

MAT CHARITY

England & Wales · Charity number 1197725

Details

Status Registered

Legal form CIO

Registered 2022-01-31

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

Contact

Address 27a Manvers Road
Mexborough
S64 9EU

Phone 01226666300

Email hello@mat.charity

Website <https://mat.charity>

Activities

Objects: 1. TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS OF PEOPLE WHO HAVE SUFFERED FROM MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING A COUNSELLING SERVICE, SUPPORT GROUPS & HELPLINE SERVICES. 2. TO RELIEVE THE MENTAL DISTRESS OF PEOPLE SUPPORTING AND/OR CARING FOR ADULTS OR CHILDREN WHO HAVE BEEN AFFECTED BY MENTAL HEALTH ISSUES OR THE LOSS OF FAMILY OR FRIENDS DUE TO MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING COUNSELLING, GROUPWORK AND INFORMATION. 3. TO ADVANCE THE EDUCATION OF THE PUBLIC, BY RAISING AWARENESS, AND PROMOTING AND/OR CONDUCTING EDUCATION AND RESEARCH AROUND THE ISSUES OF MENTAL HEALTH & SUICIDE PREVENTION AND TO MAKE AVAILABLE TO THE PUBLIC SUCH USEFUL RESULTS.

Activities: MAT Charity provides listening support services for those who are having issues with their Mental Wellbeing especially those at risk of self harm with a risk to their lives and those who have been affected by the loss of someone who has taken their own life.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£12,522	£9,500	-	-
2024-03-31	£15,000	£7,500	-	-
2023-03-31	£5,000	£2,500	-	-

Trustees

Name	Role	Appointed
MICHAEL CARROLL-OWEN	Chair	2022-01-31
Andrew Rhodes		2022-01-31
Hannah Louise Jackson		2022-01-31
Susan Nortcliff		2022-01-31

MAT CHARITY

England & Wales - Charity number 1197725

Accounts



Annual Report
01 April 2024 - 31st March 2025

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Chairman Forward

I am delighted to introduce the MAT CHARITY annual report of the board of trustees. As you will see, we have made this year about laying down a strong foundation for supporting those who need our services.

We have taken stock of our strategy, mission and values and developed these further with our young people to make sure MAT CHARITY delivers on its original ethos of being a truly person-centred institution.

Our flagship programme has been MAT CHARITY 'Cuppa & Chat' is still taking the lead in our services. With the high profile of 'Mental Health' we are committed to continuing to provide a safe and secure environment for those we continue to support.

We continue to develop our programmes with and for those suffering with their mental wellbeing. They remain our most important stakeholder and we are committed to allowing every opportunity for service users to shape the future of the charity.

I would like to offer my heartfelt thanks to all who contributed in so many ways to making the past year so successful. To our senior management team, old and new, for their support, advice and guidance; to our trustees, volunteers for giving us their time and expertise; to the staff of MAT CHARITY for their hard work and determination; to our loyal and dedicated volunteers who are such a valuable part of our team; to our supporters and fundraisers from all over the globe who once again have shown how much they care with their unstinting support and their incredible achievements.

I hope that like me you will be inspired by our plans to help those suffering with their mental wellbeing realise their ambition, contribute to society in a meaningful way - and want to be a part of our story.

For, and on behalf, of the board of Trustees,
Michael Carroll-Owen / Co-Chair

Report of the Trustees

For the year ended 31 March 2025

The trustees of the MAT CHARITY present their annual report and accounts for the year ended 31 March 2025 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102).

Charity Number:	1197725
Constitution / Structure Type:	Charitable Incorporated Organisation (CIO)
Start of Financial Year	1 April 2024
End of Financial Year:	31 March 2025
Trustees at 24 January 2024:	Mr Michael Carroll-Owen (Co-Chair) Mr Andrew Rhodes Mrs Susan Nortcliff (Co-Chair) Ms Hannah Jackson
Trustee Selection Method	Elected by Trustees
Organisational Management	The trustees determine the general policy of the charity.
Registered Address:	MAT CHARITY 39 Windsor Crescent Little Houghton Barnsley South Yorkshire S72 0HF
Date of Incorporation:	31 January 2022
Governing Document:	Memorandum and Articles of Association
Bankers:	Natwest Bank Street Mexborough S64 9QE
Independent Examiner:	Not required as per Charity Commission guidelines due to low-income level in this reporting period.

