

MENTALK SWALE

England & Wales · Charity number 1207036

Details

Other names	MENTALK SITTINGBOURNE
Status	Registered
Legal form	CIO
Registered	2024-02-15
Register	View on the Charity Commission register

Contact

Address	5 Park Road Sittingbourne ME10 1DR
Phone	07595731909
Email	mentalkswale@gmail.com

Activities

Objects: THE OBJECTS OF THE CIO ARE: FOR THE PUBLIC BENEFIT, THE RELIEF OF MEN IN NEED WITHIN THE CONSTITUENCY BOUNDARY OF SWALE BOROUGH COUNCIL, WHO MAY BE EXPERIENCING OR AT RISK OF EXPERIENCING POOR MENTAL HEALTH, BY MEANS OF, BUT NOT EXCLUSIVELY: A) INCREASING AWARENESS OF, AND REDUCING THE STIGMA ATTACHED TO, MEN'S MENTAL HEALTH AND MALE SUICIDE; B) CREATING CONTENT, EVENTS, PARTNERSHIPS AND EXPERIENCES THAT ENCOURAGE MEN TO SHARE THEIR OWN INNER STRUGGLE IN A FRIENDLY AND SUPPORTIVE ENVIRONMENT.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£41,126	£31,995	-	-
2024-12-31	£26,123	£23,347	-	-

Trustees

Name	Role	Appointed
CHRISTINE WHITE	Chair	
GRAEMELUKE LLOYD		2024-02-15
Jason Firmager		
Nicholas Childs		
Paul Stephen		
Simon Clark		

MENTALK SWALE

England & Wales - Charity number 1207036

Accounts

2025 MenTalk Swale Trustee Report

"Behind every number is a life, a family, and a second chance"

Here's what the Mentalk community have achieved together.
Our impact in Numbers

26

SUICIDES PREVENTED

Since our launch in 2022

Men supported through Mentalk groups, initiatives and outreach

1500+

8

Schools supported with mental health awareness and early intervention from MenTalk Health.

MenTalk Events held including usual weekly meetings, charity fundraising, Sunday walking group and ...

115

15

Acres of well being land with our project hosting cabins, food areas, and nature-based recovery activities.

Online views on a single Mentalk awareness post, helping reach men who may be struggling in silence.

345k

80%

Of our team trained by paramedics in life-saving response, defibrillators carried at meetings and events

"I came here with a plan to end my life. That night didn't fix everything; but it saved me"

— Anonymous MenTalk group member.

Men's Mental Health continues to be national crisis. How we will continue to meet this challenge...

Career Pathways: Linking men with Jobcentres and local employers.

Addiction Support: Integrated partnerships with drug and alcohol services.

Healthier Workplaces: Raising awareness of neurodiversity and mental health at work.

Court Advocacy: Providing mental health support as a catalyst for reform.

Community Bonds: Connecting men through creative and social sessions.

Local Support: Driven by community donations and business backing.

Mentalk Hub: Open safe space open for men to meet, connect, and access support

Real Talk Podcast: Education and awareness, now in digital format.

Scalable Impact: Growing throughout Swale, Ashford, and beyond.

MENTALK SWALE

**TRUSTEES REPORT AND
FINANCIAL STATEMENT**

**FOR THE PERIOD
1ST JANUARY 2025 UNTIL
31ST DECEMBER 2025**

Produced by Swale Community and Voluntary Services

Mentalk Swale

**Reference and Administrative Details of the Charity, it's Trustees and Advisers
For the period 1st January 2025 until 31st December 2025**

Trustees Chris White (Chair)
Nick Childs (Treasurer)
Jason Firmager
Graeme Lloyd
Paul Stephen
Simon Clark

**Charity Registered
Number** 1207036

Principal Office 5 Park Road
Sittingbourne
Kent ME10 1DR

**Independent
Examiner** Mrs S Richards

Bankers Lloyds Bank plc
125 High Street
Sittingbourne
Kent ME10 4BD

Mentalk Swale

Trustees' report

For the period 1st January 2025 until 31st December 2025

The Trustees submit their annual report and the financial statements of Mentalk Swale (the charity) for the period 1st January 2025 until 31st December 2025. The Trustees confirm that the annual report and financial statements of the charity comply with current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in March 2005.

