

MenTalk Swale Trustee Report

24 SUICIDES PREVENTED
Since our launch in 2022

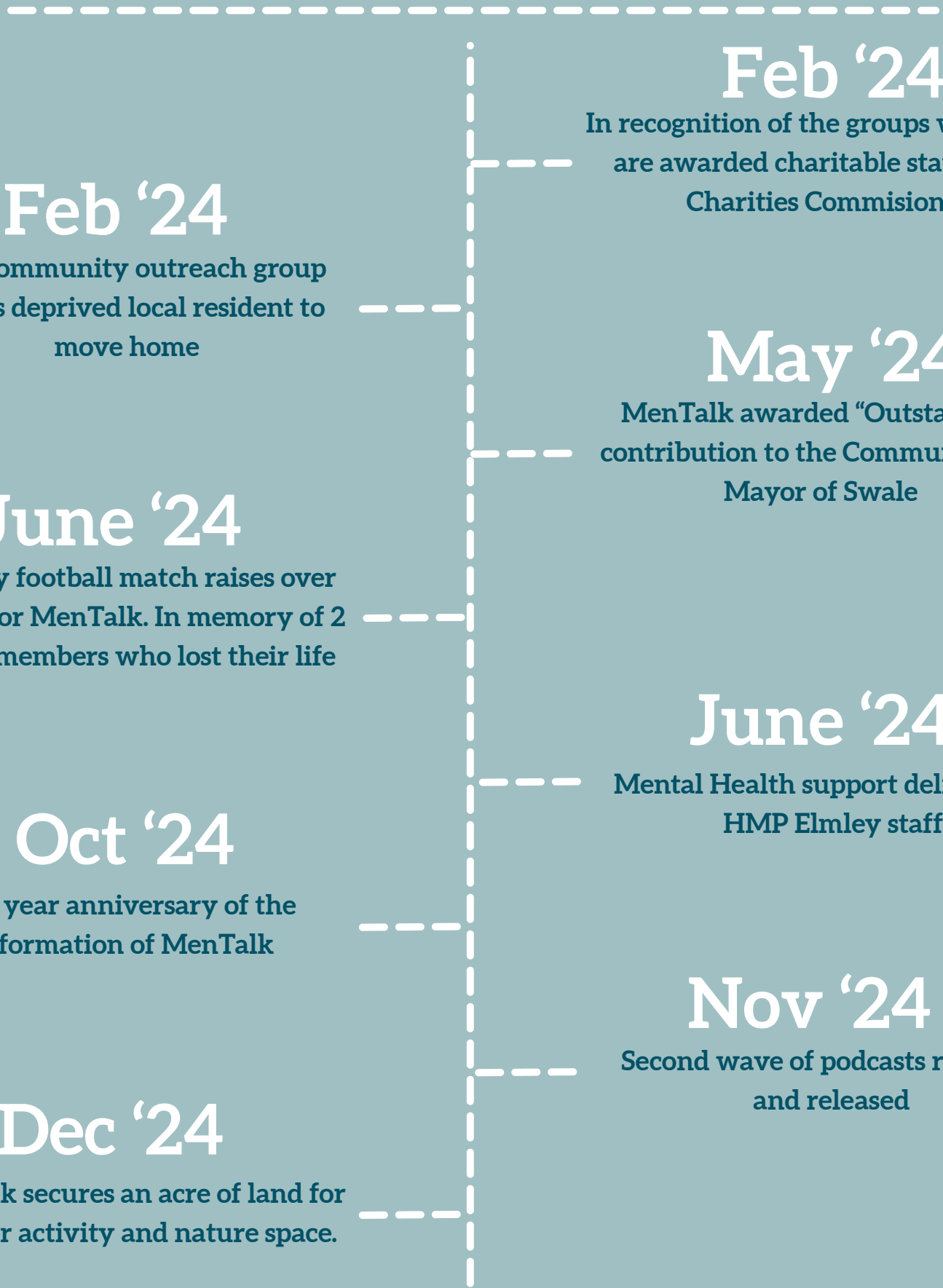
Individual men who attended free weekly mental health groups sessions in 2024 **500**

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.



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

Reference and Administrative Details of the Charity, it's Trustees and Advisers For the period 15th February 2024 until 31st December 2024

Trustees	Chris White (Chair) Nick Childs (Treasurer) Jason Firmager Graeme Lloyd Paul Stephen Simon Clark
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Charity Registered Number	1207036
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Principal Office	5 Park Road Sittingbourne Kent ME10 1DR
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Independent Examiner	Mrs J M Carter DipACB
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Bankers	Lloyds Bank plc 125 High Street Sittingbourne Kent ME10 4BD
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Mentalk Swale

Trustees' report

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

The Trustees submit their annual report and the financial statements of Mentalk Swale (the charity) for the period 15th February 2024 until 31st December 2024. 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.

The Honorary Officers of the Service shall be elected from the members of the Service at the Annual General Meeting and shall hold office from the end of that meeting.

The Board of Trustees has the power to co-opt persons whether or not being members of the Service to serve on the Board, provided that the number of such co-opted members shall not exceed one-fourth of the total number of elected members serving on the Board at any one time.

b. Organisational structure and decision making

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.

d. Trustees' responsibilities

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.

Law applicable to charities in England/Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that period. In preparing those financial statements the Trustees have:

- Selected suitable accounting policies and applied them consistently
- Made judgements and estimates that are reasonable and prudent
- Prepared the financial statements on the going concern basis (unless it is inappropriate to presume that the charity will continue in operation)

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the detection and prevention of fraud and other irregularities.

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 Current Account	£5,347.38
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DEBTORS	0.00
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**CURRENT
LIABILITIES**

PAYMENTS RECEIVED IN ADVANCE	0.00
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NET ASSETS

£5,347.38

FUNDS

UNRESTRICTED FUNDS	£5,347.38
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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	£600.00
Donations	£7,349.93
Charity Football Match	£2,391.95
Geese Project Donation	£3,364.76
Swale Councillors' Donations	£2,250.00

TOTAL INCOME	£26,123.25
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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
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SURPLUS/DEFICIT	£2,776.49
Balance B/Fwd	£2,570.89

BALANCE C/FWD	£5,347.38
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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.....12th February 2025.....

MENTALK SWALE

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