

MEN UP NORTH

England & Wales · Charity number 1195801

Details

Status Registered

Legal form CIO

Registered 2021-09-13

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

Contact

Address 108 The Moor
Sheffield
S1 4PD

Phone 07507509196

Email hello@menupnorth.co.uk

Website <https://menupnorth.co.uk/>

Activities

Objects: TO PROMOTE AND PROTECT THE MENTAL HEALTH OF MEN IN THE NORTH OF ENGLAND THROUGH SUPPORT AND PRACTICAL ADVICE IN PARTICULAR, BUT NOT EXCLUSIVELY BY PROVIDING WORKSHOPS AND PEER TO PEER SUPPORT GROUPS.

Activities: TO PROMOTE AND PROTECT THE MENTAL HEALTH OF MEN AND BOYS IN THE NORTH OF ENGLAND THROUGH SUPPORT, PRACTICAL ADVICE AND NATURE CONNECTION ACTIVITIES IN PARTICULAR, BUT NOT EXCLUSIVELY BY PROVIDING WORKSHOPS AND PEER TO PEER SUPPORT GROUPS.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£9,250	£14,673	-	-
2024-03-31	£14,389	£8,327	-	-
2023-03-31	£17,795	£10,262	-	-
2022-03-31	£2,639	£21,360	-	-

Trustees

Name	Role	Appointed
Abokor Ahmed		2021-09-01
Mohamed Yusoff		2021-09-01
Praveen Paramanatham		2021-09-01

MEN UP NORTH

England & Wales - Charity number 1195801

Accounts

Trustee and Annual Report 2024-2025



For the year ended 31 March 2025



Administrative details

Men up North (MUN)

Registered number 1195801

Charity Address: 108 the moor, Sheffield, S1 4PD

Introduction

Men up North (MUN) is a small Charity that delivers interventions with the aim of improving Men's Mental Health. The overarching vision behind the organisation is to support men of all ages who may be on the periphery of poor Mental Health, or languishing, to navigate their way to improved Mental Health. This is achieved through peer support and primarily by providing a safe space for facilitated coaching conversations and other interventions which

promote increased resilience, better connection with themselves and their emotional world, a connection with others in a supportive community, and a reconnection with Nature and the World around them.



Aims and Purposes

Men Up North exists to promote and protect the mental health of men in the north of England through support and practical advice in particular, but not exclusively, by providing workshops and peer to peer support groups. Developing a supportive community, thereby reducing isolation and loneliness in our communities.

Objectives and Activities

We provide free access to bi-weekly self-help group coaching and peer support men's circles in a safe and confidential environment, free from advice and judgement. We have been running the group coaching sessions since 2017 during which we have developed a unique philosophy and approach that works in engaging men in difficult but ultimately transformational conversations. The scope and breadth of the sessions we provide with this goal in mind has continued to expand.

We also provide numerous social activities generated by community co-production that helps to better mental wellbeing. These include weekend resilience retreats, woodlands activities and Creative opportunities.



Achievements and Performance

Samaritans report that around three in four suicides registered in 2024 were men, and middle-aged men had the highest suicide rate of any group.

Males accounted for about three-quarters of these deaths (*Office for National Statistics*)

We are determined to have an impact on these figures initially locally, but then through expansion and growth of the MUN ethos and concept.

We're passionate about creating safe spaces for diverse men to be in and to enable them to develop connections with themselves with other men and with the natural World. Our sessions are unique in that they are delivered and facilitated by professionals with lived experience who embrace and utilise

their vulnerability.



Quality Assurance

Our sessions are delivered by trained facilitators who receive ongoing supervision and support in accordance with our Line Management and Supervision/Support of Workers policy. This ensures:

- Consistent quality across all sessions
- Peer learning and continuous improvement
- Early identification of concerns
- Facilitator wellbeing and resilience

We operate within clear professional boundaries, recognising that we provide peer support and group coaching, not clinical therapy. Participants with acute mental health needs are signposted to appropriate professional services.

