



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 25/05/2022 To 31/03/2023

Charity name: Menfulness CIO

Charity registration number: 1199085

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>For the public benefit, the relief of men in need, within York and elsewhere in the UK, who may be experiencing or at risk of experiencing poor mental health, by means of, but not exclusively:</p> <ol style="list-style-type: none">1. Increasing awareness of, and reducing the stigma attached to, men's mental health;2. Providing affordable early intervention opportunities for men to work on their physical and mental health such as sport, exercise, socialising, coaching and counselling;3. Creating content, events, partnerships and experiences that encourage men to share their own inner struggle in a friendly and supportive environment.
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>One of our main activities and our largest expenditure is counselling referrals. These have continued to grow along with our membership. We have referred over 200 men to our partner Serendipity Counselling York who administrate and provide all contact and delivery with the members.</p> <p>Serendipity utilise the skills of final year counselling students at local university York St John. The students need counselling hours to complete their training. This means we can offer affordable counselling for only £25 per session. We can also fully fund if finances are a barrier.</p> <p>All receive a call within one week to arrange and most receive their first session within a month. Feedback is over</p>

		<p>95% positive. It also means our membership has enabled dozens of students to qualify as counsellors.</p> <p>In addition, we host at least 23 events per month including 1 x Walk and Talk, 1 x Talking Session, 1 x Retro Gaming Night, 1 x Boxing Session, 1 x Breakfast club, 1 x Coffee Afternoon, 1 x Boxing Club, 4 x Running Club, football x 12.</p> <p>Menfulness has also commissioned and produced several pieces of video content aimed at reducing the stigma around Men's Mental Health and 13 episodes of the Menfulness Podcast giving our members a platform to speak their truth in a bid to encourage others to do the same or to join our movement.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>I confirm that the trustees have had regard to the guidance issued by the Charity Commission on Public Benefit.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<p>Menfulness would not be possible without the generous time and energy of our 18 volunteers. One of our strengths is the ownership that all members feel of the charity and for many this leads them to offer their time and expertise to the group. Just the events above equate to over 40 hours of volunteer time per month. This is how we manage to do so much with such little resource and we couldn't be more grateful.</p>
Other		N/A

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>A few of our significant achievements in this period are listed below:</p> <ul style="list-style-type: none"> • Over 200 men referred for affordable/free counselling. • Menfulness Live – Our first sold out public awareness raising event. • New partnerships including Skipton Business Finance, Grand Opera House, Bristol Street Motors, Ainsty Ales Alcohol Free • Jorvik Radio Fortnightly guest slot • Chosen as First Bus Local Charity at Christmas • Chosen as Co-Op Community Fund Member • New regular events including Boxing, Running, Tennis. • 24 runners in our first York 10k • Commitment to offering Mental Health First Aid Training for all Volunteers • Advert boards up at York City Football and York RLFC Rugby games • BBC Make A Difference Awards Winners <p>The above are just a few things which show we continue to grow a presence in the city in a bid to remind everyone that we exist in case someone they know might need us. The type of organisations committing to working with us show our credibility continues to rise which is useful for exposure, awareness and the potential for larger grants/donations towards our work.</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		
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Charity is in a good financial position at the end of this period. We continue to increase income generated from funding bids and donations. We have mostly minimal outgoings and can handle increases in members who may require counselling.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity continues to increase its reserves held in the hope we will soon be able to employ someone to lead the charity into its next phase.
Amount of reserves held	Para 1.22	£11,201.00
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

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:		N/A
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Charitable Incorporated Organisation
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	Trustee Consensus

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	N/A
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	Menfulness CIO
Other name the charity uses	N/A
Registered charity number	1199085
Charity's principal address	20 Eastfield Avenue York YO32 3EY

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	Jack Woodhams	Chair		
2	Mike Hewitt	Treasurer		
3	Dan Braidley			
4	Matthew Lewis			
5	Sam Watling			
6				
7				
8				
9				
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13				
14				
15				
16				
17				
18				
19				
20				

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

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
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
N/A		

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

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

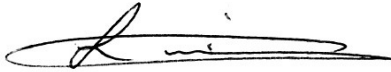
N/A

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)

SAM WATLING

Position (eg Secretary,
Chair, etc)

TRUSTEE

Date

08/03/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Menfulness CIO	No (if any) 1199085
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Receipts and payments accounts

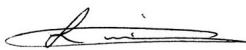
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For the period from	Period start date 5/25/2022	To	Period end date 3/31/2023
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Section A Receipts and payments

	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					
Donations and grants	51,732	-	-	51,732	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	51,732	-	-	51,732	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	51,732	-	-	51,732	-
A3 Payments					
Advertising	4,042	-	-	4,042	-
Activities	23,538	-	-	23,538	-
Office Admin	5,463	-	-	5,463	-
Storage	798	-	-	798	-
Sundry	911	-	-	911	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	34,751	-	-	34,751	-
A4 Asset and investment purchases, (see table)					
Computer equipment	4,681	-	-	4,681	-
Merchandise stock	1,100	-	-	1,100	-
Sub total	5,781	-	-	5,781	-
Total payments	40,531	-	-	40,531	-
Net of receipts/(payments)	11,201	-	-	11,201	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	11,201	-	-	11,201	-

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	Bank	11,201	-	-
		-	-	-
		-	-	-
	Total cash funds	11,201	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		SAM WATLING	3/8/2024	

Independent Examiner's Report

I report to the trustees on my examination of the accounts of Menfulness CIO for the year ended 31/03/2023.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed 

Date 05/03/24

Mr Hoi Yuen Chan FCCA
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York
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