Report of the Trustees cont'd

For the year ended 31 March 2025

The trustees and directors present their report and accounts for the year ended 31 March 2025.

Objectives and how they are achieved:

Vision

A world where every person can access support for their Mental Wellbeing in a way that they wish and starting where they feel most comfortable

Mission

To prepare people for life by ensuring they get the support, guidance and opportunities they need to succeed after Mental Health events.

Values

Our core values are driven by the following factors:

MAT CHARITY supports all people, through the promotion of health & wellbeing.

Ensuring people have access to a support service when they face a Mental Health event by providing a support service i.e. informal group counselling and a safe space that is easy for them to access in their time of need and challenging perception by doing research.

Geographic Scope

Our delivery is primarily aimed at those aged 16+ and to facilitate services which aimed to ensure that we empower and involve Our programmes are largely based within the South Yorkshire as it stands.

Programs, Results of the Year and Achievements

To date, this includes:

MAT CHARITY

MAT CHARITY continues to focus on three core areas – mental health, education and homelessness. As a charity, we want to see these subjects integrated better in the United Kingdom's mainstream Mental Health policy, building a strong foundation for future generations and; - enabling them to receive the best all-rounded holistic support. All three areas have been created as individual projects within MAT CHARITY, focusing on establishing a holistic support service that can cater for those who have been through Mental Wellbeing issues to have the independence and empowerment to be able to move forward

Public Benefit

Throughout 2024/25 the MAT CHARITY supported those suffering with their mental wellbeing from all walks of life.

The charity provides those suffering with their mental wellbeing a platform to openly talk about their issues in a closed Safe Environment through the means of a helpline and further support services. MAT CHARITY has a special focus on working with men & boys due to the lack of support services there are available for them in this area of work, but the charity is for both genders to be able to access.

Risk Management

The trustees are responsible for the overseeing of the risks faced by the charity. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis.

The main risks that the trustees have identified and the plans to manage those risks are:

Reputation

The charity's success is built on its reputation for the well-being of our volunteers and staff. We manage this risk through safeguarding policies, staff recruitment policies and active identification and resolution of health and safety related issues through undertaking strict risk management assessments for each activity the charity undertakes.

Money

Our ability to continue is reliant on public donations, corporate support and grant programs. This risk is managed by marketing activity, having a reputation for worldwide excellence and cash-flow management.

Programs and Activities

The charity's programs require the most able volunteers and staff to facilitate our activities to benefit the public with optimum excellence. We manage this risk by combining attractive benefits and recruiting a diverse workforce to make our charity the most inclusive organisation to work for. Our all volunteers and staff undergo initial training and Continual Professional Development (CPD).

Through the risk management processes established for the charity, the trustees are satisfied that the major risks identified have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Serious Incidents

No serious incidents were reported.

Environmental Sustainability Policy

The MAT CHARITY commits itself to minimising its impact on our environment through

- Providing a safe and healthful workplace;
 - Having an environmentally sustainable aware culture, where responsibility is assigned and understood;
 - Being an environmentally responsible neighbour in our community;
 - Conserving natural resources by reusing and recycling;
 - Using, in our own operations, processes that do not adversely affect the environment;
- Ensuring the responsible use of energy throughout the organisation;
 - Participating in efforts to improve environmental protection and understanding;
 - Taking steps to improve environmental performance continually;
 - Conducting rigorous audits, evaluations, and self-assessments of the implementation of this policy;
- Working with suppliers who promote sound environmental practices; and
 - Enhancing awareness among our employees, volunteers, and users – educating and motivating them to act in an environmentally responsible manner.