During this period, we ran:

- 26 x Can We Talk group coaching & peer to peer support sessions.
(Average 9 men / session = 234 men attended)
- 13 x group guided nature walks (Average 7 men / session = 91 attended)
- 1 x bushcraft woodlands sessions (8 men / session = 8 attended)
- 12 x woodland meetups groups (Average 7 men / session = 84 attended)
- 2 x Men's Community Sauna Sessions (7 men / session = 14 attended)
- 2 x Cultivating Resilience Weekend Retreats (30 men in total attended)

We have 91 regular registered members. Our diverse community ranges from the ages of 18-72 drawn from 14 different heritage backgrounds.

In addition, we have an active online group and WhatsApp group where members engage with each other outside of our regular sessions to support each other and build the friendships that are often initiated in the groups we run.

Some of the differences that have we made that our members have reported include:

- Men feeling less lonely, and developing friendships and support networks
- Men feel more open expressing their vulnerabilities and difficulties.
- Men feeling more positive in navigating the changing world.
- Men feel better connected to nature which supports their mental wellbeing.
- Men of colour feel more comfortable accessing nature.



This year we've really focused on nature connection as the main focus based on the demand from the community. We've learned that repetition and space helps our community build confidence in accessing nature.

We've also started trialling a men's community sauna as a different way of coming together as a community which has been really successful and we're planning to continue to do this regularly.

We've done 2 retreats this year, a highlight for our year where we take men through a deep dive into the patterns that's holding them back touching on topics of coping mechanisms/addictions,

Men Up North (Charity Number 1195801)

vulnerability from radical authenticity, psychological flexibility and values-lead living. We combine evidence based methodologies from Acceptance Commitment Therapy, Positive Psychology and combine these with somatic techniques with nature immersion. This continues to be fully booked every single one, we're on number 9 next year.

Award

We received an award from the Prime Minister's office, 10 Downing St, called the Point of Light award for our work in the community with men.

Financial Review

We received one grant from Garfield Weston for our work and the rest of the income was from attendees of the retreat and donations.

We run the retreat on a pay-it-forward scheme to ensure it's self-sustainable.

We applied to 5 funds that unfortunately were not successful.

We will review this and seek help from experts for advice on how we can improve this next year.

The restricted fund we spent this year was £5000 from the Garfield Weston funding and the rest of continuation of the previous year's project received from previous funding.



Volunteers

We've grown our volunteers in the charity by having a pool of men as facilitators and running a supervision whatsapp group to discuss any issues arising.

A new group of volunteers were developed this year that can lead the woodlands and nature sessions.

Risk Management

The trustees maintain a risk management framework to identify, assess, and mitigate key risks facing the charity.

Principal risks identified and managed during 2024-25:

Financial Sustainability (*HIGH PRIORITY*)

- **Risk:** Grant-dependent income model with low success rate on new applications
- **Impact:** Relying more on volunteer to keep going on current service levels; reserves depletion
- **Mitigation:** Diversifying income through pay-it-forward retreat model; seeking fundraising expertise; building relationships with local funders; trustees monitoring reserves quarterly

Volunteer Capacity (*MEDIUM PRIORITY*)

- **Risk:** Volunteer burnout; insufficient facilitator capacity for demand
- **Impact:** Service reduction; quality deterioration
- **Mitigation:** Line Management and Supervision policy; peer support for facilitators; expanding volunteer pool; recognition and appreciation initiatives

Public Benefit

The trustees have regard for the Charity Commission's guidance on public benefit. All activities are open to men experiencing mental health challenges, regardless of ability to pay.

Our pay-it-forward retreat model ensures financial barriers do not prevent participation. These matters are regularly reviewed at trustee meetings.

Structure, Governance and Management

The CIO was formed and registered with the Charity Commission on the 13th September 2021. Activities prior to this were run through MEN UP NORTH (an unincorporated organisation).

The trustees have regard for the guidance issued by the Charity Commissions on public benefits and this is regularly discussed at our trustees' meetings.

