

LANCASTER MEN'S HUB

England & Wales · Charity number 1196670

Details

Status Registered

Legal form CIO

Registered 2021-11-19

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

Contact

Address Sulyard Street
Lancaster
LA1 1PX

Phone 01524840027

Email simoncornerstonecafe@gmail.com

Website thelmh.org.uk

Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT OF MEN, LIVING IN LANCASTER AND THE SURROUNDING DISTRICT, BY PREVENTING THEM FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY THROUGH THE PROVISION OF OPPORTUNITIES AND PREMISES IN WHICH MEN CAN MEET JOINTLY OR INDIVIDUALLY UNDERTAKE AND SHARE CREATIVE, PHYSICAL, SOCIAL AND RECREATIONAL ACTIVITIES OF THEIR CHOICE.

Activities: We provide social and practical activities for isolated or vulnerable men in Lancaster and the surrounding area, as well as providing signposting to other more specialist organisations. Our aim is to help alleviate social isolation and to promote better physical and mental health and general wellbeing. We provide a safe space for clients to meet, converse and share interests.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Recreation
- **Who:** Other Defined Groups

Geography

- Lancashire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£26,564	£27,803	-	-
2023-12-31	£18,337	£12,503	-	-
2022-12-31	£10,895	£8,243	-	-

Trustees

Name	Role	Appointed
David Neil Smith		2025-10-01
Dr Christopher John Englefield		2025-10-01
Ian William Lyon		2025-10-01
James Anthony Needham		2024-06-04
Mark Robert Reynolds		2024-04-16
Simon Stewart		2021-11-19

LANCASTER MEN'S HUB

England & Wales - Charity number 1196670

Accounts

**LANCASTER MEN'S HUB
ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

Accounts Matters Limited

3-2-1 Storey House
White Cross
Lancaster
Lancashire
LA1 4XQ

**Lancaster Men's Hub
Contents of the Accounts
For The Year Ended 31 December 2024**

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Trustees' Annual Report for the period

From 01/01/2024

To 31/12/2024

Charity name: Lancaster Men's Hub

Charity registration number: 1196670

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The object of Lancaster Men's Hub is to promote social inclusion for the public benefit of men, living in Lancaster and the surrounding district, by preventing them from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of opportunities and premises in which men can meet jointly or individually undertake and share creative, physical, social and recreational activities of their choice.</p> <p>We provide social and practical activities in a safe space for clients to meet, converse and share interests, as well as providing signposting to other more specialist organisations.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Elevenes: drop-in social every Friday with tea/coffee and modest cooked lunch - free.</p> <p>Walking Football: every Sunday - free.</p> <p>Workshop space for woodworking Projects. Monday – Thursday - free</p> <p>Studio space for 'quiet elevenses', games evening, Role playing games</p> <p>Subbuteo table soccer group, nautical group - free</p> <p>Walking cricket and bowls - free</p> <p>Donations to cover costs are welcomed.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The trustees have had regard to the guidance issued by the Charity Commission and are aware of the need to apply the test of public benefit to all relevant LMH activities.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	The charity is entirely volunteer run. The contribution made by all members who actively volunteer is vital and amounts to a saving in costs without which the charity could not provide activities.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>In the reporting period LMH: Continued to grow its membership to 156 official members, though several people benefit from our activities without official membership. Maintained a minimum of four regular weekly activities, as well as other seasonal activities such as 'walking cricket' Made woodwork products for donations Supported fairs and Fairtrade days, as well as events like Morecambe Bay Health Festival Extended and deepened contacts with other charities Continued with Lancaster Integrated Care Community (ICC) Received several social prescription referrals Raised its profile through more extensive publicity Provided lunch every Friday for 20 to 45 people</p>