Volunteer Help

25 Volunteers

as of 31 March 2025

List of volunteer positions at the MAT CHARITY:

- Public Relations Team Member (x1)
- Designated Safeguarding Lead (x3)
- Social Media Manager (x2)
- Communications Team Member (x1)
- Community Team Members (x15)
- HR Team Member (x1)
- IT Team Members (x1)
- Counselling Team Member (x1)

Gifts in Kind

The MAT CHARITY received 'Gifts in Kind' throughout 2024/25. These are listed below:

Advertising credits from online search engine

This enables the MAT CHARITY the opportunity to grow further via online platforms such as Facebook, Twitter and via search engines such as Google.

Venues for events

Website hosting (Free)

The website is a key platform for the charity. Keeping costs down for this is important to the charity as it allows the money we receive to be put elsewhere, to better use for i.e. our programs. Mexborough Hosting have collaborated with the MAT CHARITY to help us keep our website operation costs down.

Email & Communications System

Numerous UK based companies have offered their support with the MAT CHARITY to keep communications costs down for i.e. telephony (3CX & Twilio) and email (Microsoft for Charities and Google for non-profits).

Reserves

MAT CHARITY has not maintained any reserves this financial year. The trustees felt all efforts and funds should go on developing the foundations of the organisation. Implementation of reserves will take place 25/26 due to lack of charitable fundraising.

Partners

5 Partners

as of 31 March 2025

List of MAT CHARITY partners:

- Charity Hosting (Website and Online Partner)
- Microsoft Charities (Email Partner)
- 3CX (Technology Partner)
- Twilio (Technology Partner)
- Google for charities (Website and Online Partner)

Financial position

The financial statements show incoming receipts and payments for the year. The principal source of income was from:

Online Donations/Charitable
Donations in Kind.

The Trustees are continuing their strategy of deploying all net incoming resources to investing in the charitable purposes of the MAT CHARITY.

As a charity - the public, volunteers and staff have the assurance that all the income of the charity must be applied for charitable purposes. As a registered charity we qualify for tax exemption however the trustees are yet to file for this benefit with HMRC. This is something for charity is looking to fulfil in the coming year.

Declarations

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

Signed on behalf of the charity's trustees



Mr Michael Carroll-Owen
Co-Chair & Trustee



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' annual report (including Directors' report) for the period

From: 1ST April 2024

To: 31st March 2025

Charity name: MAT Charity

Charity registration number: 1197725

Company number:

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	1. TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS OF PEOPLE WHO HAVE SUFFERED FROM MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING A COUNSELLING SERVICE, SUPPORT GROUPS & HELPLINE SERVICES. 2. TO RELIEVE THE MENTAL DISTRESS OF PEOPLE SUPPORTING AND/OR CARING FOR ADULTS OR CHILDREN WHO HAVE BEEN AFFECTED BY MENTAL HEALTH ISSUES OR THE LOSS OF FAMILY OR FRIENDS DUE TO MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING COUNSELLING, GROUPWORK AND INFORMATION. 3. TO ADVANCE THE EDUCATION OF THE PUBLIC, BY RAISING AWARENESS, AND PROMOTING AND/OR CONDUCTING EDUCATION AND RESEARCH AROUND THE ISSUES OF MEANTAL HEALTH & SUICIDE PREVENTION AND TO MAKE AVAILBLE TO THE PUBLIC SUCH USEFUL RESULTS.
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	1. TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS OF PEOPLE WHO HAVE SUFFERED FROM MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING A COUNSELLING SERVICE, SUPPORT GROUPS & HELPLINE SERVICES. 2. TO RELIEVE THE MENTAL DISTRESS OF PEOPLE SUPPORTING AND/OR CARING FOR ADULTS OR CHILDREN WHO HAVE BEEN AFFECTED BY MENTAL HEALTH ISSUES OR THE LOSS OF FAMILY OR FRIENDS DUE TO MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING COUNSELLING, GROUPWORK AND INFORMATION. 3. TO ADVANCE THE EDUCATION OF THE PUBLIC, BY RAISING AWARENESS, AND PROMOTING AND/OR CONDUCTING EDUCATION AND RESEARCH AROUND THE ISSUES OF MEANTAL HEALTH & SUICIDE PREVENTION AND

