

MANUP?

England & Wales · Charity number 1195085

Details

Status Registered

Legal form CIO

Registered 2021-07-07

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

Contact

Address 2nd Floor
10 Great Colman Street
Ipswich
IP4 2AD

Phone 01473760174

Email manup@manup.how

Website www.manup.how

Activities

Objects: THE OBJECT OF THE CIO IS:FOR THE PUBLIC BENEFIT, THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH AMONG MEN IN EASTANGLIA AND SUCH OTHER PARTS OF ENGLAND AND WALES AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE,IN PARTICULAR BUT NOT EXCLUSIVELY BY:A) PROVIDING RESOURCES AND EVENTS TO EDUCATE AND INFORM ABOUT MEN'S MENTAL HEALTH WITH THE AIM OFREMOVING THE STIGMA OF ACKNOWLEDGING MENTAL HEALTH ISSUES AND ASKING FOR HELP;B) PROVIDING A SUPPORT AND SIGNPOSTING SERVICE TO MEN EXPERIENCING MENTAL HEALTH ISSUES; ANDC) CAMPAIGNING TO IMPROVE MENTAL HEALTH SERVICES FOR MEN.

Activities: We advocate for the mental health of men at work, at home, and in other settings. Despite holding public events a few times a year, our primary focus is on video. Our goal is not to give advice, but rather to highlight what others have done to overcome mental health issues. We work with various charities and mental health services to break stigma.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£320,401	£172,022	-	-
2024-03-31	£267,834	£75,853	-	-
2023-03-31	£129,934	£10,661	-	-
2022-03-31	£18,415	£1,886	-	-

Trustees

Name	Role	Appointed
Stephen Rooke	Chair	2021-07-07
Arthur Leonard South		2025-05-14
Dot Cordle		2021-07-07
Jack Shepherd		2025-08-26

MANUP?

England & Wales - Charity number 1195085

Accounts

CHARITY COMMISSION TRUSTEES' REPORT

PERIOD 1st APRIL 2024 – 31st MARCH 2025



Registered Charity Number 1195085.

Trademark Number: UK00004034748

CONTENTS

4 INTRODUCTION

5 GOVERNANCE & TRUSTEES

6 AMBASSADORS / FUNDRAISING

7 KEY ACTIVITIES & ACHIEVEMENTS

10 FREE GROUP THERAPY SESSIONS

11 MANUP? TALKS

12 CAMPING EVENTS

13 BOUNDARIES & SAFEGUARDING / TRADEMARKED

14 MANUP? THE FUTURE

REFERENCE & ADMINISTRATIVE INFORMATION

NAME	MANUP? Men's Mental Health Charity
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REGISTERED CHARITY NUMBER	1195085
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TRADEMARK NUMBER	UK00004034748
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REGISTERED ADDRESS	MANUP? Hadleigh Business Centre, Crockatt Road, Hadleigh, IP76RH
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TRUSTEES	Dan Somers Steve Rooke / Chair Dot Cordle Phil McEwan Ian Dempsey Rosie Leach
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INTRODUCTION

MANUP? remains a rapidly growing men's mental health charity with a clear focus on early intervention, education, and prevention. Established to challenge stigma and change how men are understood and listened to, the charity continues to engage men across the UK through direct conversation, lived experience, and evidence-led learning.

During this reporting period, MANUP? experienced increased engagement, visibility, and demand. With this growth came a need for reflection, refinement, and stronger decision making. The Trustees focused on understanding where the charity delivers the greatest impact, where boundaries are required, and which activities align most closely with the charity's purpose. This year was defined not only by delivery, but by learning, adaptation, and increased organisational maturity.

GOVERNANCE & TRUSTEES

As MANUP? continued to grow, The Trustees made a number of critical decisions to ensure the charity remained focused, effective, and sustainable. Some trustees, volunteers stepped back or were 'stood down' due to limited availability, disengagement, or misalignment with the charity's mission-led culture. The Trustees recognised that people-related risk can be as significant as financial risks.

The charity reinforced a clear principle that MANUP? exists to serve men and their families, not individual profiles. The Trustees reduced reliance on informal volunteer arrangements for core roles and instead used freelancers for defined deliverables, thereby enhancing phased internal capacity growth in 2025.

AMBASSADORS

MANUP? worked selectively with ambassadors to raise awareness where audiences aligned with the charity's beneficiaries.

FUNDRAISING

Fundraising during the reporting period came primarily from members of the public through personal challenges, individual giving, and donations from families and friends affected by suicide. MANUP? does not apply for grants and does not receive business or corporate funding. This approach is intentional and reflects a clear trustee decision to protect the charity's independence, integrity, and ability to act without external influence. The Trustees believe that remaining free from grant conditions or corporate agendas allows MANUP? to prioritise impact over compliance, respond quickly to need, and maintain trust with men who may be sceptical of institutional or commercially influenced services. This funding model supports a clear, values-led approach to decision making and ensures that all activity is driven solely by the charity's purpose.

KEY ACTIVITIES & ACHIEVEMENTS

LISTENING TO MEN

Listening to men remains central to MANUP?'s work. The charity uses a combination of video-based storytelling and public engagement to highlight men's lived experiences and the realities of male mental health. Through structured conversations recorded online, often via Zoom, MANUP? has shared the stories of individual men, focusing not only on their mental health challenges but on what prevented them from speaking earlier and what helped them begin to engage. This approach is complemented by public engagement sessions in everyday environments, where men are invited into conversation without pressure or expectation. Together, these formats consistently demonstrate that men will talk when approached respectfully and crucially, help illustrate the social, cultural, and personal barriers that often stop men from talking in the first place.

KEY ACTIVITIES & ACHIEVEMENTS

TARGETED FUNDING

Targeted funding during the reporting period represented a deliberate investment in initiatives addressing men's mental health through prevention, engagement, and structural support rather than short-term or performative activity. This included **support for Mandem Meetup, a grassroots, community-led initiative engaging men** who are often underrepresented in traditional mental health services, where funding helped sustain culturally relevant spaces for conversation and connection.