Structure, governance and management

a. Method of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Charity Commission Scheme.

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The Board of Trustees shall meet not less than four times a year.

c. Risk management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and are satisfied that systems are in place to mitigate our exposure to the major risks.

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The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice applicable to smaller charities.

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This report was approved by the Trustees on 18th February 2026 and signed on its behalf, by:

C White

Mrs C White, Chair

MenTalk Swale

Registered Charity Number 1207036

Statement of Financial Activities for the Period 1st January 2025 to 31st December 2025

	Current Year £	Prior Year £
Incoming Resources		
Donations and legacies	26,616.35	23,731.30
Charitable Activities	10,000.00	0.00
Other trading activities	4,454.65	2,391.95
Investment Income	54.58	0.00
Total Incoming Resources	41,125.58	26,123.25
Resources Expended		
Charitable Activities	31,994.64	23,346.76
Total Resources Expended	31,994.64	23,346.76
Movement in total funds for the year -		
Net income for the year	9,130.94	2,776.49
Total Funds as at 1st January 2025	5,347.38	2,570.89
Total Funds as at 31st December 2025	14,478.32	5,347.38

MenTalk Swale

Registered Charity Number 1207036

Statement of Financial Position for the Period 1st January 2025 to 31st December 2025

	Current Year £	Prior Year £
Fixed Assets		
Intangible Assets	0.00	0.00
Tangible Assets	0.00	0.00
Current Assets		
Cash at Bank	14,478.32	5,347.38
Debtors	0.00	0.00
Less Creditors	0.00	0.00
Net Current Assets	14,478.32	5,347.38
Total Assets Less Current Liabilities	14,478.32	5,347.38
Funds of the Charity		
General	14,478.32	5,347.38
Total Funds	14,478.32	5,347.38

INDEPENDENT EXAMINATION

I can confirm in my opinion that the financial statements give a true and fair view of the state of the charity's affairs as at 31st December 2025

Signature of Independent Examiner S. Richards (Mrs S Richards)

Date 4/2/2026

MenTalk Swale

Registered Charity Number 1207036

Income and Expenditure Account for the Period 1st January 2025 to 31st December 2025

Income	Current Year	Prior Year
	£	£
Donations	9,091.00	7,349.93
Fleet Retail Donations	5,200.00	3,900.00
All Vehicle Donations	3,000.00	2,500.00
Neighbourly Foundation Donations	4,980.00	0.00
Bournes Sponsorship	0.00	600.00
Cartref Homes Fundraising Donation	1,543.35	0.00
Fundraising Events	4,454.65	2,391.95
Geese Project Donation	0.00	3,364.76
Councillor Members Grants	2,397.00	2,250.00
Grants	10,000.00	0.00
Bequests	405.00	3,766.61
Interest	54.58	0.00
Total Income	41,125.58	26,123.25
Expenditure	Current Year	Prior Year
	£	£
Property Insurance	384.00	343.53
Equipment/podcast setup	1,212.86	2,949.45
Subscriptions	335.88	193.19
Utilities	2,614.13	1,434.40
Advertising/Website Design	18.36	1,117.77
Staff Costs	4,000.00	0.00
Counselling	8,700.00	7,500.00
Rent	8,000.00	6,150.00
Project Costs/Shed	2,877.13	700.00
Event costs/refreshments	831.90	691.35
Gifts	0.00	100.00
Merchandise/Clothing	1,016.80	1,720.77
Cleaning	0.00	446.30
Training costs	900.00	0.00
Volunteer expenses	1,103.58	0.00
Total Expenditure	31,994.64	23,346.76
Surplus (Deficit) for the year	9,130.94	2,776.49
Surplus B/Fwd from Previous Years	5,347.38	2,570.89
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MENTALK SWALE