		<p>Thanks to funding from the DHSC Suicide Prevention Fund the leadership team and other LMH volunteers have accessed ZSA Suicide Awareness On-line Training, next level training in Mental Health First Aid, and Orange Button training. As a result, the project team have identified new activities and ways of operating that would make it easier for men from higher risk groups to participate in LMH activities.</p> <p>For example, providing a quiet space and quiet group meetings for those with hearing loss or those with anxiety and adding activities such as digital inclusion and yardening (gardening in a yard) suitable for those with limited mobility.</p> <p>There has also been an increase in other activities sometimes short term or one-off, sometimes longer term and these include: cookery, art classes, craft activities, coffee mornings, music sessions, railway interest group, model building, photography, fantasy football league.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Position year end 31/12/2024 Income (inc. sales, donations and grants): £26,564 Expenses: £27,803 Net deficit: £1,239
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our Strategic Plan 2023-2028 requires us to maintain financial reserves sufficient for one year of operations. In practice this means for operational costs and core activities.
Amount of reserves held	Para 1.22	General Reserve assets held 31.12.2024 £7,382 held in Current and various savings accounts with Virgin Money. This is equivalent to 3 months operations. Restricted Grants Reserve of £1,639
Reasons for holding zero reserves	Para 1.22	Does not apply
Details of fund materially in deficit	Para 1.24	Does not apply
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Does not apply

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Period 01.01.2024 to 31.12.2024 Personal donations (incl Gift Aid received): £7,851 Sales of woodwork items : £3,584 Corporate donations : £1,618 Grants : £12,296 Fundraising/Other income/Interest Received : £1,215
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		Does not apply
Type of governing document (trust deed, royal charter)	Para 1.25	Lancaster Men's Hub Constitution 03 June 2021
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO Association Model
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	(First Trustees were appointed by Charity Commission, 19/11/2021 and have since retired or been reappointed.) Appointment through election by members at AGM. Appointment by trustees at any time. Appointment by members at any time.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	All new trustees are required to provide a CV, 2 referees and a DBS certificate.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	LMH is an entirely volunteer organisation supervised by the Board of Trustees with the assistance of delegated committees. LMH is a member of the UK Men's Sheds Association. LMH is a member of Lancaster Integrated Care Community (ICC) and Lancaster District CVS. These organisations supply information, enable contacts and, in the case of LDCVS, mediate between grant providers and grant applicants, but neither organisation has any influence on LMH management.
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Lancaster Men's Hub
Other name the charity uses	LMH
Registered charity number	1196670
Charity's principal address	The Cornerstone Sulyard Street Lancaster LA1 1PX

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)
1	Mark Reynolds	Acting Chair	16/04/2024 – 31/12/2024 and continuing to date	Initially co-opted by the Trustees and subsequently appointed by members by election at the 2025 AGM
2	Simon Stewart	Contact		Appointed by members by election at AGM
3	Jim Needham	Contact	04/06/2024 – 31/12/2024 and continuing to date	Initially co-opted by the Trustees and subsequently appointed by members by election at the 2025 AGM
Other Trustees who served during the year who have subsequently resigned				
4	Keith Carman			Appointed by members by election at AGM
5	David Mace			Appointed by members by election at AGM
6	Nigel Appleton		08/01/2024 – 28/09/25	Initially co-opted by the Trustees and subsequently appointed by members by election at the 2024 AGM
7	Christopher Englefield		30/01/2024 – 19/03/25	Initially co-opted by the Trustees and subsequently appointed by members by election at the 2024 AGM

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Does not apply
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Does not apply
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Does not apply

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser Name Address

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

Not applicable

Exemptions from disclosure

Reason for non-disclosure of key personnel details

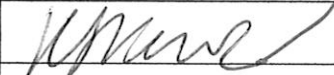
No exemptions have been made

Other optional information

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	SIMON CHARLES STEWART	
Position (eg Secretary, Chair, etc)	TRUSTEE	
Date	30/10/2025	

**Lancaster Men's Hub
Independent Examiner's Report
For The Year Ended 31 December 2024**

Independent Examiner's Report to the Trustees of Lancaster Men's Hub

I report to the charity trustees on my examination of the accounts of the charity for the year ended (date) which are set out on pages 12 to 14.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed



Name: Christine Harwood ACMA
Chartered Institute of Management Accountants

Dated: 30th October 2025

Accounts Matters Limited
3-2-1 Storey House
White Cross
Lancaster
Lancashire
LA1 4XQ

