

WALK N TALK 4 MENTAL HEALTH

England & Wales · Charity number 1199185

Details

Status Registered

Legal form CIO

Registered 2022-06-06

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

Contact

Address 68 Wiltshire Crescent
Basingstoke
RG22 5FE

Phone 07795423101

Email contact@walkntalk4mentalhealth.org

Website www.walkntalk4mentalhealth.org

Activities

Objects: THE OBJECTS OF THE CIO ARE TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY ORGANISING WALKS WITH TRAINED MENTAL HEALTH FIRST AIDERS IN ORDER TO BRING PEOPLE TOGETHER TO EDUCATE THEM ABOUT THE SPECTRUM OF MENTAL HEALTH LOOKING AT BOTH OPTIMUM AND POOR MENTAL HEALTH, AND TO NORMALISE DISCUSSIONS IN A RELAXED RECREATIONAL ENVIRONMENT.

Activities: Walk N Talk 4 Mental Health offer regular weekly walks in Andover, Romsey and Basingstoke. We also have events from time to time and offer talks on lived mental health challenges and overcoming adversity.

Classification

- **How:** Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Hampshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£599	£1,075	-	-
2024-04-05	£295	£775	-	-
2023-04-05	£2,018	£995	-	-

Trustees

Name	Role	Appointed
Katherine Helen Marsh		2022-06-01
Stephen Anthony Murray		2025-11-13
Thomas Derek Price		2025-11-13

WALK N TALK 4 MENTAL HEALTH

England & Wales - Charity number 1199185

Accounts



Trustees' Annual Report for the period

	Period start date			Period end date		
	01	04	2024	30	03	2025
From				To		

Section A Reference and administration details

Charity name

Walk N Talk 4 Mental Health

Other names charity is known by

Registered charity number (if any)

1199185

Charity's principal address

68 Wiltshire Crescent

Basingstoke

Postcode RG22 5FE

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	Marcus Marsh	Chairman		
2	Katherine Marsh	Treasurer		
3	Steven Pearce			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the charity are to preserve and protect physical and mental health for the public benefit by organising walks with trained mental health first aiders in order to bring people together to educate them about the spectrum of mental health looking at both optimum and poor mental health, and to normalise discussions in a relaxed recreational environment.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

We currently run 4 weekly group walks in Andover, Basingstoke and Romsey.

Walks in Headley Down and one of the walks in Andover are currently suspended due to lack of walk leaders and walker participation.

We are looking to start another walk in Fleet, though the trustees feel that the core is in Andover and this where our effects should be concentrated.

We are looking to obtain funding to subsidise/pay for Mental Health First Aid Training for walk leaders, through Mental Health First Aid England.

We are looking to obtain funding for promotional material, such as banners, flyers, posters etc

We hold one off walks, in addition to the above.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are also looking to hold local events and participate in local events held by other groups, to promote and raise awareness of Walk N Talk 4 Mental Health.

We are looking to collaborate with other local organisations to promote and raise awareness of Walk N Talk 4 Mental Health

We would like to bring in another couple of Trustees to broaden the expertise e.g. a clinical trustee, in Andover and another business person

Summary of the main achievements of the charity during the year

Stabilising the number of people walking and the number of walks offered.

Sponsored walk, in the Malvern Hills, to raise money for the charity.

Attending various networking events to raise awareness of the charity.

Taking on variously skilled volunteers – with the aim to grow the charity.

Creating a CRM account – to manage and grow the charity's reach.

Developing a strategy to grow the charity, including funding.

Section E Financial review

Brief statement of the charity's policy on reserves

Self funded at present, with a view to keeping a small amount in reserves – any large reserves to be used to benefit our members and grow the charity.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Kate Marsh</i>	
Full name(s)	KATHERINE MARSH	
Position (eg Secretary, Chair, etc)	TREASURER	
Date	3.11.25.	



CHARITY COMMISSION
FOR ENGLAND AND WALES

WALK N TALK 4 MENTAL HEALTH

1199185

Receipts and payments accounts

CC16a

For the period
from

06.04.2024


To

05.04.2025

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 Fundraising	599	-	-	599	45
Grants	-	-	-	-	-
Calendars	-	-	-	-	-
Leaflet delivery	-	-	-	-	250
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	599	-	-	599	295
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	599	-	-	599	295
A3 Payments					
JP Training	-	-	-	-	-
Bulpitt Printing - Calendars	-	-	-	-	-
Social Media	427	-	-	427	214
Insurances	219	-	-	219	174
Adore Café - Romsey Launch	-	-	-	-	47
Events / Networking	429	-	-	429	340
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,075	-	-	1,075	775
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,075	-	-	1,075	775
Net of receipts/(payments)	- 476	-	-	- 476	- 480
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	543	-	-	543	-
Cash funds this year end	67	-	-	67	480

