

# ITBTT FOUNDATION

England & Wales · Charity number 1204433

## Details

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Other names	IT TAKES BALLS TO TALK
Status	Registered
Legal form	CIO
Registered	2023-08-22
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	It Takes Balls to Talk 1 Innovation Village Cheetah Road Coventry CV1 2TL
Phone	07766433932
Email	<a href="mailto:alexandra.cotton@covwarkpt.nhs.uk">alexandra.cotton@covwarkpt.nhs.uk</a>
Website	<a href="https://ittakesballstotalk.com/">https://ittakesballstotalk.com/</a>

## Activities

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**Objects:** THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH PARTICULARLY MEN BY:- USING A COMMON INTEREST SUCH AS SPORT TO FACILITATE OPEN, CONFIDENTIAL PEER TO PEER DISCUSSIONS- THE PROVISION OF MENTAL HEALTH WORKSHOPS LED BY A MENTAL HEALTH PRACTITIONER

**Activities:** It Takes Balls to Talk is a campaign which uses sporting themes to encourage people, particularly men, to talk about how they feel.SO WHY ARE WE FOCUSING ON MENSuicide is the biggest cause of death in men under the age of 45Over three quarters of people who kill themselves are male (ReferenceONS)5% of men in the UK are suffering from one of the common mental health disorders,

## Classification

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- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£36,145	£3,738	-	-
2024-03-31	£15,344	£421	-	-

## Trustees

Name	Role	Appointed
<b>Victoria Clare Joel</b>	Chair	2022-04-01
Alexandra Cotton		2025-03-01
Dr Alan Malik DTech		2023-04-01
Dr Robert William Holmes		2024-03-08
Matthew Manwaring		2023-04-01
Thomas Stewart Colquhoun		2025-12-10

**ITBTT FOUNDATION**

England & Wales - Charity number 1204433

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# Accounts

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Charity Number 1204433

## **ITBTT Foundation Annual Report**

**2023-24**

### **Charity Overview**

The ITBTT Foundation, registered under charity number 1204433, operates the "It Takes Balls to Talk" campaign. This initiative leverages sporting themes to encourage individuals, particularly men, to discuss their mental health. The campaign addresses critical mental health challenges, noting that suicide is the leading cause of death among men under 45, with over three-quarters of suicides being male. Additionally, 5% of men in the UK suffer from common mental health disorders.

[Charity Commission Register of Charities](#)

### **Trustees' Report for ITBTT Foundation Annual Return and Charity Report: April 2023 - March 2024**

#### **Introduction**

The Trustees present their report for ITBTT Foundation (It Takes Balls to Talk), alongside the financial statements for the year ending 31 March 2024. ITBTT Foundation operates in accordance with its Constitution, adopted on 1 April 2024, and was formally registered with the Charity Commission on 22 August 2023.

#### **Summary Report for the Year Ended 31 March 2024**

Throughout the 2023-24 period, ITBTT Foundation has begun to establish its processes and operating procedures as a newly formed Charity whilst continuing to reach those who have been affected by suicide, who are supporting (particularly men) with their mental health and with organisations who have prioritised the mental health of their workforce in an attempt to tackle the stigma surrounding mental health and suicide. These pressing issues have informed our priorities this year and prompted us to remain agile in our approach.

Encouraged by our charitable status, ITBTT Foundation has prioritised the preservation and protection of good mental health particularly men by using a common interest such as sport to facilitate open, confidential peer to peer discussions and the provision of mental health workshops led by a mental health practitioner.



### **Structure, Governance, and Management**

Our Board of Trustees provides leadership and oversight to ensure ITBTT Foundation fulfils its charitable objectives. The trustees ensure that the foundation adheres to its mission and complies with all regulatory requirements.

The trustees work closely to ensure strong governance, financial management, and strategic direction.

The trustees are listed below

<b>Name</b>	<b>Appointed</b>
Victoria Joel (Chair)	1 April 2023
Matthew Manwaring	1 April 2023
Caroline Button	1 April 2023
Alan Malik	1 April 2023
Dr Robert Holmes	8 March 2024

### **Financial Review**

ITBTT Foundation has established sound financial practices and management during the year, with significant efforts dedicated to developing the ability to develop receiving donations to secure additional investment. These efforts have enabled us to expand our reach and impact, ensuring that we can support our communities effectively. In this short financial year, the charity remains has established itself to be in a strong position to build in the years to come.

### **Acknowledgments**

We extend our heartfelt thanks to our trustees and partners for their unwavering commitment and support in our first, short, year. The dedication enables us to tackle mental health and suicide prevention directly and sensitively.