		TO MAKE AVAILBLE TO THE PUBLIC SUCH USEFUL RESULTS.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We understand and have read the guidance on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not Applicable
Policy on social investment including program related investment	Para 1.38	Not Applicable
Contribution made by volunteers	Para 1.38	26 volunteers = 5hrs pw = 6760hrs per year
Other		

Achievements and performance

<p>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.</p>	<p>Para 1.20</p>	<p>Counselling Service started for Service Users able to access for free of charge at our Wombwell Safe Hub. Supporting over 60 people in our first year.</p> <p>Our Cuppa and Chat sessions continued to support over 20 people per session increasing to 32 people per session by the end of the reporting period.</p> <p>In the next reporting period we will be making stives to operate further counselling support making this a core service through a partnership forged with local college Barnsley College.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>Income of the charity has been £12522 this has accounting period because of two issues in particularly:</p> <p>Grant giving charities have tightened their funding guidance.</p> <p>More charities are applying for the same pots of</p>
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		funding making it harder to get a positive outcome from applications.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have no reserves due to low level funding
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	Not Applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	We don't see that we have any ongoing concerns whilst we haven't been granted funding due to the voluntary time we have from volunteers and the lack of physical overheads.

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	
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: for example, trust deed , memorandum and articles of association etc	Para 1.25	CIO Constitution
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	CIO - Foundation

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	We recruit applicants based on the need for their expertise within specific areas and then elect to the trustee board at the Annual General Meeting

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	Training package provided by Small Charity Commission including: Safeguarding of Vulnerable People GDPR Safer Recruitment Financial Responsibilities of Trustees Trustees Role & Responsibilities CIO Constitution DBS Checks Skills Qualifications
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	No Applicable
Other		

Reference and administrative details

Charity name	MAT CHARITY
Other name the charity uses	
Registered charity number	1197725
Charity's principal address	39 Windsor Crescent, Little Houghton, Barnsley, S72 0HF

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	Michael Carroll-Owen			
2	Susan Nortcliff			
3	Hannah Jackson			
4	Andrew Rhodes			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
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	Not Applicable
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

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

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Other optional information

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Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)	<i>Michael Carroll-Owen</i>	
Full name(s)	Michael Carroll-Owen	
Position (for example Secretary, Chair, etc)	Co-Chair	
Date	15/3/2026	

MAT CHARITY

England & Wales - Charity number 1197725

Accounts



Annual Report
01 April 2023 - 31st March 2024

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Date of Incorporation:	31 January 2022
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as of 31 March 2023

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Partners

5 Partners

as of 31 March 2024

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Declarations

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

Signed on behalf of the charity's trustees

A handwritten signature in black ink that reads "Michael Carroll-Owen". The signature is written in a cursive, slightly slanted style.

Mr Michael Carroll-Owen
Co-Chair & Trustee



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' annual report (including Directors' report) for the period

From: 1ST April 2023

To: 31st March 2024

Charity name: MAT Charity

Charity registration number: 1197725

Company number:

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	1. TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS OF PEOPLE WHO HAVE SUFFERED FROM MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING A COUNSELLING SERVICE, SUPPORT GROUPS & HELPLINE SERVICES. 2. TO RELIEVE THE MENTAL DISTRESS OF PEOPLE SUPPORTING AND/OR CARING FOR ADULTS OR CHILDREN WHO HAVE BEEN AFFECTED BY MENTAL HEALTH ISSUES OR THE LOSS OF FAMILY OR FRIENDS DUE TO MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING COUNSELLING, GROUPWORK AND INFORMATION. 3. TO ADVANCE THE EDUCATION OF THE PUBLIC, BY RAISING AWARENESS, AND PROMOTING AND/OR CONDUCTING EDUCATION AND RESEARCH AROUND THE ISSUES OF MEANTAL HEALTH & SUICIDE PREVENTION AND TO MAKE AVAILBLE TO THE PUBLIC SUCH USEFUL RESULTS.
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	1. TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS OF PEOPLE WHO HAVE SUFFERED FROM MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING A COUNSELLING SERVICE, SUPPORT GROUPS & HELPLINE SERVICES. 2. TO RELIEVE THE MENTAL DISTRESS OF PEOPLE SUPPORTING AND/OR CARING FOR ADULTS OR CHILDREN WHO HAVE BEEN AFFECTED BY MENTAL HEALTH ISSUES OR THE LOSS OF FAMILY OR FRIENDS DUE TO MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING COUNSELLING, GROUPWORK AND INFORMATION. 3. TO ADVANCE THE EDUCATION OF THE PUBLIC, BY RAISING AWARENESS, AND PROMOTING AND/OR CONDUCTING EDUCATION AND RESEARCH AROUND THE ISSUES OF MEANTAL HEALTH & SUICIDE PREVENTION AND

		TO MAKE AVAILBLE TO THE PUBLIC SUCH USEFUL RESULTS.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We understand and have read the guidance on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not Applicable
Policy on social investment including program related investment	Para 1.38	Not Applicable
Contribution made by volunteers	Para 1.38	25 volunteers = 5hrs pw = 6000hrs per year
Other		

Achievements and performance

<p>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.</p>	<p>Para 1.20</p>	<p>We were fundraised over £5000 on our launch event.</p> <p>We opened our first safe space</p> <p>During 23-24 we have supported over 360 people who have attended our 'Cuppa and Chat' sessions.</p> <p>Participated in the warm places scheme £15,000 grant provided to support with food, personal items and warm place to relax through the winter.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>Income of the charity has been £15000 this has accounting period because of two issues in particularly:</p> <p>Grant giving charities have tightened their funding guidance.</p> <p>More charities are applying for the same pots of</p>
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		funding making it harder to get a positive outcome from applications.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have no reserves due to low level funding
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	Not Applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	We don't see that we have any ongoing concerns whilst we haven't been granted funding due to the voluntary time we have from volunteers and the lack of physical overheads.

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	
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: for example, trust deed , memorandum and articles of association etc	Para 1.25	CIO Constitution
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	CIO - Foundation

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	We recruit applicants based on the need for their expertise within specific areas and then elect to the trustee board at the Annual General Meeting

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	Training package provided by Small Charity Commission including: Safeguarding of Vulnerable People GDPR Safer Recruitment Financial Responsibilities of Trustees Trustees Role & Responsibilities CIO Constitution DBS Checks Skills Qualifications
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	No Applicable
Other		

Reference and administrative details

Charity name	MAT CHARITY
Other name the charity uses	
Registered charity number	1197725
Charity's principal address	39 Windsor Crescent, Little Houghton, Barnsley, S72 0HF

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	Michael Carroll-Owen			
2	Susan Nortcliff			
3	Hannah Jackson			
4	Andrew Rhodes			
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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	Not Applicable
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

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

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Other optional information

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Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)	<i>Michael Carroll-Owen</i>	
Full name(s)	Michael Carroll-Owen	
Position (for example Secretary, Chair, etc)	Co-Chair	
Date	24/1/2025	

MAT CHARITY

England & Wales - Charity number 1197725

Accounts



Annual Report
01 April 2022- 31st March 2023

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Chairman Forward

I am delighted to introduce the MAT CHARITY annual report of the board of trustees. As you will see, we have made this year about laying down a strong foundation for supporting those who need our services.

We have taken stock of our strategy, mission and values and developed these further with our young people to make sure MAT CHARITY delivers on its original ethos of being a truly person centred institution.

Our flagship programme has been MAT CHARITY 'Cuppa & Chat' is still taking the lead in our services. With the high profile of 'Mental Health' we are committed to continuing to provide a safe and secure environment for those we continue to support.