We grow our activities through co-production and suggestions from our community.

The charity operates with a comprehensive suite of policies ensuring robust governance, and safeguarding:

Core Governance Policies:

- Financial Policy and Procedures (v1.0)
- Conflict of Interest Policy (v1.0)
- Complaints, Compliments & Suggestions Policy (v1.0)
- Review Procedures for Policies
- Serious Disclosure Policy (v1.0)
- Whistleblowing Policy (v1.0)
- CIO constitution (v1.0)

Operational Policies:

- Line Management and Supervision/Support of Workers Policy
- Volunteer Policy (v1.0)

Safeguarding:

- Safeguarding Adults Policy (v1.2)

All policies are subject to regular review to ensure they remain current and effective. The trustees maintain a policy review schedule to ensure compliance with regulatory requirements and best practice.

The trustees for this period were:

		TRUSTEES
Praveen Paramanatham	Operations	MEN UP NORTH Trustee board
Abokor Ahmed	Finance	MEN UP NORTH Trustee board
Mohamed Yusoff	Chair	MEN UP NORTH Trustee board

Senior Leadership for this period were:

Anggakara Narendradhipa	Head	Management
David Hitchmough	Operations Support	Management

[Additional information p.m.](#)

We've been successful in nurturing access free of charge to develop a men's woodland glade locally in Sheffield with a private woodlands owner. We've continually developed activities and running co-production sessions on how to use this best.

Financial Statement – Receipts and payments



Receipts and payments 1.04.2024 – 31.3.2025

	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts				
Garfield Weston Funding		5,000		5,000
Individuals donations	4,250			4,250
Sub total(Gross income for AR)	4,250	5,000		9,250
A2 Asset and investment sales, (see table).				
Sub total	4,250	5,000		9,250
Total receipts	4,250	5,000		9,250
A3 Payments				
Stationery		300		300
Subcontractor costs		9,890		9,890
Office Equipment		170		170
Accommodation		1,560		1,560
Accountancy Fees		810		810
Subscriptions		125		125
Meals		1,818		1,818

Sub total	0	14,673		14,673	
A4 Asset and investment purchases, (see table)					
Total payments	0	14,673		14,673	
Net of receipts/ (payments)	4,250	-9,673		-5,423	
A5 Transfers between funds					
A6 Cash funds last year end	12,466	28,052		40,518	
Cash funds this year end	16,716	18,379		35,095	
Section B					
Statement of assets and liabilities at the end of the period					

Categories	Details	Unrestricted funds	Restricted funds	
		to nearest £	to nearest £	
B1 Cash funds	Cash at bank	16,716	18,379	
	Total cash funds	16,716	18,379	
	(Agree balances with receipts and payments account(s))	OK	OK	
		Unrestricted funds	Restricted funds	
	Details	to nearest £	to nearest £	
B2 Other monetary assets				
	Details	Fund to which asset belongs	Cost (optional)	
B3 Investment assets				
	Details	Fund to which asset belongs	Cost (optional)	
B4 Assets retained for the charity's own use				
	Details	Fund to which liability relates	Amount due (optional)	
B5 Liabilities				

Men Up North (Charity Number 1195801)

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Praveen Paramanantham	18/01/2026
		Mohamed Yusoff	18/01/2026



MEN UP NORTH

England & Wales - Charity number 1195801

Accounts



Trustee and Annual Report

2023-2024

Administrative details

Men up North (MUN)

Registered number 1195801

Charity Address: 108 the moor, Sheffield, S1 4PD

Introduction

Men up North (MUN) is a small Charity that delivers interventions with the aim of improving Men's Mental Health. The overarching vision behind the organisation is to support men of all ages who may be on the periphery of poor Mental Health, or languishing, to navigate their way to improved Mental Health. This is achieved through peer support and primarily by providing a safe space for facilitated coaching conversations and other interventions which promote increased resilience, better connection with themselves and their emotional world, a connection with others in a supportive community, and a reconnection with Nature and the World around them.

