



Trustees' Annual Report for the period

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

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 | | | | |
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| 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)

| |
|--|
| |
|--|

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.

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)

Kate Marsh

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

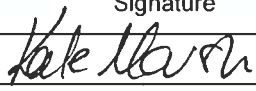
To

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)) | | | |
| | | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B3 Investment assets | | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B4 Assets retained for the charity's own use | | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B5 Liabilities | | 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 |
| | | | | |