



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.

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.

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 Paramanantham	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	Restricted funds	Endowment funds
		to nearest £	to nearest £	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	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-

		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 Paramanantham	30/01/22	
		Mohamed Yusoff	30/01/22	