**Lancaster Men's Hub
Year Ended 31 December 2024**

Receipts and payments accounts

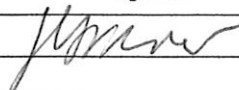
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts				2024	2023
<i>Donations from Members</i>					
Personal Donations under Gift Aid	1,348		-	1,348	1,199
Small donations	3,111	39	-	3,150	3,379
Other donations	1,888	600	-	2,488	3,561
Gift Aid Received	865		-	865	740
<i>Income From Activities</i>				-	
Woodwork sales	3,584		-	3,584	2,340
Fundraising	472		-	472	-
Bank Interest/Cashback	319		-	319	164
Other Income	424		-	424	20
External Grants/Donations				-	
Restricted Grants		12,296	-	12,296	4,771
Corporate donations	1,618		-	1,618	2,163
	-	-	-	-	-
Sub total (Gross income for AR)	13,629	12,935	-	26,564	18,337
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	13,629	12,935	-	26,564	18,337

Lancaster Men's Hub
For The Year Ended 31 December 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 £
A3 Payments				2024	2023
<i>Premises running costs</i>	4,807	7,660	-	12,467	1,712
Cost of materials	1,655		-	1,655	1,455
Maintenance	1,096	1,138		2,234	24
Equipment	7	2,197		2,204	123
Room Hire	2,892	321	-	3,213	3,460
Public Liability Insurance	941	842	-	1,783	942
Food Costs	1,750	94	-	1,844	2,218
Professional fees	33	240	-	273	960
Member and Guest Activities	786	623	-	1,409	1,232
Training	16	126	-	142	18
Fundraising expenses	314	40	-	354	-
Office Stationery, Postage, other	173	52	-	225	359
Sub total	14,470	13,333	-	27,803	12,503
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	14,470	13,333	-	27,803	12,503
Net of receipts/(payments)	- 841	- 398	-	- 1,239	5,834
A5 Transfers between funds			-	-	-
A6 Cash funds last year end	8,223	2,037	-	10,260	4,426
Cash funds this year end	7,382	1,639	-	9,021	10,260

Lancaster Men's Hub
For The Year Ended 31 December 2024

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 in Hand	38	-	-
	Virgin Money Current A/c	1,341		-
	Virgin Money various notice accounts	6,003	1,639	-
	Total cash funds	7,382	1,639	-
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
	Rental Deposits Workshop & Studio	-	1,950	-
	HMRC Gift Aid Claim (EST)	1,125	-	-
		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	Details			
	Laptops	Upping Our Game	750	-
	Table saw	Unrestricted	480	-
	Cooker	Upping Our Game	200	-
	Secure storage cabinet	Upping Our Game	394	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Details			
	Interest Free Loan from Trustee	Restricted	1,500	
	Interest Free Loan from Member	Unrestricted	500	
	Creditor Room Hire 2 months @ 31.12.24	Unrestricted	438	
	Sundry creditors @31.12.24	Unrestricted	301	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		SIMON STEWART	30/10/2025	

LANCASTER MEN'S HUB

England & Wales - Charity number 1196670

Accounts



Trustees' Annual Report for the period

From 01/01/2023

To 31/12/2023

Charity name: Lancaster Men's Hub

Charity registration number: 1196670

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The object of Lancaster Men's Hub is to promote social inclusion for the public benefit of men, living in Lancaster and the surrounding district, by preventing them from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of opportunities and premises in which men can meet jointly or individually undertake and share creative, physical, social and recreational activities of their choice.</p> <p>We provide social and practical activities in a safe space for clients to meet, converse and share interests, as well as providing signposting to other more specialist organisations.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Eleveneses: drop-in social every Friday with tea/coffee and modest cooked lunch; free. Games Night: every Thursday for board and card games etc.; free. Walking Football: every Sunday, free. Allotment: ongoing; free. Woodworking Projects: manufacture of items on request; materials charged to client and additional donation requested.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The trustees have had regard to the guidance issued by the Charity Commission and are aware of the need to apply the test of public benefit to all relevant LMH activities.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	

Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	The charity is entirely volunteer run. The contribution made by all members who actively volunteer is vital and amounts to a saving in costs without which the charity could not provide activities.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>In the reporting period LMH: Grew its membership to 95 Maintained four regular weekly activities Acquired a second allotment to be developed Made woodwork products for donations Supported fairs and fair trade days Extended and deepened contacts with other charities Continued with Lancaster Integrated Care Community (ICC) Joined the Lancaster District Community Voluntary & Solutions (LDCVS) Directory of services and began receiving social prescription referrals Raised its profile through more extensive publicity Secured an initial three-year lease on a workshop and equipped it to a high standard Provided lunch every Friday for 20 to 45 people Provided a celebratory meal for 40 people</p> <p>2023 LMH Client Voice survey shows that an average of members feel: A friendly welcome: 61% Accepted by others: 54% Enjoy activities: 44% Tried something new: 27% Made new friends: 54% Leave in a good mood: 44% Feel less isolated: 44% Find LMH supports wellbeing: 44%</p> <p>(These numbers are lower than the previous year. Our membership has more than doubled while we have not provided additional activities: however, we have access to more space in 2024 and this is being addressed.)</p>

Additional information (optional)

You may choose to include further statements where relevant about:

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Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Position year end 31/12/2023 Income (inc. sales, donations and grants): £18,337 Expenses: £12,503 Net profit: £5,834
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our Strategic Plan 2023-2028 requires us to maintain financial reserves sufficient for one year of operations. In practice this means for operational costs and core activities.
Amount of reserves held	Para 1.22	Reserve assets held 31.12.2023 Virgin Money 95 Day Notice account: £5,672
Reasons for holding zero reserves	Para 1.22	Does not apply
Details of fund materially in deficit	Para 1.24	Does not apply
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Does not apply

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Period 01.01.2023 to 31.12.2023 Personal donations (inc returned Gift Aid): £5,339 Corporate donations: £2,163 Grants: £4,771 Justgiving: £1,500
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		Does not apply
Type of governing document (trust deed, royal charter)	Para 1.25	Lancaster Men's Hub Constitution 03 June 2021
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO Association Model
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	(First Trustees were appointed by Charity Commission, 19/11/2021 and have since retired or been reappointed.) Appointment through election by members at AGM. Appointment by trustees at any time. Appointment by members at any time.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	LMH is an entirely volunteer organisation supervised by the Board of Trustees with the assistance of delegated committees. LMH is a member of Lancaster Integrated Care Community (ICC) and Lancaster District CVS. These organisations supply information, enable contacts and, in the case of LDCVS, mediate between grant providers and grant applicants, but neither organisation has any influence on LMH management.
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Lancaster Men's Hub
Other name the charity uses	LMH
Registered charity number	1196670
Charity's principal address	The Cornerstone Sulyard Street Lancaster LA1 1PX

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)
1	Keith Derrick Carman			Appointed by members by election at AGM
2	David Kendrew Mace	Chair		Appointed by members by election at AGM
3	David Neil Smith	Treasurer	Retired 31.12.2023	Appointed by members by election at AGM
4	Simon Stewart	Contact		Appointed by members by election at AGM
5	John Sydney Strivens	Secretary	Retired 23.12.2023	Appointed by members by election at AGM
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Does not apply
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Does not apply
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Does not apply

Additional information (optional)

Names and addresses of advisers (Optional information)

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

No exemptions have been made

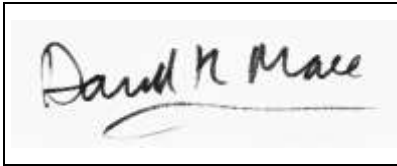
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	David Kendrew Mace	
Position (eg Secretary, Chair, etc)	Chair	
Date	16.10.2924	



Receipts and payments accounts

For the period from	Period start date 01/01/2023	To	Period end date 31/12/2023
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Section A Receipts and payments