Aims and Purposes

Men Up North exists to promote and protect the mental health of men in the north of England through support and practical advice in particular, but not exclusively, by providing workshops and peer to peer support groups. Developing a supportive community, thereby reducing isolation and loneliness in our communities.

Objectives and Activities

We provide free access to bi-weekly self-help group coaching and peer support men's circles in a safe and confidential environment, free from advice and judgement. We have been running the group coaching sessions since 2017 during which we have developed a unique philosophy and approach that works in engaging men in difficult but ultimately transformational conversations. The scope and breadth of the sessions we provide with this goal in mind has continued to expand.

We also provide numerous social activities generated by community co-production that helps to better mental wellbeing. These include weekend resilience retreats and Creative opportunities.

Achievements and Performance

Statistically the most significant risk to a man's life (under 45yrs) is in his bare hands and unfortunately, men still account for 75% suicides nationwide.

Men Up North (Charity Number 1195801)

We are determined to have an impact on these figures initially locally, but then through expansion and growth of the MUN ethos and concept.

We're passionate about creating safe spaces for diverse men to be in and to enable them to develop connections with themselves with other men and with the natural World. Our sessions are unique in that they are delivered and facilitated by Professionals with lived experience who embrace and utilise their vulnerability.

During this period, we ran:

- 26 x Can We Talk group coaching & peer to peer support sessions. (Average 8 men / session.)
- 5 x group guided nature walks (Average 5 men / session)
- 4 x allotment sessions (Average 4 men / session)
- 3 x bushcraft woodlands sessions (8 men / session)
- 12 x woodland meetups groups (7 men.)
- 1 x Cultivating Resilience weekend retreat (20 men)

We have 87 regular registered members. Our diverse community ranges from the ages of 18-72 drawn from 14 different heritage backgrounds.

In addition, we have an active online group and WhatsApp group where members engage with each other outside of our regular sessions to support each other and build the friendships that are often initiated in the groups we run.

Some of the differences that have we made that our members have reported include:

- Men feeling less lonely, and developing friendships and support networks
- Men feel more open expressing their vulnerabilities and difficulties.
- Men feeling more positive in navigating the changing world.
- Men feel better connected to nature which supports their mental wellbeing.
- Men of colour feel more comfortable accessing nature.

Award

We received an award from the Prime Minister's office, 10 Downing St, called the Point of Light award for our work in the community with men.

Financial Review

We **extended** the 2-year project by the People's Health Lottery which has enabled some of our activities and has ensured that we have been able to continue providing services over the previous 12 months. The final payment of this funding was released in December 2023.

We successfully partnered with All Saints Shop in meadowhall to fundraise during Christmas which was really successful and promoted to their customers by adding our flyers to every sale.

We have not been successful in applying for more funding at this stage, but have some applications in process. We applied to 3 funds but unfortunately were not successful.

Reserves Policy

Our reserves will be used for any purpose that can further the purpose of the charity.

Men Up North (Charity Number 1195801)

We have a 0 reserves policy as we have no regular paid staff or overheads. As the organisation grows, we will develop a reserves policy to ensure we can meet our obligations.

Volunteers

We've grown our volunteers in the charity by having a pool of men as facilitators and running a supervision whatsapp group to discuss any issues arising.

Structure, Governance and Management

The CIO was formed and registered with the Charity Commission on the 13th September 2021. Activities prior to this were run through MEN UP NORTH (an unincorporated organisation).

The trustees voted to close the unincorporated organisation on the 1st Sep 2021 and to transfer all assets of MEN UP NORTH to MEN UP NORTH CIO on the 13th September 2021.

All activities are now operating under Men Up North CIO.

The trustees have regard for the guidance issued by the Charity Commissions on public benefits and this is regularly discussed at our trustees' meetings.

The governing document is a constitution.

