

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
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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 S Richards
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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 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.

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 18th February 2026 and signed on its behalf, by:

CA 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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