickenden
Singer/Actor



Tom Rosenthal
Comedian/Actor



Sponge Williams
World Champ Adaptive Surfer



Linus Udofia
Middleweight British Champ



Ella Rothwell
Singer



JJ BOLA
Poet

A Club led by everyone

Ensuring all had access to TC services means conversations lead by TC ambassadors that represent Talk Club's message of inclusivity.

65%

The percentage of men experiencing suicidal thoughts who said their mental fitness had 'improved a lot' by attending Talk Club.



The growing community of

OUR SUPPORTERS



FINANCIAL REVIEW

Year at a glance continued

During the period ending 31 December 2024 the charity had a net surplus of £20,160 (12 months to 30 September 2023: £50,448) of which a surplus of £nil (12 months to 30 September 2023: surplus £nil) is restricted. This resulted in the charity having total unrestricted funds carried forward of £108,502 (30 September 2023: £88,342).

The charity had total free reserves at 31 December 2024 (unrestricted funds less the fixed assets) of £108,502 (30 September 2023: £88,342).

The Trustees are satisfied that they have considered the commitments required to deliver the charitable objectives, and are holding sufficient free reserves to cover six months unrestricted expenditure.



31%

Talk Club has fostered a sense of community and belonging among its users, with 31% of attendees joining for this reason.

'Talk Club has been amazing, from feeling depressed and dangerous thoughts. It has changed my life around. Have met a great group of people, they don't judge me or make me feel weak. Even just listening seems to help. Thank you to my Captain and others leading our group. A big thank you from me. I really believed you saved my sanity and my life.'

Anonymous Talk Club Attendee



89%

The percentage of Talk Club users who said they 'were likely' (76% very likely) to recommend TC to other men.

Some users have expressed a preference for more frequent Talk Club meetings. The feasibility of increasing meeting frequency should be investigated to cater to these needs.

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FEEDBACK FROM OUR COMMUNITY

Some users have expressed a preference for more frequent Talk Club meetings. The feasibility of increasing meeting frequency should be investigated to cater to these needs.

There is a need to explore how Talk Club can better serve a more diverse range of men, including those from different ethnic backgrounds, sexual orientations, and age groups, as the current user base is predominantly White British and middle-aged.

Some users have expressed a preference for more frequent Talk Club meetings. The feasibility of increasing meeting frequency should be investigated to cater to these needs.

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Appointment and recruitment of charity trustees

In selecting individuals for appointment as charity trustees, the charity trustees have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

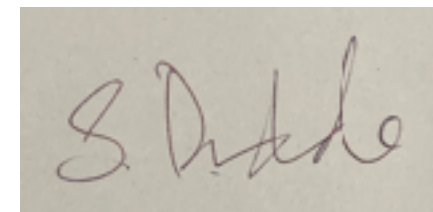
New trustees are recruited by invitation following recommendations from trustees and officers, based on matching candidates' skills, knowledge, experience and commitment to the current identified needs.

New trustees are mentored by experienced members and given access to on-line and/or direct training in appropriate areas.

Signed on behalf of the board of trustees

Steven Dodds
Trustee

Date 30/10/2025

A rectangular box containing a handwritten signature in purple ink, which appears to read 'S. Dodds'.



'Normalising being able to talk about taboo issues openly and to encourage others to share as well when they feel they want to. Family and relationships have improved dramatically as well. It's now a routine for me to check in with myself and make new positive habits towards self care. '