We funded The Lost Boys of Carbis Bay documentary by ROLL NINE AB, a nationally recognised film highlighting male connection, resilience, and purpose through a shared activity. The documentary received widespread media coverage and reached men who would not engage with conventional mental health messaging.

We covered core operating costs for Ipswich CAP Debt Centre for a full year, reducing financial pressure and enabling the service to focus on supporting men and families experiencing debt and financial distress - a significant contributor to poor mental health.

Funding was provided to StrongMen CIO to support staffing costs and protect continuity of specialist bereavement services for men, recognising their unique expertise and established trust within that community.

KEY ACTIVITIES & ACHIEVEMENTS

Early-stage financial and practical support was also provided to Jonathan's House CIC to establish office and telephone infrastructure for men experiencing abuse, alongside informal consultancy to support development. While the service supported hundreds of men, The Trustees later identified misalignment with MANUP?'s values and responsibly withdrew involvement.

Support for the Hubberd Cup was delivered through payment of third-party service costs rather than direct funding, recognising sport as an effective engagement route for men who would not otherwise engage with mental health support.

Selective participation in external events ensured focus remained on meaningful impact rather than profile or visibility.

Research funding continued through staged payments to Dr Susie Bennett, alongside a programme of research-led public events delivered across the UK and online. During the reporting period, four events were delivered, each costing approximately £3,000, and were consistently fully booked. Crucially, these sessions were attended by professionals and decision-makers including NHS staff, police, social services, charity leaders, and others with influence, supporting the charity's aim of translating evidence into practical understanding and improving how men are listened to across services.

FREE GROUP THERAPY SESSIONS

MANUP? funded and delivered free therapy-style group sessions for men throughout the reporting period, running on a primarily fortnightly basis, typically on Thursdays, via Zoom. Sessions were free at the point of access and designed to remove common barriers to engagement.

At certain points in the year, such as during the six-week summer holiday period, session frequency was temporarily adjusted to every three weeks in response to lower attendance. During these periods, MANUP? Talks continued, ensuring regular engagement and continuity of support. Session frequency was adjusted where appropriate to reflect engagement levels, ensuring charitable funds were used proportionately and in line with demand.

The total cost to the charity for delivering these therapy-style sessions during the period was approximately £11,000, reflecting the use of qualified therapists and experienced practitioners. This investment ensured sessions were delivered safely, ethically, and to an appropriate professional standard.

Participants were not required to use their real names or appear on camera, allowing men to engage at a level they felt comfortable with. Sessions focused on shared experience, coping strategies, and practical reflection rather than clinical assessment or crisis intervention. Attendance included men from across the UK, many of whom would not otherwise access formal mental health support.

Each session also included a structured Q&A, with participants encouraged to use the Zoom chat function to engage further. By providing regular, predictable sessions with clear boundaries, MANUP? delivered a sustainable early-intervention model that prioritised accessibility, consistency, and psychological safety.

MANUP? TALKS

MANUP? launched and delivered “MANUP? Talks”, a separate programme of free monthly online sessions held on the first Thursday of each month between 18:15 and 19:15. **Unlike the therapy-style groups, MANUP? Talks are educational rather than therapeutic and are open to anyone who wants to better understand men’s mental health.** These sessions focus on explaining why men may struggle to engage with support, the social and cultural barriers that prevent men from talking, and how families, professionals, and communities can listen more effectively. Attendance regularly included partners, employers, practitioners, and individuals working within the health, social care, and voluntary sectors. The Trustees view MANUP? Talks as a key part of the charity’s preventative work, helping to change understanding around men’s mental health beyond the men who attend support sessions themselves.

CAMPING EVENTS

During the reporting period, MANUP? launched its **“MANUP? Mountain” residential weekends** as a preventative, early-intervention programme for men. Each event involved over 20 men and was fully funded by the charity, excluding participant travel. The average cost to the charity per weekend was approximately £5,000, covering accommodation, food, activities, facilitation, and safeguarding arrangements. Travel was intentionally excluded to manage risk and reduce the likelihood of men attending while in crisis. These weekends were designed to provide space away from everyday pressures, encourage peer connection, and help attendees learn to address issues at an early stage before they escalate.

MANUP? consistently received positive feedback following these events, not only from participants but also from partners and family members. On multiple occasions, partners and relatives contacted the charity via social media to report noticeable and sustained changes in the men who attended, describing improved communication, confidence, and emotional availability, and in some cases stating that the man had returned “like a brand new person”. The Trustees view this feedback as important evidence that **the impact of these weekends extends far beyond the individual participant by benefiting families and relationships and reinforcing the value of early recognition and intervention.**

BOUNDARIES & SAFEGUARDING

MANUP? is not a crisis service. Clear boundaries, branding, and signposting protect beneficiaries and the charity.

MANUP? TRADEMARKED

During the reporting period, MANUP? incurred a one-off cost of £250 to formally trademark the charity name.

This action was taken after a third party attempted to use the MANUP? name and refused to stop, despite acknowledging that this could cause confusion for men seeking support. Protecting the name was necessary to safeguard beneficiaries, the charity's reputation, and the clarity of our work.

Securing a registered trademark also provides stronger legal protection than relying on informal name usage alone. In practical terms, this reduces the risk of prolonged disputes and can be more cost-effective if action is ever required, compared with resolving matters without formal trademark protection.

While the process was time-consuming and an unwelcome distraction from delivery at the time, the Trustees agreed it was a proportionate and responsible step. The trademark now provides long-term protection and helps prevent confusion, misuse, or potential fraud involving the charity's name.