The trustees for this period were:

Praveen Paramanatham	Operations	MEN UP NORTH Trustee board (appointed 13th September 2021)
Abokor Ahmed	Finance	MEN UP NORTH Trustee board (appointed 13th September 2021)
Mohamed Yusoff	Chair	MEN UP NORTH Trustee board (appointed 13th September 2021)
Anggakara Narendradhipa	Chief Executive	Management
David Hitchmough	Head of Operations	Management

Additional information p.m.

We are still working towards improving on developing better systems to make it easier for members to register, for us to promote events, and to reach out. It's been a learning year for us and will invest more resources next year on this.

We have continued to focus on developing creative activities as requested through co production with our community and delivered numerous activities with this in mind.

We've been successful in securing access free of charge to develop a men's woodland glade locally in Sheffield with a private woodlands owner. We've been developing activities and running co-production sessions on how to use this best.

2 members of the community we trained last year to be bushcraft leaders and this year bought our own bushcraft equipment to reduce the cost of outsourcing leaders from outside of the community. The pilots have been really successful and aiming to do more.

Trustee payments

We run our Cultivating Resilience Retreat in the woods over a weekend, Mohamed Yusoff provides the catering for this retreat as he is able to buy food at wholesale price and provides unpaid time to cook it all weekend.

We spent £762.96 for the catering of all the meals of 20 men from Friday to Sunday.

This is cheaper than all the other catering companies we've researched to provide this service to save money for the charity.

This is aligned with our conflict of interest policy and agreed by the other trustees and project lead.

Financial Statement – Receipts and payments


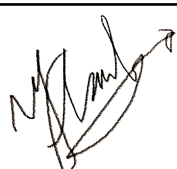
Receipts and payments 1.04.2023 – 31.3.2024

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Charitable foundations donations		9,750	-	9,750	-
Individuals donations	3,639	-	-	3,639	-
Fundraising partners donations	1,000	-	-	1,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	4,639	9,750	-	14,389	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-

A3 Payments					
Materials	-	1,016	-	1,016	-
Subcontractor costs	-	4,823	-	4,823	-
Equipment hire		144	-	144	-
Printing		407	-	407	-
Accommodation		1,633	-	1,633	-
Accountancy Fees		150	-	150	-
Subscriptions	-	115	-	115	-
Meals		87	-	87	-
Refund - printing		- 48	-	- 48	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	8,327	-	8,327	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	8,327	-	8,327	-
Net of receipts/(payments)	4,639	1,423	-	6,062	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	7,827	26,629	-	34,456	-
Cash funds this year end	12,466	28,052	-	40,518	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash at bank	12,466	28,052	-
				-
				-
	Total cash funds	12,466	28,052	-

	(Agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets	Details	-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Praveen Paramanatham		19/01/2025
		Mohamed Yusoff		19/01/2025

MEN UP NORTH

England & Wales - Charity number 1195801

Accounts



Trustee and Annual Report

2022-2023

Administrative details

Men up North (MUN)

Registered number 1195801

Charity Address: 108 the moor, Sheffield, S1 4PD

Introduction

Men up North (MUN) is a small Charity that delivers interventions with the aim of improving Men's Mental Health. The overarching vision behind the organisation is to support men of all ages who may be on the periphery of poor Mental Health, or languishing, to navigate their way to improved Mental Health. This is achieved through peer support and primarily by providing a safe space for facilitated coaching conversations and other interventions which promote increased resilience, better connection with themselves and their emotional world, a connection with others in a supportive community, and a reconnection with Nature and the World around them.

Aims and Purposes

Men Up North exists to promote and protect the mental health of men in the north of England through support and practical advice in particular, but not exclusively, by providing workshops and peer to peer support groups. Developing a supportive community, thereby reducing isolation and loneliness in our communities.

Objectives and Activities

We provide free access to bi-weekly self-help group coaching and peer support men's circles in a safe and confidential environment, free from advice and judgement. We have been running the group coaching sessions since 2017 during which we have developed a unique philosophy and approach that works in engaging men in difficult but ultimately transformational conversations. The scope and breadth of the sessions we provide with this goal in mind has continued to expand.