Anonymous Talk Club Attendee



REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number
1194033

Principle Address

Talk Club
The Tobacco Factory
Raleigh Road
Bristol
BS3 1TF

Trustees

Steven Dodds - Chair to 19 August 2024	Appointed 1 October 2023
Kate Lenton - Chair from 19 August 2024	Appointed 19 August 2024
Simon Brooke - Treasurer	Appointed 9 January 2022
Tom Button - Secretary	Appointed 9 January 2022
Claire Wilkinson	Resigned 26 March 2024
Rich Gundry	Resigned 25 June 2025
James Wheale	Resigned 30 September 2025
Cory Stewart	Resigned 01 March 2024
Stuart Baker	Resigned 25 June 2025
Andy Evans	Appointed 23 February 2022
Claire Amos	Resigned 26 March 2024
Michael McCarthy	Resigned 01 March 2024
Sam Oakes	Resigned 01 March 2024
Rob Hingston	Appointed 1 August 2025
Dr Rowan Gilmore	Appointed 26 May 2024
Mark Williams	Appointed 26 May 2024
Patrick Sullivan	Appointed 26 May 2024
Stephen Pratt	Appointed 26 May 2024
Simon Wood	Appointed 15 February 2023

Independent Examiner

Miss J A Richardson FCA FCCA DChA
32 Award Road
Wimborne
Dorset
BH21 7NT

Independent examiner's report to the Trustees of Talk Club

I report to the charity Trustees on my examination of the accounts of Talk Club for the period ended 31 December 2024.

This report is made solely to the charity's Trustees, as a body, in accordance with section 154 of the Charities Act 2011 ('the Act'). My independent examiner's work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity, the charity's members as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the Charity'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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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 Charity 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 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.



Miss JA Richardson FCA FCCA DChA

Date ...**30th October 2025**.....

**Statement of Financial Activities
for the 15 Months Ended 31 December 2024**

	Notes	Unrestricted £	Restricted £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	192,198	-	192,198	208,653
Charitable activities	3	63,592	35,605	99,197	1,204
Other trading activities	4	71,838	-	71,838	25,076
Investment income	5	39	-	39	-
TOTAL		327,668	35,605	363,273	234,933
EXPENDITURE ON					
Raising funds	6	20,885	-	20,885	16,090
Charitable activities	7	286,623	35,605	322,228	168,395
TOTAL		307,508	35,605	343,113	184,485
NET INCOME BEFORE TAXATION		20,160	-	20,160	50,448
Corporation tax on trading activities		-	-	-	-
Movement in funds		20,160	-	20,160	50,448
Transfers between funds	13	-	-	-	-
RECONCILIATION OF FUNDS					
Total funds brought forward		88,342	-	88,342	37,894
TOTAL FUNDS CARRIED FORWARD		108,502	-	108,502	88,342

The notes form part of these financial statements

Balance Sheet 31 December 2024



	Notes	Unrestricted	Restricted	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible fixed assets		-	-	-	-
Total fixed assets		-	-	-	-
CURRENT ASSETS					
Debtors	10	722	-	722	-
Cash at bank and in hand		117,451	-	117,451	92,832
Total current assets		118,173	-	118,173	92,832
CREDITORS					
Amounts falling due within one year	11	9,671	-	9,671	4,490
Net current assets		108,502	-	108,502	88,342
TOTAL ASSETS LESS CURRENT LIABILITIES		108,502	-	108,502	88,342
NET ASSETS		108,502	-	108,502	88,342
FUNDS OF THE CHARITY					
Restricted funds		-	-	-	-
Unrestricted funds		108,502	-	108,502	88,342
TOTAL FUNDS	13			108,502	88,342

The financial statements were approved by the Board of Trustees and authorised for issue on **30th October 2025** and were signed on its behalf by:

Steven Dodds - Trustee

Simon Brooke - Treasurer

The notes form part of these financial statements

**Cash Flow Statement
for the Period Ended 31 December 2024**

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	24,579	54,939
Cash flows from investing activities			
Interest received		39	-
Net cash provided by/(used in) investing activities		39	-
Change in cash and cash equivalents in the reporting period		24,618	54,939
Cash and cash equivalents at the beginning of the reporting period		92,832	37,894
Cash and cash equivalents at the end of the reporting period		117,450	92,833