MANUP? THE FUTURE

MANUP? will continue to focus on early intervention, research-led education, and sustainable growth, while maintaining independence and clear governance. The Trustees are mindful that none of the charity's core activities are low-cost or low-effort. Delivering meaningful impact requires significant time investment, careful planning, and regular travel across the UK to reach men who would not typically engage with statutory or traditional mental health services.

The charity's work is deliberately proactive rather than reactive. This includes ongoing planning and delivery of events, residential weekends, public engagement activity, and the dissemination of research findings, often across multiple locations to ensure reach beyond a single region or demographic. The Trustees recognise that this delivery model is resource-intensive, but believe it is essential to reaching men earlier and preventing escalation into crisis-level need.

In response to sustained demand, The Trustees intend to gradually expand the MANUP? Mountain residential programme to cover more regions across the UK, ensuring that men are able to access these preventative weekends without travel becoming a barrier. Any expansion will be phased, subject to capacity, safeguarding considerations, and financial conditions, and will remain focused on quality and participant suitability rather than volume.

MANUP? THE FUTURE

The Trustees also anticipate increasing the provision of therapy-style group sessions for men, where there is clear evidence of need and engagement. These sessions will continue to be free at the point of access, structured, and delivered within clearly defined boundaries, ensuring that MANUP? remains focused on early intervention rather than crisis response.

Whilst MANUP? is not driven by fundraising targets or the creation of surplus funds, the Trustees take a very disciplined and risk-aware approach to financial sustainability. Barring a major disruption, such as a national crisis or lockdown, the charity currently holds enough reserves to continue delivering an ambitious plan of talks, mountain camping trips and further research funding whilst allowing for moderate and sensible expansion. This position is reviewed regularly and reflects intentional financial planning, not complacency.

MANUP? THE FUTURE

All ongoing funding commitments, including research funding and support provided to other organisations, are structured through staged and, where appropriate, staged payments rather than open-ended or lump-sum awards. Continued funding is conditional on the receipt of clear progress updates outlining activity undertaken, outcomes delivered, and plans for the following period. Each subsequent payment is reviewed and approved by the CEO and The Trustees before release. The Trustees consider this approach essential to maintaining accountability, safeguarding charitable funds, and ensuring that spending remains aligned with public benefit and delivery on the ground.

The Trustees remain open to supporting additional charities, services, or grassroots initiatives where there is clear alignment with MANUP?'s mission and a defined plan for impact. Experience has shown that many organisations working with men lack sufficient structure or clarity to deliver sustainable outcomes. In such cases, MANUP? has, where appropriate, provided time, guidance, and practical input to help improve engagement with men before any is considered. The Trustees believe that this investment of expertise is sometimes as valuable as financial support, but will continue to apply clear limits to ensure that the charity's own capacity and focus are protected.

MANUP? THE FUTURE

As demand for MANUP?'s work grows, The Trustees recognise the need to carefully expand capacity to protect quality and consistency. This may include increased use of freelancers for defined delivery and specialist roles, alongside the potential development of a small in-house team where continuity, accountability, and safeguarding require it. Any expansion will be incremental and directly linked to demonstrable need rather than ambition.

The Trustees also anticipate continuing and, where appropriate, expanding investment in men's mental health research, subject to robust academic oversight and staged funding arrangements. Future research partnerships will be selected on the basis of relevance, quality, and the ability to translate evidence into practical understanding for professionals, communities, and families.

The Trustees are also exploring the potential future use of a dedicated office space to support men-only sessions, podcast recording, meetings, and internal coordination. This remains a long-term aspiration rather than an operational necessity and will be approached cautiously and in line with prevailing financial conditions. In a challenging climate for charities, The Trustees remain focused on stability, responsible growth, and ensuring MANUP? remains secure, effective, and able to continue delivering impact regardless of external pressures.



LOGICAL BI LIMITED

FRACTIONAL CFO & ACCOUNTANCY SERVICES

7 January 2026

Independent Examiner's Report to the Trustees of MANUP
For the year ended 31st March 2025 Charity number 1195085

I report to the trustees on my examination of the accounts of the above charity for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Charities Act). I report in respect of my examination of the charity's accounts carried out under section 145 of the Charities 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 Charities 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 which give me cause to believe that in any material respect, accounting records were not kept in accordance with section 130 of the Charities Act, or that the accounts do not accord with the accounting records.

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.

Signed: *Pauline Healey*

Date: 06/01/2026

Pauline Healey ACMA, MiP



Pauline Healey CIMA MiPs MBA

 www.logicalbi.com

 01772 287400

 hello@logicalbi.com

Logical BI Limited is a company registered in England.

Registered number: 12191594

Registered address: Cotton Court, Golden Hill Lane, Leyland, PR25 2YJ



LOGICAL BI LIMITED

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CHARITY COMMISSION TRUSTEES' REPORT

PERIOD 1st APRIL 2023 – 31st MARCH 2024



Registered Charity Number 1195085.

Trademark Number: UK00004034748

CONTENTS

4 Introduction

5 Governance & Trustees

6 Ambassadors

7 Key Activities & Achievements

10 Free Group Therapy Sessions

11 MANUP? The Future

REFERENCE & ADMINISTRATIVE INFORMATION

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REGISTERED CHARITY NUMBER	1195085
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TRADEMARK NUMBER	UK00004034748
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REGISTERED ADDRESS	MANUP? Hadleigh Business Centre, Crockatt Road, Hadleigh, IP76RH
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TRUSTEES	Dan Somers / CEO & Founder Steve Rooke / Chair of the Board or Trustees Dot Cordle / Trustee Rosie Leach / Trustee
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INTRODUCTION

MANUP? remains a new and rapidly growing charity, emerging in the aftermath of the COVID epidemic with a clear focus: to tackle the stigma around men's mental health and change the conversation on a national scale. Over the past year, we've continued to navigate a rapid rate of engagement from men across the UK. This growth predictably brings a need for reflection, planning and refinement—understanding who our audience is, what we excel at, where we fall short, and who we should and should not partner with.