We continue to develop our programmes with and for those suffering with their mental wellbeing. They remain our most important stakeholder and we are committed to allowing every opportunity for service users to shape the future of the charity.

I would like to offer my heartfelt thanks to all who contributed in so many ways to making the past year so successful. To our senior management team, old and new, for their support, advice and guidance; to our trustees, volunteers for giving us their time and expertise; to the staff of MAT CHARITY for their hard work and determination; to our loyal and dedicated volunteers who are such a valuable part of our team; to our supporters and fundraisers from all over the globe who once again have shown how much they care with their unstinting support and their incredible achievements.

I hope that like me you will be inspired by our plans to help those suffering with their mental wellbeing realise their ambition, contribute to society in a meaningful way - and want to be a part of our story.

For, and on behalf, of the board of Trustees,
Michael Carroll-Owen / Co-Chair

Report of the Trustees

For the year ended 31 March 2023

The trustees of the MAT CHARITY charity present their annual report and accounts for the year ended 31 March 2023 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102).

Charity Number:	1197725
Constitution / Structure Type:	Charitable Incorporated Organisation (CIO)
Start of Financial Year	1 April 2022
End of Financial Year:	31 March 2023
Trustees at 24 January 2023:	Mr Michael Carroll-Owen (Co-Chair) Mr Andrew Rhodes Mrs Susan Nortcliff (Co-Chair) Ms Hannah Jackson
Trustee Selection Method	Elected by Trustees
Organisational Management	The trustees determine the general policy of the charity.
Registered Address:	MAT CHARITY 39 Windsor Crescent Little Houghton Barnsley South Yorkshire S72 0HF
Date of Incorporation:	31 January 2022
Governing Document:	Memorandum and Articles of Association
Bankers:	Natwest Bank Street Mexborough S64 9QE
Independent Examiner:	Not required as per Charity Commission guidelines due to low-income level in this reporting period.

Report of the Trustees cont'd

For the year ended 31 March 2023

The trustees and directors present their report and accounts for the year ended 31 March 2023.

Objectives and how they are achieved:

Vision

A world where every person can access support for their Mental Wellbeing in a way that they wish and starting where they feel most comfortable

Mission

To prepare people for life by ensuring they get the support, guidance and opportunities they need to succeed after Mental Health events.

Values

Our core values are driven by the following factors:

MAT CHARITY supports all people, through the promotion of health & wellbeing.

Ensuring people have access to a support service when they face a Mental Health event by providing a support service i.e. informal group counselling and a safe space that is easy for them to access in their time of need and challenging perception by doing research.

Geographic Scope

Our delivery is primarily aimed at those aged 16+ and to facilitate services which aimed to ensure that we empower and involve Our programmes are largely based within the South Yorkshire as it stands.

Programs, Results of the Year and Achievements

To date, this includes:

MAT CHARITY

MAT CHARITY continues to focus on three core areas – mental health, education and homelessness. As a charity, we want to see these subjects integrated better in the United Kingdom's mainstream Mental Health policy, building a strong foundation for future generations and; - enabling them to receive the best all-rounded holistic support. All three areas have been created as individual projects within MAT CHARITY, focusing on establishing a holistic support service that can cater for those who have been through Mental Wellbeing issues to have the independence and empowerment to be able to move forward

Public Benefit

Throughout 2023 the MAT CHARITY supported those suffering with their mental wellbeing from all walks of life.

The charity provides those suffering with their mental wellbeing a platform to openly talk about their issues in a closed Safe Environment through the means of a helpline and further support services. MAT CHARITY has a special focus on working with men & boys due to the lack of support services there are available for them in this area of work, but the charity is for both genders to be able to access.

Risk Management

The trustees are responsible for the overseeing of the risks faced by the charity. Detailed considerations of risk are delegated to the Senior Management of the charity. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on an annual basis.

The main risks that the trustees have identified and the plans to manage those risks are:

Reputation

The charity's success is built on its reputation for the well-being of our volunteers and staff. We manage this risk through safeguarding policies, staff recruitment policies and active identification and resolution of health and safety related issues through undertaking strict risk management assessments for each activity the charity undertakes.