Men Up North (Charity Number 1195801)

We also provide numerous social activities generated by community co-production that helps to better mental wellbeing. These include weekend resilience retreats and Creative opportunities.

Achievements and Performance

Statistically the most significant risk to a man's life (under 45yrs) is in his bare hands and unfortunately, men still account for 75% suicides nationwide.

We are determined to have an impact on these figures initially locally, but then through expansion and growth of the MUN ethos and concept.

We're passionate about creating safe spaces for diverse men to be in and to enable them to develop connections with themselves with other men and with the natural World. Our sessions are unique in that they are delivered and facilitated by Professionals with lived experience who embrace and utilise their vulnerability.

During this period, we ran:

- 26 x Can We Talk group coaching & peer to peer support sessions. (Average 9 men / session.)
- 14 x group guided nature walks (Average 5 men / session)
- 10 x allotment sessions (Average 4 men / session)
- Creative Voices project which comprises of 2 x Art jam, Surrealist photography, Zen Calligraphy, Man Cave Design, Food, sound healing and collage workshop, social cafe (average 8 men / session)
- 1 Creative Voices exhibition in the City Centre of Sheffield attracting over 50 people.
- 1 x woodland camping weekend (7 men.)
- One Cultivating Resilience weekend retreat (20 men)

We have 75 regular registered members. Our diverse community ranges from the ages of 18-72 drawn from 14 different heritage backgrounds.

In addition, we have an active online group and WhatsApp group where members engage with each other outside of our regular sessions to support each other and build the friendships that are often initiated in the groups we run.

Some of the differences that have we made that our members have reported include:

- Men feeling less lonely, and developing friendships and support networks
- Men feel more open expressing their vulnerabilities and difficulties.
- Men feeling more positive in navigating the changing world.
- Men feel better connected to nature which supports their mental wellbeing.
- Men of colour feel more comfortable accessing nature.

Financial Review

We have been funded for a 2-year project by the People's Health Lottery which has enabled some of our activities and has ensured that we have been able to continue providing services over the previous 12 months. The final payment of this funding was released in November 2023

We have not been successful in applying for more funding at this stage, but have some applications in process. We applied to four funds but unfortunately were not successful.

Men Up North (Charity Number 1195801)

We are currently putting more focus and time into this development work and seeking further support to give us feedback on how we can improve this, and highlight and articulate better the benefits we make to people's lives moving forward.

Reserves Policy

Our reserves will be used for any purpose that can further the purpose of the charity.

We have a 0 reserves policy as we have no regular paid staff or overheads. As the organisation grows, we will develop a reserves policy to ensure we can meet our obligations.

Volunteers

We are still in the process of developing and growing our volunteer base. This will form a key part of our activities going forward.

We are still in the process of developing a facilitation guide and supervision sessions to enable more volunteer involvement and for volunteers to run sessions.

Structure, Governance and Management

The CIO was formed and registered with the Charity Commission on the 13th September 2021. Activities prior to this were run through MEN UP NORTH (an unincorporated organisation).

The trustees voted to close the unincorporated organisation on the 1st Sep 2021 and to transfer all assets of MEN UP NORTH to MEN UP NORTH CIO on the 13th September 2021.

All activities are now operating under Men Up North CIO.

The trustees have regard for the guidance issued by the Charity Commissions on public benefits and this is regularly discussed at our trustees' meetings.

The governing document is a constitution.

The trustees for this period were:

Praveen Paramanatham	Operations	MEN UP NORTH Trustee board (appointed 13th September 2021)
Abokor Ahmed	Finance	MEN UP NORTH Trustee board (appointed 13th September 2021)
Mohamed Yusoff	Chair	MEN UP NORTH Trustee board (appointed 13th September 2021)
Anggakara Narendradhipa	Chief Executive	Management
David Hitchmough	Head of Operations	Management

Additional information p.m.