GOVERNANCE & TRUSTEES

As MANUP? continues to grow, we had to make some tough but necessary decisions regarding our governance. Trustees were stood down due to limitations on their availability, restrictions on their time, or a reluctance to adapt to the charity's evolving needs. While these decisions were challenging, they were essential to ensure our board remains fully aligned with the charity's vision and steadfast focus on supporting men's mental health.

To keep pace with this growth and maintain operational efficiency, we refined our internal processes. With the increasing demands placed on our CEO, who was managing the charity almost single-handedly, we brought in freelancers and specialists as a cost-effective alternative to permanent staff. This allowed us to delegate key tasks such as content creation, campaign management, and event coordination.

We built a small accounts team to handle financial management, auditing, and compliance reporting alongside a small admin team to manage essential administrative responsibilities more effectively. These additions have been pivotal in ensuring the charity operates smoothly and meets its obligations as we grow. They allow us to focus on our mission while creating a stronger foundation to support MANUP? 's ongoing development; solidify our operations, focus on strategic partnerships, and remain dedicated to our mission of giving men a voice.

AMBASSADORS

As we've grown, we've had to find ways of tactfully spreading the word about the charity, so we welcomed Ambassadors to the team. These are men who have large audiences (including social channels) within the wild camping, motor racing and civil service.

FUNDRAISING

A significant portion of our funds comes from generous members of the public who take on challenges like walks or hill climbs, typically seeking donations for their chosen cause through online fundraising platforms like JustGiving.

Other contributions come from the families and friends of men who have tragically lost their lives to suicide, driven by a desire to support an organisation dedicated to preventing such tragedies.

We do not have fundraising volunteers or staff, nor do we actively seek individuals to raise funds.

KEY ACTIVITIES & ACHIEVEMENTS

LISTENING TO MEN

The foundation of MANUP? lies in giving men their voices. We do not tell men how to speak, react, or respond. Instead, we use their language and highlight real-life stories of men taking ownership of their mental health. Our video content remains at the heart of this approach, shared widely on social media and now increasingly used as training material by schools and NHS services.

EXPANDING EVENTS

This year saw significant growth in our events programme:

- **ROI on Mental Health Events:** These business-focused events, costing approximately £5,000 each, brought together 100+ directors to discuss how investing in staff mental health benefits businesses. The aim was to drive a change in attitude from the top, with the hope that it would cascade down throughout their organisation.
- **Drop-In Style Events:** Whilst initially successful, these smaller-scale events in schools, pubs and banks attracted repeat attendees and, unfortunately, some individuals were more interested in free refreshments due to the cost-of-living crisis. The cost, both in time and money were far outweighing the benefits of holding such events. This led us to shift focus toward partnering with existing events rather than running our own.
- **Strategic Partnerships:** By teaming up with other organisations and events, we amplified our impact. A good example is a partnership with a microbrewery which suggests featuring MANUP? branding on their beer, reaching our audience in unconventional yet effective ways.

We collaborated with Wild Deodorants to gain exposure for their male-focused products, which helped us reach audiences beyond our social media channels.

FUNDING GRASSROOTS INITIATIVES

We discovered a growing trend of men with innovative ideas for tackling mental health issues but without the financial backing to implement them. By providing funding, we supported events addressing addictions, relationship breakdowns, and other niche challenges, allowing us to infiltrate spaces where men might be struggling without directly engaging with us.

RESEARCH AND POLICY ADVOCACY

We allocated substantial funding to Dr Susie Bennett in Glasgow, one of the world's leading researchers on men's mental health and suicide. Her groundbreaking work highlights that men want to talk, but they need to be listened to in the correct manner and not told how to communicate. We believe we are the only UK men's mental health charity funding this type of research, a point of pride but also frustration as it underlines the gap in support for male-focused mental health studies.

We also lobbied for policy changes, including pushing the Child Maintenance Service to implement fairer practices and treat separated fathers with dignity rather than defaulting to negative stereotypes.

VARIOUS TALKS

We spoke at various online, and offline events to tackle the stigma associated with men's mental health.

SUPPORTING OTHER CHARITIES

Recognising the value of collaboration, we provided financial support to other charities some of which are listed below.

- **StrongMen:** We funded phone lines for six months and covered staff costs for a year, enabling them to focus on growth and providing help rather than financial survival.
- **Rural Coffee Caravan:** Our funding ensured their vehicles could continue reaching isolated rural men, giving them a place to convene and talk; especially older individuals without internet access.
- **Family First** – We funded mental health training for the staff to help them relate to fathers more effectively.
- **Jonathan's House** - We are in talks about financially helping them kick start the only male refuge in Wales. This is for men who have been a victim of domestic violence or abuse.

The benefits to the recipients are clear. The benefit to MANUP? is that by assisting charities with established audiences and expertise, we extended our reach to men we might not otherwise engage with.

INNOVATIVE CAMPAIGNS

We launched impactful campaigns, including 'Conversations in Liverpool Street Station,' where we engaged strangers on the street about their views on men's mental health. These multi location, mini-campaigns not only generated fantastic content for social media but also provided real-time and truthful insights into public perceptions and challenges.

COOP FUNERAL HOMES

Our partnership with COOP Funeral Homes saw branded window films in shop windows across the UK, spreading subtle yet powerful messages like 'Men can talk about more than sport.' This allowed us to gain coverage in spare windows that often faced local shops, gyms or schools and in areas of housing. We were also able to piggy pack on their press releases about this, which gained us even more coverage.

FREE GROUP THERAPY SESSIONS

This year we've also funded free group therapy sessions for men, held via Zoom and led by James Elliott MSc. The attendees don't need a camera on and don't even need to use their real names 'on screen' allowing for complete anonymity if desired. These bi-weekly sessions cover a range of crucial topics, including coping with depression and managing anxiety as a man. They have been incredibly successful, drawing participation from men across the UK, all completely free at the point of delivery. This initiative has further strengthened our commitment to providing accessible support for men's mental health and it's something we intend to continue delivering.