Money

Our ability to continue is reliant on public donations, corporate support and grant programs. This risk is managed by marketing activity, having a reputation for worldwide excellence and cash-flow management.

Programs and Activities

The charity's programs require the most able volunteers and staff to facilitate our activities to benefit the public with optimum excellence. We manage this risk by combining attractive benefits and recruiting a diverse workforce to make our charity the most inclusive organisation to work for. Our all volunteers and staff undergo initial training and Continual Professional Development (CPD).

Through the risk management processes established for the charity, the trustees are satisfied that the major risks identified have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

Serious Incidents

No serious incidents were reported.

Environmental Sustainability Policy

The MAT CHARITY commits itself to minimising its impact on our environment through

- Providing a safe and healthful workplace;
 - Having an environmentally sustainable aware culture, where responsibility is assigned and understood;
 - Being an environmentally responsible neighbour in our community;
 - Conserving natural resources by reusing and recycling;
 - Using, in our own operations, processes that do not adversely affect the environment;
- Ensuring the responsible use of energy throughout the organisation;
 - Participating in efforts to improve environmental protection and understanding;
 - Taking steps to improve environmental performance continually;
 - Conducting rigorous audits, evaluations, and self-assessments of the implementation of this policy;
- Working with suppliers who promote sound environmental practices; and
 - Enhancing awareness among our employees, volunteers, and users – educating and motivating them to act in an environmentally responsible manner.

Volunteer Help

25 Volunteers

as of 31 March 2023

List of volunteer positions at the MAT CHARITY:

- Public Relations Team Member (x1)
- Designated Safeguarding Lead (x3)
- Social Media Manager (x2)
- Communications Team Member (x1)
- Community Team Members (x15)
- HR Team Member (x1)
- IT Team Members (x2)

Gifts in Kind

The MAT CHARITY received 'Gifts in Kind' throughout 2022/23. These are listed below:

Advertising credits from online search engine

This enables the MAT CHARITY the opportunity to grow further via online platforms such as Facebook, Twitter and via search engines such as Google.

Venues for events

Website hosting (Free)

The website is a key platform for the charity. Keeping costs down for this is important to the charity as it allows the money we receive to be put elsewhere, to better use for i.e. our programs. Mexborough Hosting have collaborated with the MAT CHARITY to help us keep our website operation costs down.

Email & Communications System

Numerous UK based companies have offered their support with the MAT CHARITY to keep communications costs down for i.e. telephony (3CX & Twilio) and email (Microsoft for Charities and Google for non-profits).

Reserves

MAT CHARITY has not maintained any reserves this financial year. The trustees felt all efforts and funds should go on developing the foundations of the organisation. MAT CHARITY hopes to implement a reserves policy before year ending 04 January 2019.

Partners

5 Partners

as of 31 March 2023

List of MAT CHARITY partners:

Charity Hosting (Website and Online Partner)

Microsoft Charities (Email Partner)

3CX (Technology Partner)

Twilio (Technology Partner)

Google for charities (Website and Online Partner)

Financial position

The financial statements show incoming receipts and payments for the year. The principal source of income was from:

Online Donations

The Trustees are continuing their strategy of deploying all net incoming resources to investing in the charitable purposes of the MAT CHARITY.

As a charity - the public, volunteers and staff have the assurance that all the income of the charity must be applied for charitable purposes. As a registered charity we qualify for tax exemption however the trustees are yet to file for this benefit with HMRC. This is something for charity is looking to fulfil in the coming year.