Note 1	2025 £	2024 £
Reconciliation of net income for the reporting period (as per the Statement of Financial Activities)	20,160	50,448
Adjustments for:		
Interest received	(39)	-
(Increase)/decrease in debtors	(722)	-
Increase/(decrease) in creditors and provisions	5,180	4,490
(Increase)/decrease in stock	-	-
Profit on sale of tangible fixed assets	-	-
Net cash (used in)/provided by operations	24,579	54,939

Note 2	At 1 October 2023	Cash flow	At 31 December 2024
Cash at bank and in hand	92,832	24,619	117,451

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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

In the year ending 30 September 2023 receipts and payments accounts and a statement of assets and liabilities were filed with the Charity Commission. Funds brought forward at 1 October 2023 are £88,342 with no accruals adjustments required.

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

Talk Club does not currently hold any tangible fixed assets.

Taxation

As a charity, Talk Club benefits from various exemptions afforded by tax legislation and is therefore not liable for corporation tax on income or gains falling within those exemptions.

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

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Notes to the Financial Statements
for the Period Ended 31 December 2024 (continued)**



Cash at Bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Governance costs

These include costs attributable to the charity's compliance with constitutional and statutory requirements, including financial compliance, strategic management and trustees' meetings and reimbursed expenses.

2 DONATIONS AND LEGACIES	Restricted	Unrestricted	Total 2024	Total 2023
	£	£	£	£
Donations	-	141,198	141,198	208,653
Grants	-	51,000	51,000	-
	-	192,198	192,199	208,653

3 INCOME FROM CHARITABLE ACTIVITIES	Restricted	Unrestricted	Total 2024	Total 2023
	£	£	£	£
Services	-	49,862	49,862	1,204
Grants	35,605	-	35,605	-
Workshops	-	1,150	1,150	-
Captain's Training	-	500	500	-
Other charitable activities	-	12,080	12,080	-
	35,605	63,592	99,197	1,204

Income from restricted grants is detailed in note 13.

4 OTHER TRADING ACTIVITIES	Restricted	Unrestricted	Total 2024	Total 2023
	£	£	£	£
Merchandise Sales	-	5,496	5,496	8,592
Fundraising Income	-	54,184	54,184	5,887
Subscriptions	-	12,158	12,158	10,596
	-	71,838	71,838	25,076

**Notes to the Financial Statements
for the Period Ended 31 December 2024 (continued)**

5 INVESTMENT INCOME

	Restricted	Unrestricted	Total 2024	Total 2023
	£	£	£	£
Interest receivable	-	39	39	-
	-	39	39	-

6 EXPENDITURE ON RAISING FUNDS

	Restricted	Unrestricted	Total 2024	Total 2023
	£	£	£	£
Fundraising event expenses	-	2,903	2,903	2,700
Advertising and promotion	-	730	730	198
Merchandise	-	17,251	17,251	13,192
	-	20,885	20,885	16,090

7 COSTS OF CHARITABLE ACTIVITIES

	Restricted	Unrestricted	Total 2024	Total 2023
	£	£	£	£
a DIRECT COSTS				
Staff wages and salaries	30,819	225,830	256,649	128,091
Business Support Costs	-	440	440	-
Captain's Weekend	1,129	-	1,129	450
Computer Costs	-	4,135	4,135	3,830
Insurances	-	378	378	197
Intellectual Property	-	845	845	-
Meals and entertainment	764	1,783	2,547	1,693
Office Rent	-	18,272	18,272	7,714
Administrative Expenses	-	2,446	2,446	2,037
Other Professional Services	-	23,851	23,851	18,007
Printing, Postage and Stationery	-	1,808	1,808	3,407
Recruitment	-	120	120	-
Software	-	1,377	1,377	679
Travel and Accommodation	1,053	2,457	3,510	1,739
Workshops Spend	1,839	-	1,839	-
	35,605	283,743	319,347	167,843

b SUPPORT COSTS

Bank charges	-	81	81	101
Independent examination fees	-	2,800	2,800	450
	-	2,881	2,881	551

TOTAL COSTS OF CHARITABLE ACTIVITIES	35,605	286,623	322,228	168,395
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8 TRUSTEES REMUNERATION AND BENEFITS

There was no Trustees' remuneration or other benefits for the period to 31 December 2024 .