STATUS DRAFT	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Fundraising Income from events	493	-	-	493	597
Sales products manufactured	1,847	-	-	1,847	2,987
Other Income	20	-	-	20	170
Interest and Cashback	164	-	-	164	33
<i>Personal Donations</i>	520	-	-	520	
<i>Sponsored Fundraising event</i>	1,540			1,540	
Gift Aided Personal Donations	1,199	-	-	1,199	857
Small Donations	3,380	-	-	3,380	2,158
Corporate Donations	2,163	-	-	2,163	1,014
Grants	-	4,771	-	4,771	3,080
Gift Aid refunded by HMRC	740	-	-	740	-
<i>Just Giving donations</i>		1,500	-	1,500	-
	-	-	-	-	-
Sub total (Gross income for AR)	12,066	6,271	-	18,337	10,896
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-

Total receipts	12,066	6,271	-	18,337	10,896
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A3 Payments

Workshop running costs	131	1,713	-	1,844	-
Workshop legal fees	210	750	-	960	-
Cost of materials	1,457	-	-	1,457	1,475
Member and Guest Activities	937	-	-	937	1,018
Food Costs	809	1,584	-	2,393	2,554
Marketing	51	-	-	51	58
Room Hire	1,521	1,764	-	3,285	1,498
Public Liability Insurance	942	-	-	942	921
Training	18	-	-	18	122
Software	193	-	-	193	168
Travel	294	-	-	294	-
Fundraising expenses		-	-	-	108
Office Stationery,Postage, other	129	-	-	129	265
Sub total	6,692	5,811	-	12,503	8,187

A4 Asset and investment purchases, (see table)

	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-

Total payments	6,692	5,811	-	12,503	8,187
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Net of receipts/(payments)	5,374	460	-	5,834	2,709
A5 Transfers between funds			-	-	-
A6 Cash funds last year end	2,849	1,577	-	4,426	1,717

<i>Cash funds this year end</i>	8,223	2,037	-	10,260	4,426
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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 in Hand	-	-	-
	Virgin Money Current A/c	4,588		-
	Virgin Money 95 day Saver A/c	3,635	2,037	-
	Total cash funds	8,223	2,037	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
	HMRC Gift Aid Claim	865	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Creditor Room Hire Dec 2023	Unrestricted	222	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
				15/10/2024

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LANCASTER MEN'S HUB

England & Wales - Charity number 1196670

Accounts



Trustees' Annual Report for the period

From 19/11/2021 To

31/12/2022

Charity name: Lancaster Men's Hub

Charity registration number: 1196670

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The object of Lancaster Men's Hub is to promote social inclusion for the public benefit of men, living in Lancaster and the surrounding district, by preventing them from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of opportunities and premises in which men can meet jointly or individually undertake and share creative, physical, social and recreational activities of their choice.</p> <p>We provide social and practical activities in a safe space for clients to meet, converse and share interests, as well as providing signposting to other more specialist organisations.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Eleveneses: drop-in social every Friday with tea/coffee and modest cooked lunch; free. Games Night: every Thursday for board and card games etc.; free. Walking Football: every Sunday, free. Crown Green Bowling: weekly during spring/summer; free Allotment: ongoing; free.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The trustees have had regard to the guidance issued by the Charity Commission and are aware of the need to apply the test of public benefit to all relevant LMH activities.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	

Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>In the reporting period LMH: Grew its membership to 45 Began four regular weekly activities Trialed two further activities Acquired an allotment to be developed Made woodwork products for donations Supported fairs and fair trade days Established contacts with other charities Joined Lancaster Integrated Care Community (ICC) Provided lunch every Friday for 20 to 30 people Provided two celebratory meals for 40 people</p> <p>2022 LMH Client Voice survey shows that an average of 31 respondents feel: A friendly welcome: 86% Accepted by others: 89% Enjoy activities: 79% Tried something new: 73% Made new friends: 89% Leave in a good mood: 83% Feel less isolated: 69% Find LMH supports wellbeing: 83%</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>Balance 31.12.2022 Fixed assets: £41.99 Bank account: £1,876.14 Cash: £30.20 Virgin Money 95 Day Notice: £2,520.11 Total assets: £4,468.44 Current liabilities: £460.38 Future liabilities: £0.00 Total liabilities £460.38 TOTAL NET ASSETS: £4,008.06</p> <p>Income & expenditure 01.06.21 to 31.12.22 Total income: £13,251.21 Total expenditure: £9,243.15 Net income: £4,008.06</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our Strategic Plan 2021-2024, since reviewed and updated to 2023-2028, requires us to build and maintain financial reserves for one year of operations. In practice this means for operational costs and core activities.
Amount of reserves held	Para 1.22	Assets held in reserve on 31.12.2022: £2,520.11
Reasons for holding zero reserves	Para 1.22	Does not apply
Details of fund materially in deficit	Para 1.24	Does not apply
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Does not apply

