



# Trustees' Annual Report for the period

	Period start date			Period end date			
	06	06	2022		30	03	2024
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		From September 2023	
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 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

## 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>MA202</i>
Full name(s)	KATHERINE MARSH	MA202S EDWIN MARSH
Position (eg Secretary, Chair, etc)	Treasurer.	CHAIR
Date	22.5.24	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

WALK N TALK 4 MENTAL HEALTH

1199185

## 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 £
<b>A1 Receipts</b>					
Donations and Fundraising	45	-	-	45	667
Grants	-	-	-	-	1,000
Calendars	-	-	-	-	201
Leaflet delivery	250	-	-	250	150
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>295</b>	<b>-</b>	<b>-</b>	<b>295</b>	<b>2,018</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>295</b>	<b>-</b>	<b>-</b>	<b>295</b>	<b>2,018</b>
<b>A3 Payments</b>					
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	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>775</b>	<b>-</b>	<b>-</b>	<b>775</b>	<b>995</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>775</b>	<b>-</b>	<b>-</b>	<b>775</b>	<b>995</b>
<b>Net of receipts/(payments)</b>	<b>- 480</b>	<b>-</b>	<b>-</b>	<b>- 480</b>	<b>1,023</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>1,023</b>	<b>-</b>	<b>-</b>	<b>1,023</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>543</b>	<b>-</b>	<b>-</b>	<b>543</b>	<b>1,023</b>



## 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 £
<b>B1 Cash funds</b>	Bank Account balance	543	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	543	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>		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
		MARCS MARSH	22.5.24
		KATE MARSH	22.5.24