CAMPING EVENTS

Building on our collaboration with the StrongMen charity, we've decided to organise annual weekend camping trips for men. These events, fully funded by MANUP?, will take place at various locations across the UK. The aim is to provide men with an opportunity to step away from life's pressures, connect with others who may also be facing challenges, and create a supportive environment.

Using a peer-to-peer format, inspired by StrongMen's successful bereavement model, these trips align with our core belief: sometimes, it's about creating space for fun and addressing smaller issues before they grow into larger ones.

LOOKING AHEAD

This year has been one of learning, adapting, and refining. We've grown by recognising our strengths, addressing our weaknesses, and embracing collaboration. MANUP? remains steadfast in its mission: to give men a voice and to change the narrative around mental health. We'll continue listening, adapting, and pushing for meaningful change in men's lives across the UK.

MANUP? THE FUTURE

As we look ahead, MANUP? remains dedicated to making a lasting impact on men's mental health. We will continue to fund and collaborate with charities that align with our mission, ensuring they have the resources needed to grow and support their audiences effectively.

We are committed to offering completely free therapy sessions for any man who needs them, removing barriers to accessing vital mental health support. These sessions will continue to evolve based on the needs of our participants, tackling relevant and impactful topics.

Additionally, we will expand our social media coverage and workforce by collaborating with individuals who bring diverse skills and perspectives. Our ultimate aim is to educate and empower men to take control of their mental health and help themselves in meaningful ways. By staying focused on our mission, MANUP? will continue to be a voice for men and a driver of change in the mental health landscape.

We will also continue to invest in men's mental health research programmes, ensuring emerging evidence informs our initiatives and strengthens our impact on the communities we serve.

We will continue to give men voices.

Profit and Loss

MANUP

For the year ended 31 March 2024

2024

Turnover

Fundraiser	267,834.18
Total Turnover	267,834.18

Cost of Sales

Direct Expenses	5.00
Direct Wages	1,560.00
Total Cost of Sales	1,565.00

Gross Profit

266,269.18

Administrative Costs

Accounting	428.84
Advertising & Marketing	4,511.40
Bank Fees	29.54
CharityAid	33,417.00
Consulting	5,915.73
Entertainment - 0%	8.30
Entertainment-100% business	74.35
Foo/Dri	176.50
Freelancer	17,947.50
General Expenses	10.70
Grants or Funding	2,380.98
IT Software and Consumables	1,296.82
Meetings	110.56
merchandiser	109.93
Postage, Freight & Courier	56.88
Printing & Stationery	715.44
Reimburse	(42.09)
Staff Training	200.00
Subscriptions	2,625.64
Telephone & Internet	189.99
Therapy	2,079.40
Travel - National	1,244.74
Venue Hire	800.00
Total Administrative Costs	74,288.15

Operating Profit

191,981.03

Profit on Ordinary Activities Before Taxation

191,981.03

Profit after Taxation

191,981.03

17 December 2024

Independent Examiner's Report to the Trustees of MANUP
For the year ended 31st March 2024 Charity number
1195085

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Signed: *P Healey*

Date: 17/12/2024

Pauline Healey ACMA, MiP

MANUP?

England & Wales - Charity number 1195085

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2022		31	03	2023

Section A

Reference and administration details

Charity name MANUP?

Other names charity is known by

Registered charity number (if any) 1195085

Charity's principal address Hadleigh Business Centre

Crockatt Road

Hadleigh

Postcode

IP7 6RH

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Steve Rooke	Chair		
Ian Dempsey	Finance Trustee	14/1/2023	
Dot Cordle			
Phil McEwan-Bell			
Dan Somers			

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution adopted July 2021

How the charity is constituted
(eg. trust, association, company)

Charitable Incorporated Organisation

Trustee selection methods
(eg. appointed by, elected by)

Appointed by existing Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

We have a Disclosure and Barring Service policy for all paid and volunteer staff in place.

We have an extensive range of policies in place including: Vulnerable Adult Protection and Safeguarding Policy, Money Handling Policy, Volunteer Expenses Policy, Complaints Policy and Conflicts of Interest Policy. All have regular (annual) review dates.

All trustees give their time voluntarily and receive no remuneration or other benefits.

Any organisational risks are identified and discussed as a quarterly trustees agenda item.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the CIO is to encourage the preservation and protection of good mental health among men in East Anglia and such other parts of England and Wales as the trustees may from time to time determine, in particular, but not exclusively by:

- a) providing resources and events to educate and inform about men's mental health with the aim of removing the stigma of acknowledging mental health issues and asking for help;
- b) providing a support and signposting service to men experiencing mental health issues; and
- c) campaigning to improve mental health services for men.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In our inaugural year of entire operation, MANUP? has taken significant strides in shaping the dialogue around men's mental health across the United Kingdom. From April 2022 to March 2023, we have embarked on a journey of discovery, identifying our unique position within the mental health sector. Our engagements have been widespread and influential, reaching out to schools and universities nationwide and discussing the nuances of men's mental health through various channels, including national radio stations like LBS and Asian Radio and many podcasts. Our message has been clear and consistent: dismantling stigma in all walks of life without resorting to tokenism or brand endorsements.

Our annual initiative 'ROI on Mental Health' events caters to business leaders, especially those managing teams of over 50, simplifying mental health in the corporate environment. This, along with collaborations with educational institutions, emergency services, and the military, has fostered dialogue and encouraged men, their partners, and children to communicate about their mental well-being openly. We also ran monthly events in local pubs & venues to reach out to men who may not use social media; this enabled us to signpost people to other charities, meet new services, etc.

While MANUP? does not directly provide mental health support, we serve as an indispensable conduit, guiding individuals to suitable services and organisations through our partnerships with the NHS and local councils. The efficacy of our approach is evidenced by the lives we've touched - including the prevention of life-threatening situations, as acknowledged by the Police.