**TRUSTEES REPORT AND
FINANCIAL STATEMENT**

**FOR THE PERIOD
1ST JANUARY 2025 UNTIL
31ST DECEMBER 2025**

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Mentalk Swale

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Mentalk Swale

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CAW hte

Mrs C White, Chair

MenTalk Swale

Registered Charity Number 1207036

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MENTALK SWALE

England & Wales - Charity number 1207036

Accounts

MenTalk Swale Trustee Report

24

SUICIDES PREVENTED

Since our launch in 2022

Individual men who attended free weekly mental health groups sessions in 2024

500

350

School age children and young adults who have received mental health advice from MenTalk Health

MenTalk Events held including usual weekly meetings, charity fundraising, Sunday walking group and ...

115

"MenTalk helped save my life and helped start my journey to recovery."

— Anonymous MenTalk group member.

Feb '24

Our community outreach group assists deprived local resident to move home

Feb '24

In recognition of the groups work we are awarded charitable status by Charities Commision

May '24

MenTalk awarded "Outstanding contribution to the Community" by Mayor of Swale

June '24

Charity football match raises over £2800 for MenTalk. In memory of 2 group members who lost their life

June '24

Mental Health support delivered to HMP Elmley staff

Oct '24

2 year anniversary of the formation of MenTalk

Nov '24

Second wave of podcasts recorded and released

Dec '24

MenTalk secures an acre of land for outdoor activity and nature space.

For The Public Benefit, The Relief Of Men In Need Within The Constituency Boundary Of Swale Borough Council, Who May Be Experiencing Or At Risk Of Experiencing Poor Mental Health, By Means Of, But Not Exclusively: A) Increasing Awareness Of, And Reducing The Stigma Attached To, Men's Mental Health And Male Suicide; B) Creating Content, Events, Partnerships And Experiences That Encourage Men To Share Their Own Inner Struggle In A Friendly And Supportive Environment.

MENTALK SWALE

**TRUSTEES REPORT AND
FINANCIAL STATEMENT**

**FOR THE PERIOD
15TH FEBRUARY 2024 UNTIL
31ST DECEMBER 2024**

Produced by Swale Community and Voluntary Services

Mentalk Swale

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For the period 15th February 2024 until 31st December 2024**

Trustees Chris White (Chair)
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Jason Firmager
Graeme Lloyd
Paul Stephen
Simon Clark

**Charity Registered
Number** 1207036

Principal Office 5 Park Road
Sittingbourne
Kent ME10 1DR

**Independent
Examiner** Mrs J M Carter DipACB

Bankers Lloyds Bank plc
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Mentalk Swale

Trustees' report

For the period 15th February 2024 until 31st December 2024

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This report was approved by the Trustees on 13th February 2025 and signed on its behalf, by:



Mrs C White, Chair

MENTALK SWALE
BALANCE SHEET AS AT 31/12/2024

**CURRENT
ASSETS**

CASH AT BANK £5,347.38
Current Account

DEBTORS 0.00

**CURRENT
LIABILITIES**

PAYMENTS RECEIVED IN 0.00
ADVANCE

NET ASSETS

£5,347.38

FUNDS

UNRESTRICTED FUNDS £5,347.38

TOTAL FUNDS

£5,347.38

MENTALK SWALE

INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD 15TH FEBRUARY 2024 UNTIL 31ST DECEMBER 2024

INCOME

Bequest	£3,766.61
Fleet Retail Donations	£3,900.00
All Vehicle Donations	£2,500.00
Bournes Sponsorship Donations	£600.00
Charity Football Match	£7,349.93
Geese Project Donation	£2,391.95
Swale Councillors' Donations	£3,364.76
	£2,250.00

