



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/04/2023 To 31/03/2024

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 350 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 £30 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 95% positive. It also means our membership has enabled dozens of students to qualify as counsellors.</p> <p>In addition, we host at least 22 events per month including 1 x Walk and Talk, 1 x Talking Session, 1 x Board Game Night, 1 x Boxing Session, 1 x Breakfast club, 1 Allotment Session, 4 x Running Club, 12 x football sessions.</p> <p>We continue to produce video content and have won a national award for a suicide prevention film.</p> <p>We have also engaged in a large research project with York St John University which should see our offer and impact fully evaluated by Summer.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	I confirm that the trustees have had regard to the guidance issued by the Charity Commission 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	N/A

Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	Menfulness would not be possible without the generous time and energy of our 20 volunteers and ambassadors. 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.
Other		N/A

Achievements and Performance

	SORP reference	
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<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>A few of our significant achievements in this period are listed below:</p> <ul style="list-style-type: none"> • Over 350 men referred for affordable/free counselling. • Menfulness Live – Our second event sold out quickly and was a great success with a keynote from England Rugby Hero Tony Underwood. • New partnerships including Penlife, York Male Philharmonic Choir and more. • Jorvik Radio Fortnightly guest slot • Chosen as Tesco Strong Starts Community Fund entry • New regular events including Allotment, Board Game Night. • 48 runners in our second York 10k • Commitment to offering Mental Health First Aid Training and wellbeing sessions for all Volunteers • Advert boards up at York City Football and York RLFC Rugby games • National Smiley Charity Film Awards Winners • Further episodes of the podcast created on the subject of suicide. • Fundraiser with York Rugby Club - Charity Rugby Shirt Day • Partnership with York St John University to fully evaluate our charity. • The above are just a few things which show we continue to grow a presence in the city and as we do our membership is growing at pace. 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.
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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	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 as we start to review our offer and consider geographical growth.
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. This is likely to come following the review of our charities offer and impact by York St John University.
Amount of reserves held	Para 1.22	£54,151
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		
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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/Sociocracy

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	
Relationship with any related parties	Para 1.51	
Other		

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				
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		
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
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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

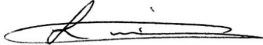
N/A

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Sam Watling	
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Position (eg
Secretary, Chair, etc)

Trustee	
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Date

31/01/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Mentfulness CIO

No (if any)
1199085

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2023

To

Period end date
31/03/2024

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	93,381	-	-	93,381	51,732
Sales	9,906	-	-	9,906	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	103,287	-	-	103,287	51,732
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	103,287	-	-	103,287	51,732
A3 Payments					
Advertising	4,468	-	-	4,468	4,042
Activities	29,906	-	-	29,906	23,538
Office Admin	10,237	-	-	10,237	5,463
Storage	2,611	-	-	2,611	798
Sundry	605	-	-	605	911
Travel	830	-	-	830	-
Professional Fees	2,070	-	-	2,070	-
Cost of sales	6,849	-	-	6,849	-
	-	-	-	-	-
Sub total	57,575	-	-	57,575	34,751
A4 Asset and investment purchases. (see table)					
Computer equipment	1,283	-	-	1,283	4,681
Merchandise stock	1,480	-	-	1,480	1,100
Sub total	2,763	-	-	2,763	5,781
Total payments	60,337	-	-	60,337	40,531
Net of receipts/(payments)	42,950	-	-	42,950	11,201
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,201	-	-	11,201	-
Cash funds this year end	54,151	-	-	54,151	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	54,151	-	-
		-	-	-
		-	-	-
	Total cash funds	54,151	-	-
	(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	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	

Independent Examiner's Report

I report to the trustees on my examination of the accounts of Menfulness CIO for the year ended 31/03/2024.

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 30/01/25

Mr Hoi Yuen Chan FCCA
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York
YO30 4AG