Our interactions with the youth are conducted responsibly within educational settings or with parental guidance. Our core message has been to debunk the archaic notion that men should suppress their struggles; we advocate for the acceptance and normalisation of seeking support. The response has been overwhelmingly positive, with numerous testimonials from various sectors praising our impactful conversations on mental health.

Our principles are non-negotiable: we avoid discussing sexuality, religion, and race and refrain from promoting commercial entities. Our focus is on genuine support for mental health, which has established MANUP? as a beacon of hope and a catalyst for change, underscored by our life-saving interventions. As a result of this way of thinking, we've helped LGBTQ+ communities connect with people who would never normally mix, with many saying they've changed how they think about people who are 'different'.

MANUP has had a profound effect on educational settings, inspiring actions such as a school running a week-long fundraising event which was covered in the news while at the same time encouraging students, parents & teachers to communicate better with each other.

The collaboration with the NHS, particularly in supporting doctors and paramedics facing high stress and suicide rates, has been fruitful, resulting

in positive outcomes and commendable feedback. Our content is also prescribed socially by doctors to men who refuse mental health medication or therapy.

The engagement on our social media platforms is a testament to our impact, with continuous expressions of gratitude and recognition of our role in altering perceptions, inspiring initiatives, and reducing the stigma associated with mental health. MANUP? has become more than a charity; it has evolved into a movement, galvanising communities to foster open and supportive conversations about mental health.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The contribution made by our social followers and video guests has been enormous, and we are very grateful for their support and engagement.

Without their valuable time, commitment, enthusiasm, and public discussion of life experiences, MANUP? would not exist in its current successful form.

In addition, we appreciate and acknowledge the financial support we have received from a range of individual fundraisers. This has enabled us to maintain the financial viability to grow our organisation.

Summary of the main achievements of the charity during the year

In the past year, MANUP? has built upon the foundation laid during its inaugural period as a registered charity. Despite the significant challenges posed by the COVID-19 pandemic, our charity has adapted and grown, making substantial strides in advancing the discourse on men's mental health.

Our main achievements are multifaceted and impactful:

1. **Expanding Reach Through Media:** We've amplified our message across the UK, engaging with national radio stations and podcasts, thereby increasing public awareness and driving conversations about men's mental health in various cultural contexts.
2. **Educational Impact:** Our active involvement with schools and universities has not only spread awareness but also facilitated meaningful discussions, enabling students and faculty to approach mental health with a new level of openness and support.
3. **'ROI on Mental Health' Events:** We've successfully targeted business leaders, providing them with the tools to address mental health in the workplace effectively, thus influencing the corporate approach to employee wellbeing.
4. **Community Engagement:** Our monthly local events have extended our reach into the heart of communities, allowing us to engage with men beyond the digital realm and offer guidance and support in a more personal setting.
5. **Partnerships and Collaboration:** Working closely with the NHS and local authorities, we've positioned ourselves as a crucial referral service, connecting individuals with the mental health resources they need.
6. **Youth Engagement:** We've responsibly engaged with young men, advocating against the harmful 'man up' culture and encouraging them to seek and offer support, leading to a noticeable shift in attitudes.
7. **Inclusive Support:** By avoiding the promotion of commercial entities and steering clear of discussions on sexuality, religion, and race, we've fostered a supportive environment focused solely on mental health, making inroads with diverse communities, including the LGBTQ+.
8. **Lifesaving Interventions:** Our approach has led to life-saving interventions, preventing potential tragedies and underscoring the importance of our mission.
9. **Social Media Influence:** The substantial following on our social media platforms has become a dynamic space for individuals to share their experiences, express gratitude, and inspire others to rethink their views on mental health.

10. **National Health Service (NHS) Synergy:** Our collaboration with the NHS has been particularly impactful, helping healthcare professionals cope with the increased pressure and stress, contributing to a decrease in sickness and suicide rates among this demographic.

MANUP? has evolved from a mere concept into a movement, one that not only challenges but actively changes the conversation surrounding mental health for men across England and Wales. This year, we've witnessed a paradigm shift in how mental health is perceived and discussed, and we've paved the way for even greater accomplishments in the future

Section E Financial review

Brief statement of the charity's policy on reserves

We do not need reserves in this period due to MANUP? not employing or being involved in contracts. We will be monitoring this every quarter as the charity grows.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main source of our funds is via individual fund raisers using JustGiving or GoFundMe!

Section F Other optional information

Future plans:

- Continue to build on links with existing partners and make new relationships.
- Continue to adjust our working practices to allow us to respond on a more personal level to each individual situation – this may include running more events with others, working with more schools etc.
- Keep our focus on promotion & the education that there is nothing 'weak' about speaking to someone about mental health.
- Maintain our stance that we do not react to viral news stories
- We will continue to avoid discussions that will be seen as tokenism

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

Incoming	
Fundraising	124407.77
Cheque deposits	5526.4
Total	129934.17
Outgoing	
Cash withdrawal	10
Authorised expenses	3743.9
Fundraising expenses	397.3
Bank charges	3
Staff welfare	1300
Marketing and event costs	1936
Admin costs	2600
Merchandise costs	490.62
Accountancy fees	180
Total	10660.82
Net position	119273.35

24 January 2024

Independent Examiner's Report to the Trustees of MANUP
For the year ended 31st March 2023 Charity number
1195085

I report to the trustees on my examination of the accounts of the above charity for the year ended 31st March 2023.

Responsibilities and basis of report

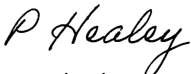
As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Charities Act). I report in respect of my examination of the charity's accounts carried out under section 145 of the Charities Act, and in carrying out my examination, I have followed the applicable directions given by the Charity Commission under section 145(5)(b) of the Charities 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 which give me cause to believe that in any material respect, accounting records were not kept in accordance with section 130 of the Charities Act, or that the accounts do not accord with the accounting records.