Declarations

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

Signed on behalf of the charity's trustees

Mr Michael Carroll-Owen
Co-Chair & Trustee



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' annual report (including Directors' report) for the period

From: 1ST April 2022

To: 31st March 2023

Charity name: MAT Charity

Charity registration number: 1197725

Company number:

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	1. TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS OF PEOPLE WHO HAVE SUFFERED FROM MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING A COUNSELLING SERVICE, SUPPORT GROUPS & HELPLINE SERVICES. 2. TO RELIEVE THE MENTAL DISTRESS OF PEOPLE SUPPORTING AND/OR CARING FOR ADULTS OR CHILDREN WHO HAVE BEEN AFFECTED BY MENTAL HEALTH ISSUES OR THE LOSS OF FAMILY OR FRIENDS DUE TO MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING COUNSELLING, GROUPWORK AND INFORMATION. 3. TO ADVANCE THE EDUCATION OF THE PUBLIC, BY RAISING AWARENESS, AND PROMOTING AND/OR CONDUCTING EDUCATION AND RESEARCH AROUND THE ISSUES OF MEANTAL HEALTH & SUICIDE PREVENTION AND TO MAKE AVAILBLE TO THE PUBLIC SUCH USEFUL RESULTS.
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	1. TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS OF PEOPLE WHO HAVE SUFFERED FROM MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING A COUNSELLING SERVICE, SUPPORT GROUPS & HELPLINE SERVICES. 2. TO RELIEVE THE MENTAL DISTRESS OF PEOPLE SUPPORTING AND/OR CARING FOR ADULTS OR CHILDREN WHO HAVE BEEN AFFECTED BY MENTAL HEALTH ISSUES OR THE LOSS OF FAMILY OR FRIENDS DUE TO MENTAL HEALTH ISSUES, IN PARTICULAR BY PROVIDING COUNSELLING, GROUPWORK AND INFORMATION. 3. TO ADVANCE THE EDUCATION OF THE PUBLIC, BY RAISING AWARENESS, AND PROMOTING AND/OR CONDUCTING EDUCATION AND RESEARCH AROUND THE ISSUES OF MEANTAL HEALTH & SUICIDE PREVENTION AND

		TO MAKE AVAILBLE TO THE PUBLIC SUCH USEFUL RESULTS.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We understand and have read the guidance on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not Applicable
Policy on social investment including program related investment	Para 1.38	Not Applicable
Contribution made by volunteers	Para 1.38	25 volunteers = 5hrs pw = 6000hrs per year
Other		

Achievements and performance

<p>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.</p>	<p>Para 1.20</p>	<p>We were fundraised over £5000 on our launch event.</p> <p>We opened our first safe space</p> <p>During 22-23 we have supported over 200 people who have attended our 'Cuppa and Chat' sessions</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>Income of the charity has been £5000 this has accounting period because of two issues in particular:</p> <p>Grant giving charities have tightened their funding guidance.</p> <p>More charities are applying for the same pots of</p>
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		funding making it harder to get a positive outcome from applications.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have no reserves due to low level funding
Amount of reserves held	Para 1.22	£5000
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	Not Applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	We don't see that we have any ongoing concerns whilst we haven't been granted funding due to the voluntary time we have from volunteers and the lack of physical overheads.

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	
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: for example, trust deed , memorandum and articles of association etc	Para 1.25	CIO Constitution
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	CIO - Foundation

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	We recruit applicants based on the need for their expertise within specific areas and then elect to the trustee board at the Annual General Meeting

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	Training package provided by Small Charity Commission including: Safeguarding of Vulnerable People GDPR Safer Recruitment Financial Responsibilities of Trustees Trustees Role & Responsibilities CIO Constitution DBS Checks Skills Qualifications
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	No Applicable
Other		

Reference and administrative details

Charity name	MAT CHARITY
Other name the charity uses	
Registered charity number	1197725
Charity's principal address	39 Windsor Crescent, Little Houghton, Barnsley, S72 0HF

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	Michael Carroll-Owen			
2	Susan Nortcliff			
3	Hannah Jackson			
4	Andrew Rhodes			
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7				
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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	Not Applicable
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)	<i>Michael Carroll-Owen</i>	
Full name(s)	Michael Carroll-Owen	
Position (for example Secretary, Chair, etc)	Co-Chair	
Date	24/1/2024	