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Period 01.06.2021 to 31.12.2022: Grants: £4.830.00 Sale of products: £3.853.42 Donations: £4.500.02
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Lancaster Men's Hub Constitution 03 June 2021
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO – ASSOCIATION MODEL
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	First Trustees appointed by Charity Commission, 19/11/2021. Appointment by trustees at any time. Appointment by members at AGM. Appointment by members at any time.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	LMH is a member of Lancaster Integrated Care Community (ICC) and Lancaster District CVS. These organisations supply information, enable contacts and, in the case of LDCVS, mediate between grant providers and grant applicants, but neither organisation has any influence on LMH management.
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Lancaster Men's Hub
Other name the charity uses	LMH
Registered charity number	1196670
Charity's principal address	The Cornerstone Sulyard Street Lancaster LA1 1PX

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)
1	Keith Derrick Carman		Appointed 10/01/2022	Lancaster Men's Hub trustees
2	David Kendrew Mace	Chair		Appointed by Charity Commission 19.11.2021
3	David Neil Smith	Treasurer		Appointed by Charity Commission 19.11.2021
4	Simon Stewart	Contact		Appointed by Charity Commission 19.11.2021
5	John Sydney Strivens	Secretary		Appointed by Charity Commission 19.11.2021
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19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Does not apply
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Does not apply
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Does not apply

Additional information (optional)

Names and addresses of advisers (Optional information)

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

No exemptions have been made

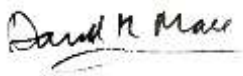
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	David Kendrew Mace	
Position (eg Secretary, Chair, etc)	Chair	
Date	11.05.2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Lancaster Men's Hub	No (if any) 1196670
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CC16a

Receipts and payments accounts

For the period from	Period start date 19/11/2021	To	Period end date 31/12/2022
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last Year (prior to registration)
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Sales products manufactured	3,722	-	-	3,722	131
Other income	30	-	-	30	-
Interest/Cashback	34	-	-	34	7
Personal Donations	857	-	-	857	237
Small/Plate donations	2,158	-	-	2,158	135
Corporate Donations	1,014	-	-	1,014	100
Grants	3,080	-	-	3,080	1,750
	-	-	-	-	-
Sub total (Gross income for AR)	10,895	-	-	10,895	2,360
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,895	-	-	10,895	2,360
A3 Payments					
Cost of materials	1,479	-	-	1,479	297
Member & Guest Activities	1,218	-	-	1,218	-
Food Costs	2,721	-	-	2,721	45
Marketing	58	-	-	58	96
Room Hire	1,825	-	-	1,825	113
Public Liability Insurance	524	-	-	524	32
Training	122	-	-	122	-
Software	173	-	-	173	-
Office Stationery, Postage, other	123	-	-	123	3
	-	-	-	-	-
Sub total	8,243	-	-	8,243	586
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8,243	-	-	8,243	586
Net of receipts/(payments)	2,652	-	-	2,652	1,774
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,774	-	-	1,774	-
Cash funds this year end	4,426	-	-	4,426	1,774

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	30	-	-
	Virgin Money Current Account	1,876	-	-
	Virgin Money 95 day Saver Account	2,520	-	-
	Total cash funds	4,426	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trade Creditors	460	-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	David N Smith	09/06/2023
2		13/06/2023