Trustees' expenses

No trustees have received any reimbursed expenses or any other benefits from the charity during the period.

9 STAFF COSTS

	£
Wages and salaries	229,945
Social security costs	17,728
Other pension costs	8,976
	<u>256,649</u>

Key management personnel (Joint CEO's) remuneration totalled £89,600 (12 months to 30 September 2023: £67,840).

The average monthly number of employees during the period was as follows:

Employees	<u>5</u>
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No employees received emoluments in excess of £60,000.

10 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	722	-
Other debtors	-	-
VAT	-	-
Prepayments and accrued income	-	-
	<u>722</u>	<u>-</u>

11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	1,535	-
Social security and other taxes	5,636	3,603
Other creditors	-	887
Accruals and deferred income	2,500	-
	<u>9,671</u>	<u>4,490</u>

12 LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2024
	£
Within one year	3,600
Between one and five years	-
	<u>3,600</u>

**Notes to the Financial Statements
for the Period Ended 31 December 2024 (continued)**

13 MOVEMENT IN FUNDS

	At 1 October 2023	Income	Expenditure	Transfers	At 31 December 2024
Unrestricted					
General	88,342	327,668	(307,508)	-	108,502
Restricted					
St Monica's Trust	-	10,000	(10,000)	-	-
Lloyds Bank Foundation	-	605	(605)	-	-
Quartet Community Foundation	-	10,000	(10,000)	-	-
Somerset Community Foundation	-	5,000	(5,000)	-	-
Kent County Council	-	10,000	(10,000)	-	-
Total Restricted	-	35,605	(35,605)	-	-
TOTAL FUNDS	88,342	363,273	(343,113)	-	108,502

	At 1 October 2022	Income	Expenditure	Transfers	At 30 September
Unrestricted					
General	37,894	234,933	(184,485)	-	88,342
Restricted	-	-	-	-	-
Total Restricted	-	-	-	-	-
TOTAL FUNDS	37,894	234,933	(184,485)	-	88,342

St Monica's Trust - The Improving Connection Fund will enable Talk Club to help address these issues by establishing 5 peer-led talking and listening support groups for the elderly in North Somerset that will increase connection, reduce loneliness and improve both physical and mental fitness.

Lloyds Bank Foundation - Founding local south Gloucestershire chapter of men's mental health group, weekly organising and hosting of mental health talk and walks.

Quartet Community Foundation - To establish four new Talk Clubs to serve the disadvantaged and also help in sustaining five existing clubs in North Somerset.

Somerset Community Foundation - Setting up talking, listening and exercise groups to support men's mental health across Somerset.

Kent County Council - Setting up 7 new Talk Clubs in Kent 5 talking groups and 2 Talk & Exercise groups.

**Notes to the Financial Statements
for the Period Ended 31 December 2024 (continued)**



14 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	Total at 31 December 2024
	£	£	£
Fixed assets	-	-	-
Current assets	118,173	-	118,173
Current liabilities	(9,671)	-	(9,671)
Long term liabilities	-	-	-
	<u>108,502</u>	<u>-</u>	<u>108,502</u>

	Unrestricted	Restricted	Total at 30 September 2023
	£	£	£
Fixed assets	-	-	-
Current assets	92,832	-	92,832
Current liabilities	(4,490)	-	(4,490)
	<u>88,342</u>	<u>-</u>	<u>88,342</u>

15 RELATED PARTY DISCLOSURES

There were no transactions with related parties for the period to 31 December 2024 or the previous year to 30 September 2023.



THANK YOU