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.

Signed:



Date: 24/01/2024

Pauline Healey ACMA, MiP

MANUP?

England & Wales - Charity number 1195085

Accounts

23 January 2023

Independent Examiner's Report to the Trustees of MANUP
For the year ended 31st March 2022 Charity number
1195085

I report to the trustees on my examination of the accounts of the above charity for the year ended 31st March 2022.

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Charities Act). I report in respect of my examination of the charity's accounts carried out under section 145 of the Charities 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 Charities 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 which give me cause to believe that in any material respect, accounting records were not kept in accordance with section 130 of the Charities Act, or that the accounts do not accord with the accounting records.

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.

Signed: *Pauline Healey*

Date: 23/01/2023

Pauline Healey ACMA, MiP

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 07	Month 07	Year 2021		Day 31	Month 03	Year 2022

Charity name MANUP?

Other names charity is known by

Registered charity number (if any) 1195085

Charity's principal address Hadleigh Business Centre

Crockatt Road

Hadleigh

Postcode

IP7 6RH

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Steve Rooke			
Mark Crawley	Safeguarding Lead		
Dot Cordle			
Mark Crawley			
Jordan Holder		Removed March 2022	
Phil McEwan-Bell			
Dan Somers	Chair		
Mick Richardson			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution adopted July 2021
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system

We have a Disclosure and Barring Service policy for all paid and volunteer staff in place.
We have an extensive range of policies in place including: Vulnerable Adult Protection and Safeguarding Policy, Money Handling Policy, Volunteer Expenses Policy, Complaints Policy and Conflicts of Interest Policy. All have regular (annual) review dates.
All trustees give their time voluntarily and receive no remuneration or other benefits.
Any organisational risks are identified and discussed as a quarterly trustees agenda item.

and procedures to manage them.

Summary of the objects of the charity set out in its governing document

The object of the CIO is to encourage the preservation and protection of good mental health among men in East Anglia and such other parts of England and Wales as the trustees may from time to time determine, in particular, but not exclusively by:

- a) providing resources and events to educate and inform about men's mental health with the aim of removing the stigma of acknowledging mental health issues and asking for help;
- b) providing a support and signposting service to men experiencing mental health issues; and
- c) campaigning to improve mental health services for men.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

MANUP? aims to change the stigma associated with male mental health by changing people's perceptions. It is important to point out that we do not only raise awareness with males but we have also worked with schools, the NHS, businesses & other charity organisations. We are focused on changing everyone's perception, standards & beliefs about mental health in males & how they can impact a person's life.

We do not offer direct mental health support and have never done so. We are a sign-posting charity that works closely with the NHS to sign-post people to the most appropriate services or charity organisations on websites maintained by local councils, charity commissions, or the government of their local area. To date, we have also worked with the Police who have confirmed that four males have been prevented from taking their lives due to MANUP? intervention. We are constantly receiving feedback from people, schools & services to say that we've helped them change their life, or how they treat others via our social media accounts.

MANUP? only ever works with under 18's if we are working within a school or with a parent. Our primary focus is encouraging males that they do not need to 'man up and get on with it', even if everything is getting on top of them. We actively and successfully promote that it is OK to ask for help from a partner, friend, or colleague, and it is OK to do so. With our thousands of followers, we aim to change minds and show them it is not just them who struggle with mental health issues. As part of our project, we highlight how men are actively helping themselves to get out of mental health situations. The feedback we have received is that the way we talk about mental health in schools and other service providers or charities is a successful strategy that has engaged with 1000s of people all over England & Wales.

In addition to not discussing sexuality, religion or race, and not promoting businesses or services, we only work with those who do good with a core goal of helping those with mental illness. We believe this is why MANUP? has a proven track record of changing attitudes around mental health; we've even saved lives

As a result of raising awareness, we have been able to attract the attention of many schools. After watching our videos, we had a student wear a 17-kilo weighted vest for a week to give students a visible representation of what mental health problems feel like..

Helping to facilitate paramedics & doctors to accept the help offered by the service, we have liaised and worked with the NHS. After noticing higher

than-normal sickness and suicide rates in those roles, the NHS asked us to assist with some great success & feedback!

There are thousands of followers on our social media accounts, and we receive messages & comments almost hourly thanking us for changing their opinions, giving them ideas, or removing the shame associated with mental illness. Businesses and individuals are starting awareness events that encourage friends and family to talk to each other in the name of MANUP?

Additional details of objectives and activities (Optional information)

The contribution made by our social followers and video guests has been enormous, and we are very grateful for their support and engagement.

Without their valuable time, commitment, enthusiasm, and public discussion of life experiences, MANUP? would not exist in it's current successful form.

In addition, we appreciate and acknowledge the financial support we have received from a range of individual fundraisers. This has enabled us to maintain the financial viability to grow our organisation.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

This period was the 'birth' of MANUP? in the capacity of a registered charity. It was very much the middle of the COVID pandemic and full lockdowns. During this period, we were very limited in what we could do 'socially' but recognised very quickly that this was a time where good mental health was critical but that it could also become a huge burden for a lot of people. We couldn't start events, organize meetings, or do anything other than make hundreds of videos with males across England & Wales to demonstrate how they cope with mental health issues or problems.

We joined forces with online seminars by the BBC & East Anglian Daily Times. We gave advice & suggestions about what people could do if they were struggling with mental health. We worked with various charities such as StrongMen.org.uk, Cruse & various bereavement charities to discuss mental health, grief & losing someone due to COVID. We had to constantly change & learn as a newly found charity.

Once the lockdowns stopped, we started to work face-to-face with various schools, such as St Alban's Catholic High School in Ipswich. We worked with students to encourage 16/17-year-old males to talk to the teachers or those around them. On one occasion, the teachers cancelled the lesson immediately following our talk because a group of students started to really open up about their mental health.