TOTAL INCOME **£26,123.25**

EXPENDITURE

Property Insurance	£343.53
Equipment including podcast setup	£2,728.74
Subscriptions	£193.19
Counselling	£7,500.00
Furnishings for Hub	£220.71
Events including refreshments	£691.35
Rent	£6,150.00
Utilities	£1,434.40
Merchandise	£395.22
Clothing	£1,325.55
Cleaning	£446.30
Advertising/Website Design	£1,117.77
Gift	£100.00
Project Costs	£700.00

TOTAL EXPENDITURE **£23,346.76**

SURPLUS/DEFICIT **£2,776.49**

Balance B/Fwd **£2,570.89**

BALANCE C/FWD **£5,347.38**

MENTALK SWALE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD 15TH FEBRUARY 2024 UNTIL 31ST DECEMBER 2024

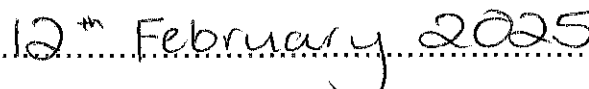
	Total Funds
Incoming Resources	
Voluntary Income	£26,123.25
Investment Income	
Other incoming resources	
Total Incoming Resources	£26,123.25
Resources Expended	
Charitable Activities	£23,346.76
Governance Costs	
Total Resources Expended	£23,346.76
Movement in total funds for the year -	
Net income for the year	£2,776.49
Total Funds as at 15 th February 2024	£2,570.89
Total Funds as at 31st December 2024	£5,347.38

INDEPENDENT EXAMINATION

I can confirm in my opinion that the financial statements give a true and fair view of the state of the charity's affairs as at 31st December 2024

Signed..........

Mrs J M Carter DipACB, Independent Examiner

Date..........

MENTALK SWALE

**TRUSTEES REPORT AND
FINANCIAL STATEMENT**

**FOR THE PERIOD
15TH FEBRUARY 2024 UNTIL
31ST DECEMBER 2024**

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MENTALK SWALE
BALANCE SHEET AS AT 31/12/2024

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Current Account

DEBTORS 0.00

**CURRENT
LIABILITIES**

PAYMENTS RECEIVED IN 0.00
ADVANCE

NET ASSETS

£5,347.38

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UNRESTRICTED FUNDS £5,347.38

TOTAL FUNDS

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Counselling	£7,500.00
Furnishings for Hub	£220.71
Events including refreshments	£691.35
Rent	£6,150.00
Utilities	£1,434.40
Merchandise	£395.22
Clothing	£1,325.55
Cleaning	£446.30
Advertising/Website Design	£1,117.77
Gift	£100.00
Project Costs	£700.00

TOTAL EXPENDITURE **£23,346.76**

SURPLUS/DEFICIT **£2,776.49**

Balance B/Fwd **£2,570.89**

BALANCE C/FWD **£5,347.38**

MENTALK SWALE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD 15TH FEBRUARY 2024 UNTIL 31ST DECEMBER 2024

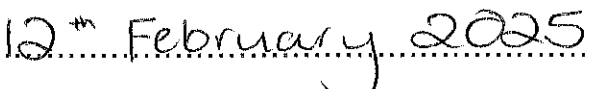
	Total Funds
Incoming Resources	
Voluntary Income	£26,123.25
Investment Income	
Other incoming resources	
Total Incoming Resources	£26,123.25
Resources Expended	
Charitable Activities	£23,346.76
Governance Costs	
Total Resources Expended	£23,346.76
Movement in total funds for the year -	
Net income for the year	£2,776.49
Total Funds as at 15 th February 2024	£2,570.89
Total Funds as at 31st December 2024	£5,347.38

INDEPENDENT EXAMINATION

I can confirm in my opinion that the financial statements give a true and fair view of the state of the charity's affairs as at 31st December 2024

Signed..........

Mrs J M Carter DipACB, Independent Examiner

Date..........