### **Our Approach**

Guided by insight and evidence, we prioritise interventions in areas and among populations with the greatest need. Geographically, our focus remains on Coventry, Solihull, and Warwickshire, with a particular emphasis on communities that experience high levels of inactivity or face the greatest

### **Registered Office**

c/o Think Active CSW, 1 Mill Street, Leamington Spa, Warwickshire, CV31 1ES

Website: <https://ittakesballstotalk.com/>



### **Activities and Achievements**

Throughout the reporting period, ITBTT Foundation has engaged in various activities to promote mental health awareness:

- **Community Outreach:** ITBTT Foundation have successfully collaborated with local sports clubs and organisations to host or attend events that foster open discussions about mental health. This has included supporting local clubs who have lost a member to suicide and who have bravely reached out to respond positively, to try and understand more and to help others.
- **Educational Workshops:** ITBTT Foundation have 3 trainers, trained, and licensed through 4Mental Health. Sessions focusing on mental health education, aiming to reduce stigma and encourage help-seeking behaviours.
- **Fundraising Donations:** ITBTT Foundation have responded to enquiries to fundraise for the charity and have supported individuals who want to raise money for suicide prevention or because they have been personally affected by suicide. Three donations totalling £712.05 have been received in the period 1 January 2024 – 31 March 2024.



## Financial Overview

As a recently registered charity, the ITBTT Foundation is not yet required to submit detailed financial information. The foundation will provide comprehensive financial statements after the completion of its first financial period, in accordance with Charity Commission guidelines.

[Charity Commission Register of Charities](#)

## Financial Period

ITBTT's financial period is April to March each year. For the purposes of this return, we are covering the period 1 January 2024 (the date we began properly operating as a Charitable Incorporated Organisations) and 31 March 2024, the end of the financial year.

## Financial Reports

To create annual accounts for ITBTT Foundation for the 2023-24 financial year based on the information provided, we have:

1. **Excluded non-income transactions:**
  - £7,528.99 from UHCW Charity (01 Mar 24).
  - £13,337.00 from Think Active CSW (09 Jan 24).
2. **Summarised the transactions:**
  - Separate income, expenses, and balances for clarity.

## Accounts Summary for ITBTT Foundation (2023-24)

### Income

Date	Description	Amount (£)
08 Jan 24	Bagot Arms Golf Society	6,750.00
02 Feb 24	Coventry and Warwickshire CW MIND ITBTT 2-24	4,127.10
04 Mar 24	Hands D & G Gary Hands	250.00
04 Mar 24	JustGiving (3622678)	780.59
06 Mar 24	Exasoft Limited	2,532.01
11 Mar 24	JustGiving (3693190)	96.69
18 Mar 24	JustGiving (3706096)	562.21

**IT TAKES  
BALLS  
TO TALK**

22 Mar 24	GBS NatWest Coventry & Warwickshire Partnership Trust	192.00
25 Mar 24	JustGiving (3718844)	53.15
<b>Total</b>		<b>15,343.75</b>

**Expenditure**

<b>Date</b>	<b>Description</b>	<b>Amount (£)</b>
20 Feb 24	Markel UK Ltd Insurance	302.40
11 Mar 24	7207 Almanack	3.50
11 Mar 24	7207 Almanack	115.45
<b>Total</b>		<b>421.35</b>

**Balance**

<b>Date</b>	<b>Description</b>	<b>Amount (£)</b>
<b>08 January 2024</b>	Opening Balance	20,865.99
	Total Income	15,343.75
	Total Expenditure	421.35
<b>31 March 2024</b>	<b>14,922.40</b>	<b>35,788.39</b>

**Notes:**

1. Balances carried forward include previous income of £7,528.99 and £13,337.00.
2. All deposits from JustGiving, Exasoft Limited, Bagot Arms Golf Society, and other sources have been classified as income.
3. Expenditure includes Markel UK Ltd insurance and two payments to Almanack.
4. Closing balance reflects the funds available at the end of the financial year.



### **Public Benefit Statement**

The ITBTT Foundation is committed to promoting mental well-being by encouraging open conversations about mental health among men. By addressing the stigma associated with mental health issues, the foundation aims to reduce suicide rates and improve overall community well-being.

### **Future Plans**

Looking ahead, the foundation plans to expand its outreach efforts, develop new partnerships with sports organisations, and enhance its educational programmes to further its mission of promoting mental health awareness.

### **Contact Information**

For more information or to get involved with the ITBTT Foundation, please visit our website:

[Charity Choice](#)

**Commitment to Good Governance:** This report is prepared in accordance with UK Charity Commission guidelines and UK law, reflecting the foundation's commitment to transparency and public accountability.