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 Account balance	67	-	-
		-	-	-
		-	-	-
	Total cash funds	67	-	-
(agree balances with receipts and payments account(s))				
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	
		KATHERINE MARSH	3.11.25	

WALK N TALK 4 MENTAL HEALTH

England & Wales - Charity number 1199185

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	06	06	2022		30	03	2024

Section A Reference and administration details

Charity name **Walk N Talk 4 Mental Health**

Other names charity is known by

Registered charity number (if any) **1199185**

Charity's principal address **68 Wiltshire Crescent**
Basingstoke
Postcode RG22 5FE

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	Marcus Marsh	Chairman		
2	Katherine Marsh	Treasurer		
3	Steven Pearce		From September 2023	
4				
5				
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18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution
How the charity is constituted <i>(eg. trust, association, company)</i>	Charitable Incorporated Organisation
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Appointed by existing trustees

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the charity are to preserve and protect physical and mental health for the public benefit by organising walks with trained mental health first aiders in order to bring people together to educate them about the spectrum of mental health looking at both optimum and poor mental health, and to normalise discussions in a relaxed recreational environment.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

We currently run 5 weekly group walks in Andover, Basingstoke and Romsey.

We are currently looking to set up another walk in Bordon, in conjunction with the local NHS.

We are looking to subsidise/pay for Mental Health First Aid Training for walk leaders, through Mental Health First Aid England.

We hold one off walks, in addition to the above.

We also hold "one to one" walks.

We also issue monthly Newsletters to people that sign up to it, to help them with their Mental Health.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are also looking to hold local events and participate in local events held by other groups, to promote and raise awareness of Walk N Talk 4 Mental Health.

We are looking at under cover venues, and other alternatives, for when the weather is inclement.

Summary of the main achievements of the charity during the year

The growth in the number of people walking and the number of walks offered.

Taking on Andy Wildes and Vanessa Walsh – volunteers to take on marketing and administration roles within the charity.

Creating a Google Workspace account – website and email addresses are fully coordinated.

Developing a strategy to grow the charity, including funding.

(Looking to organise one big walk each year – like the Malvern Hills challenge (October 2024) – to raise awareness and donations for the charity.

Also looking at a free day out for our walkers, from all areas.)

Section E

Financial review

Brief statement of the charity's policy on reserves

Self funded at present, with a view to keeping a small amount in reserves – any large reserves to be used to benefit our members and grow the charity.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Empty box for other optional information.

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Kate Marsh</i>	<i>MARSH</i>
Full name(s)	KATHERINE MARSH	MARSH EDWIN MARSH
Position (eg Secretary, Chair, etc)	Treasurer.	CHAIR
Date	22.5.24	



Receipts and payments accounts

CC16a

For the period
from

06.06.2023

To

05.04.2024

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 Fundraising	45	-	-	45	667
Grants	-	-	-	-	1,000
Calendars	-	-	-	-	201
Leaflet delivery	250	-	-	250	150
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	295	-	-	295	2,018
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	295	-	-	295	2,018
A3 Payments					
JP Training	-	-	-	-	236
Bulpitt Printing - Calendars	-	-	-	-	400
Social Media	214	-	-	214	201
Insurances	174	-	-	174	158
Adore Café - Romsey Launch	47	-	-	47	-
Events / Networking	340	-	-	340	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	775	-	-	775	995
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	775	-	-	775	995
Net of receipts/(payments)	- 480	-	-	- 480	1,023
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,023	-	-	1,023	-
Cash funds this year end	543	-	-	543	1,023

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 Account balance	543	-	-
		-	-	-
		-	-	-
	Total cash funds	543	-	-
(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			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	MARCS MARSH	22.5.24
	KATE MARSH	22.5.24

WALK N TALK 4 MENTAL HEALTH

England & Wales - Charity number 1199185

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

WALK N TALK 4 MENTAL HEALTH

1199185

Receipts and payments accounts

CC16a

For the period
from

06.06.2022

To

05.04.2023


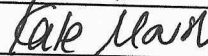
Section A Receipts and payments

	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 Fundraising	667	-	-	667	-
Grants	1,000	-	-	1,000	-
Calendars	201	-	-	201	-
Leaflet delivery	150	-	-	150	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,018	-	-	2,018	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,018	-	-	2,018	-
A3 Payments					
JP Training	236	-	-	236	-
Bulpitt Printing - Calendars	400	-	-	400	-
Social Media	201	-	-	201	-
Insurances	158	-	-	158	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	995	-	-	995	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	995	-	-	995	-
Net of receipts/(payments)	1,023	-	-	1,023	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	1,023	-	-	1,023	-

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 Account balance	1,023	-	-
		-	-	-
		-	-	-
	Total cash funds <small>(agree balances with receipts and payments account(s))</small>	1,023	-	-
	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
	MARCUS MARSH	22.5.24
	KATE MARSH	22.5.24