



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/04/2024

Period start date To 31/03/2025

Period end date

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>Menfulness delivers a range of activities, projects, and services that promote the health, wellbeing, and personal development of men in the community, in line with our charitable purposes. All activities are designed to provide public benefit by reducing social isolation, improving mental health, and increasing access to counselling and support services.</p> <p>One of our core activities, and the largest area of expenditure, remains counselling referrals. To date, we have referred 404 men, resulting in 2,546 counselling sessions, through our partner organisation, Serendipity Counselling York, who manage all client contact and service delivery. Serendipity works with final-year counselling students from York St John University, enabling students to gain supervised training hours while</p>

		<p>providing affordable counselling at £30 per session, with full funding available for those who cannot pay. All referrals are contacted within one week, and most begin counselling within a month. Feedback is consistently strong, with over 95% of participants reporting positive outcomes. This service benefits both the men receiving support and the wider community by increasing access to trained counsellors and reducing pressure on statutory mental health services.</p> <p>Menfulness now hosts a minimum of 25 activities per month, offering opportunities for social interaction, physical activity, and peer support. New regular activities introduced this year include Menfulness Yoga, the Saturday Breakfast Club, and Sim Racing Night. Regular activities include:</p> <ul style="list-style-type: none"> • 1 Walk and Talk • 1 Talking Session • 1 Board Game Night • 1 Sim Racing Night • 1 Menfulness Yoga • 2 Boxing Sessions • 1 Breakfast Club • 1 Allotment Session • 4 Running Club sessions • 12 Football sessions <p>These activities provide inclusive, low-cost opportunities to improve mental health, build community connections, and reduce social isolation for men across York.</p> <p>Menfulness also delivered an annual conference at York St John University to showcase our partnership working and research outcomes. Published research can be found at www.menfulness.org/research. This year, the conference and associated research directly contributed to securing grant funding to expand Menfulness into Scarborough.</p> <p>The evaluation report also highlighted a significant shift in attitudes towards counselling and psychotherapy for Men. Before joining Menfulness, 40% of respondents reported that they were extremely unlikely to seek counselling or psychotherapy. After joining Menfulness, 77% of respondents stated that they were extremely likely to access therapy. This demonstrates a clear reduction in stigma and an increase in helpseeking behaviour among participants.</p> <p>The combination of counselling, events, and training programmes has created measurable</p>
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		<p>benefits for individuals and the wider community:</p> <ul style="list-style-type: none"> • 404 men referred for counselling, resulting in 2,546 sessions delivered, reducing demand on public mental health services. • High levels of satisfaction, with over 95% positive feedback. • Dozens of counselling students trained and qualified, strengthening local mental health capacity. • Regular social and physical activities that reduce isolation and promote wellbeing for hundreds of men each month. <p>Together, these activities demonstrate Menfulness' commitment to providing public benefit by improving access to mental health support, promoting personal wellbeing, and building community resilience.</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	NA
Policy on social investment including program related investment	Para 1.38	NA
Contribution made by volunteers	Para 1.38	<p>During this year, the work of Menfulness has again been underpinned by the dedication of 20 volunteers and ambassadors, who contribute their time, skills, and lived experience to support the charity's activities. A defining strength of Menfulness is the sense of shared ownership among members, which encourages many to actively support the organisation through volunteering and the sharing of expertise. The activities outlined above alone account for in excess of 50 hours of volunteer input each month, highlighting the essential role volunteers play in maintaining and developing our services.</p>

Other		NA

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>Key achievements during this reporting period include:</p> <ul style="list-style-type: none"> • Over 404 men referred for affordable or fully funded counselling support. • Introduction of new regular activities, including Sim Racing, Saturday Social Breakfast Club, and Menfulness Yoga. • Participation of over 40 runners in our third York 10k, raising awareness and visibility for men's mental health. • A continued commitment to volunteer development, including the provision of Mental Health First Aid training, bereavement training, and wellbeing sessions for all volunteers. • Selection as the charity partner of the York Knights. • Appointment as a partner organisation on the Mayor's Men's Mental Health Board. • Delivery of keynote presentations at a range of local and regional events. <p>These achievements demonstrate Menfulness' continued growth and increasing presence across the city. Membership continues to grow at pace, and the range and calibre of organisations choosing to work with us reflects our rising credibility. This increased profile supports greater awareness of men's mental health and strengthens our potential to secure larger grants and donations to sustain and expand 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		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

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 (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	
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	

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	
Other name the charity uses	
Registered charity number	
Charity's principal address	

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				
2				
3				
4				
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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)

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

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

--	--

Position (eg Secretary,
Chair, etc)

--	--

Date

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Menfulness CIO

No (if any)
1199085

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2024

To

Period end date
31/03/2025

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	115,241	-	-	115,241	93,381
Fund raising	6,262	-	-	6,262	9,906
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	121,504	-	-	121,504	103,287
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	121,504	-	-	121,504	103,287
A3 Payments					
Advertising	1,062	-	-	1,062	4,468
Activities	42,698	-	-	42,698	29,906
Office Admin	14,203	-	-	14,203	10,237
Storage	-	-	-	-	2,611
Sundry	517	-	-	517	605
Travel	85	-	-	85	830
Professional Fees	102	-	-	102	2,070
Merchandise	7,211	-	-	7,211	6,849
	-	-	-	-	-
Sub total	65,877	-	-	65,877	57,575
A4 Asset and investment purchases, (see table)					
Equipment	5,691	-	-	5,691	1,283
Merchandise stock	790	-	-	790	-
	-	-	-	-	1,480
Sub total	6,481	-	-	6,481	2,763
Total payments	72,358	-	-	72,358	60,337
Net of receipts/(payments)	49,145	-	-	49,145	42,950
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	54,151	-	-	54,151	11,201
Cash funds this year end	103,296	-	-	103,296	54,151

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	103,296	-	-
		-	-	-
		-	-	-
	Total cash funds	103,296	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
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 31/03/2025.

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 30/01/26

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