We are still working towards improving on developing better systems to make it easier for members to register, for us to promote events, and to reach out. It's been a learning year for us and will invest more resources next year on this.

We have a vision of developing hybrid online and in person meetings to enable more participation.

We have continued to focus on developing creative activities as requested through co production with our community and delivered numerous activities with this in mind.

We have also been seeking funds with a little success from both Voluntary and Statutory sectors that can support us in developing and growing into a sustainable self-help community.

Trustee payments

We run our Cultivating Resilience Retreat in the woods over a weekend, Mohamed Yusoff provides the catering for this retreat as he is able to buy food at wholesale price and provides unpaid time to cook it all weekend.

We spent £600 for the catering of all the meals of 20 men from Friday to Sunday.

This is cheaper than all the other catering companies we've researched to provide this service to save money for the charity.



This is aligned with our conflict of interest policy and agreed by the other trustees and project lead.

Financial Statement – Receipts and payments

Receipts and payments 1.04.2022 – 31.3.2023

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grant income / donations	4,545	13,250	-	17,795	-
		-	-		-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	4,545	13,250	-	17,795	-

A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
Materials	-	472	-	472	-
Subcontractor costs	-	7,330	-	7,330	-
Rent	-	545	-	545	-
Software	-	115	-	115	-
Insurance	-	245	-	245	-
Staff Training	-	1,555	-	1,555	-
	-		-		-
	-		-		-
	-		-		-
Sub total	-	10,262	-	10,262	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	10,262	-	10,262	-
Net of receipts/(payments)	4,545	2,988	-	7,533	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,282	23,641	-	26,923	-
Cash funds this year end	7,827	26,629	-	34,456	-
Section B					
Statement of assets and liabilities at the end of the period					
Categories	Details		Unrestricted funds	Restricted funds	Endowment funds

		to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash at bank	7,827	26,629	-
				-
				-
	Total cash funds	7,827	26,629	-
	(Agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Praveen Paramanatham		30/04/2024
		Mohamed Yusoff		30/04/2024

MEN UP NORTH

England & Wales - Charity number 1195801

Accounts



Annual Report 2021-2022

Introduction

We are a small charity based in Sheffield. We are connected to the PKW (People Keeping Well) network of 3rd sector organisations throughout the city which is promoted and supported by Sheffield City Council. We are featured on the Sheffield Mental Health Guide and regularly get referrals from local Social Prescribing teams, as well as self-referrals.

Aims and Purposes

Men Up North exists to promote and protect the mental health of men in the north of England through support and practical advice in particular, but not exclusively, by providing workshops and peer to peer support groups.

Objectives and Activities

We provide free access to bi-weekly self-help group coaching and peer support men's circles in a safe and confidential environment, free from advice and judgement.

We also provide activities generated by community co-production that helps to better mental wellbeing.

Achievements and Performance

Statistically the most significant risk to a man's life (under 45yrs) is in his bare hands and unfortunately, men still account for 75% suicides nationwide.

We are determined to have an impact on these figures initially locally, but then through expansion and growth of the MUN ethos and concept.

We're passionate about creating safe spaces for diverse men to be in and to enable them to develop connections with themselves with other men and with the natural World. Our sessions are unique in that they are delivered and facilitated by Professionals with lived experience who embrace and utilise their vulnerability.

During this period, we ran:

- 22 x Can We Talk group coaching & peer to peer support sessions. (Average 9 men / session.)
- 20 x group guided nature walks (Average 5 men / session)
- 18 x allotment sessions (Average 4 men / session)
- 2 x mindful calligraphy session (Average 12 men / session)
- 1 x woodland camping weekend (6 men.)
- One Cultivating Resilience weekend retreat (20 men)

We have 67 regular registered members. Our diverse community ranges from the ages of 18-72 drawn from 14 different heritage backgrounds.

Men Up North (Charity Number 1195801)

In addition, we have an active online group and WhatsApp group where members engage with each other outside of our regular sessions to support each other and build the friendships that are often initiated in the groups we run.