We joined forces with local events such as Dare 2 Dip, which was started by a man wanting to beat his addictions. With our help and influence, he built up a small following of people who joined him every morning at 6:30 to cold water dip in the North Sea, regardless of the weather, to help each other beat addictions and mental illness. We actively join forces with people who may not have a following to help them gain traction which has resulted in 100s, if not 1000s of people think differently about mental health.

Brief statement of the charity's policy on reserves

We do not need reserves in this period due to MANUP? not employing or being involved in contracts. We will be monitoring this every quarter as the charity grows.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main source of our funds is via individual fund raisers using JustGiving or GoFundMe!

Section F Other optional information

Future plans:

- Continue to build on links with existing partners and make new relationships
- Continue to adjust our working practices to allow us to respond on a more personal level to each individual situation – this may include running more events with others, working with more schools etc
- Keep our focus on promotion & the education that there is nothing 'weak' about speaking to someone about mental health.
- Maintain our stance that we do not react to viral news stories
- We will continue to avoid discussions that will be seen as tokenism

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) *S Rooke*

Full name(s) Steve Rooke

Position (eg Secretary, Chair, etc) Chair of Trustees

Date

MANUP? Account 07/07/21-31/03/2022

Created on	Transaction Type	Paid out (£)	Paid in (£)	Balance (£)
5 Aug 2021	Donation - Brook		£60.00	£60.00
22 Aug 2021	PAYPAL CODE 8223,		£0.01	£60.01
25 Aug 2021	ANNA Subscription,	£1.00		£59.01
7 Sep 2021	Justgiving		£429.84	£488.85
14 Sep 2021	Justgiving		£532.01	£1,020.86
21 Sep 2021	Justgiving		£156.16	£1,177.02
25 Sep 2021	ANNA Subscription,	£1.00		£1,176.02
28 Sep 2021	Justgiving		£106.91	£1,282.93
4 Oct 2021	Justgiving		£146.75	£1,429.68
6 Oct 2012	Set App	£47.89		£1,381.79
6 Oct 2012	Set App	£2.21		£1,379.58
11 Oct 2021	Justgiving		£715.23	£2,094.81
18 Oct 2021	Justgiving		£1,595.04	£3,689.85
25 Oct 2021	ANNA Subscription,	£1.00		£3,688.85
1 Nov 2021	Justgiving		£29.23	£3,718.08
4 Nov 2021	BRIGGS EQUIPMENT		£5,000.00	£8,718.08
5 Nov 2021	Set App	£2.22		£8,715.86
25 Nov 2021	ANNA Subscription,	£1.00		£8,714.86
30 Nov 2021	Justgiving		£29.23	£8,744.09
5 Dec 2021	Set App	£2.26		£8,741.83
6 Dec 2021	Justgiving		£2,000.00	£10,741.83
7 Dec 2021	KING STREET CINEM	£225.00		£10,516.83
15 Dec 2021	FACEBK Advertising	£50.40		£10,466.43
17 Dec 2021	Mindfield International	£50.00		£10,416.43
18 Dec 2021	FACEBK Advertising	£40.31		£10,376.12
18 Dec 2021	SquareSpace	£216.00		£10,160.12
23 Dec 2021	NORTH HILL NOODLE	£44.00		£10,116.12
24 Dec 2021	Justgiving		£24.32	£10,140.44
25 Dec 2021	ANNA Subscription,	£1.00		£10,139.44

27 Dec 2021	Mindfield International	£50.00		£10,089.44
29 Dec 2021	NCP Colchester	£7.35		£10,082.09
5 Jan 2022	Set App	£2.22		£10,079.87
10 Jan 2022	Justgiving		£1,463.10	£11,542.97
11 Jan 2022	MIndfield International	£50.00		£11,492.97
18 Jan 2022	Justgiving		£462.35	£11,955.32
20 Jan	Mindfield International	£50.00		£11,905.32
21 Jan 2022	Mindfield International	£50.00		£11,855.32
25 Jan 2022	Justgiving		£263.93	£12,119.25
25 Jan 2022	ANNA Subscription,	£1.00		£12,118.25
31 Jan 2022	Mindfield International	£50.00		£12,068.25
31 Jan 2022	GoFundme		£68.36	£12,796.72
5 Feb 2022	MIndfield International	£50.00		£12,746.72
5 Feb 2022	Set App	£2.21		£12,744.51
7 Feb 2022	Justgiving		£390.53	£13,135.04
14 Feb 2022	FACEBK Advertising	£125.23		£13,009.81
14 Feb 2022	Mindfield International	50		£12,959.81
14 Feb 2022	Justgiving		£324.76	£13,284.57
18 Feb 2022	FACEBK Advertising	49.73		£13,234.84
21 Feb 2022	Justgiving		£1,806.59	£15,041.43
24 Feb 2022	Mindfield International	50		£14,991.43
25 Feb 2022	ANNA Subscription,	1		£14,990.43
28 Feb 2022	Justgiving		£1,482.14	£16,472.57
4 Mar 2022	HUDSON MEDIA	279.57		£16,193.00
5 Mar 2022	Set App	2.26		£16,190.74
6 Mar 2022	FACEBK Advertising	125		£16,065.74
7 Mar 2022	Justgiving		£960.50	£17,026.24
11 Mar 2022	Mindfield International	100		£16,926.24
11 Mar 2022	GoFundme		£1,000.48	£17,926.72
13 Mar 2022	FACEBK Advertising	125.08		£17,801.64
14 Mar 2022	Justgiving		£461.56	£18,263.20

18 Mar 2022	FACEBK Advertising	10.51		£18,252.69
21 Mar 2022	Justgiving		£282.69	£18,535.38
25 Mar 2022	ANNA Subscription,	£1.00		£18,534.38
27 Mar 2022	NEXUS CREATIVE	£120.00		£18,414.38