Co-production is important for us to really hear what the community wants and needs to move forward. We ran two sessions in Dec and Feb, this informed our movement forward in focusing more on not only our talking groups but other activities that help to engage and create community. There is a clear demand for creative activities.

Some of the differences we made for our members:

- Men feeling less lonely, and developing friendships and support networks
- Men feel more open expressing their vulnerabilities and difficulties.
- Men feeling more positive in navigating the changing world.
- Men feel better connected to nature which supports their mental wellbeing.
- Men of colour feel more comfortable accessing nature.

Financial Review

We are part of a 2-year project funded by the People's Health Lottery which has enabled some of our activities and will ensure the charity still continues providing services until May 2023.

We have not been successful in applying for more funding at this stage. We applied to four funds but unfortunately were not successful.

We are currently putting more focus and time into this development work and seeking further support to give us feedback on how we can improve this, and highlight and articulate better the benefits we make to people's lives moving forward.

Reserves Policy

Our reserves will be used for any purpose that can further the purpose of the charity.

We have a 0 reserves policy as we have no paid staff or overheads. As the organisation grows, we will develop a reserves policy to ensure we can meet our obligations.

Volunteers

We are looking at developing and growing a volunteer base. This will form a key part of our activities going forward and will be spelled out in our revised business plan.

We are in the process of developing a facilitation guide and supervision sessions to enable more volunteer involvement and for volunteers to run sessions.

Structure, Governance and Management

The CIO was formed and registered with the Charity Commission on the 13th September 2021. Activities prior to this were run through MEN UP NORTH (an unincorporated organisation).

The trustees voted to close the unincorporated organisation on the 1st Sep 2021 and to transfer all assets of MEN UP NORTH to MEN UP NORTH CIO on the 13th September 2021.

All activities are now operating under Men Up North CIO.

Men Up North (Charity Number 1195801)

The trustees have regard for the guidance issued by the Charity Commissions on public benefits and this is regularly discussed at our trustees' meetings.

The trustees for this period were:

Praveen Paramanatham	Operations	MEN UP NORTH Trustee board
Abokor Ahmed	Finance	MEN UP NORTH Trustee board
Mohamed Yusoff	Chair	MEN UP NORTH Trustee board

[Additional information](#)

We launched our new website in Sept 2021, which added clarity and an updated vision of helping men to better connect to themselves, others and community.

Moving forward we're looking to spend our resources on developing better systems to make it easier for members to register, for us to promote events, and to reach out.

We are looking at developing hybrid online and in person meetings to enable more participation.

We will focus on developing creative activities as requested through co production and create an exhibition from this.

We will also seek out funds from both Voluntary and Statutory sectors that can support us in developing and growing into a sustainable self-help community.

Financial Statement – Receipts and payments

Receipts and payments 13.9.2021 – 31.3.2022



	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Purchase refund	-	2,609	-	2,609	-
Grant income / donation	30	-	-	30	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	30	2,609	-	2,639	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	30	2,609	-	2,639	-
A3 Payments					
Materials	-	26	-	26	-
Subcontractor costs	-	12,839	-	12,839	-
Rent	-	250	-	250	-
Software	-	267	-	267	-
Office Equipment	-	5,219	-	5,219	-
Other IT costs	-	613	-	613	-
Consultancy fees	-	2,146	-	2,146	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	21,360	-	21,360	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

Total payments	-	21,360	-	21,360	-
Net of receipts/(payments)	30	- 18,751	-	- 18,721	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3252	42,392	-	45,644	-
Cash funds this year end	3,282	23,641	-	26,923	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	3282	23,641	-
		-	-	-
		-	-	-
	Total cash funds	3282	23,641	-
	(Agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Details			
B2 Other monetary assets		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-

Men Up North (Charity Number 1195801)

		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Details		-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Praveen Paramanatham	30/01/22	
		Mohamed Yusoff	30/01/22	