

MEN AND THEIR EMOTIONS

England & Wales · Charity number 1207505

Details

Other names	M.A.T.E
Status	Registered
Legal form	CIO
Registered	2024-03-19
Register	View on the Charity Commission register

Contact

Address	Sopher & Co 1-3 Mount Street London W1K 3NB
Phone	07785612607
Email	info@menandtheiremotions.org.uk
Website	https://www.menandtheiremotions.org.uk

Activities

Objects: FOR THE PUBLIC BENEFIT, THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH, PARTICULARLY AMONG MEN SUFFERING FROM MENTAL ILL HEALTH IN PARTICULAR, BUT NOT EXCLUSIVELY, BY THE PROVISION OF SUPPORT, INFORMATION AND ADVICE FROM PSYCHOTHERAPISTS, PSYCHOLOGISTS OR SIMILAR PROFESSIONALS VIA EVENTS, SEMINARS AND WORKSHOPS.

Activities: We are a Men's Mental Health charity raising funds to support men with mental health issues and addiction. Through fundraising efforts, our team and volunteers are funding counselling for vulnerable men who are unable to otherwise afford the help. We are also partnered with another charity, ADAPT, to help raise money for dry houses.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£43,337	£18,195	-	-
2024-12-31	£0	£0	-	-

Trustees

Name	Role	Appointed
Daniel O'Reilly	Chair	
Marcus Jones		2025-05-07
Ross McNaughton		2025-05-07
Stephen Pearce		

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 1	Month 1	Year 2025		Day 31	Month 12	Year 2025

Section A Reference and administration details

Charity name

Men and Their Emotions

Other names charity is known by

N/a

Registered charity number (if any)

1207505

Charity's principal address

Sopher & Co

1 – 3 Mount Street

London

Postcode: W1K 3NB

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	Daniel O'Reilly	Chair		
2	Marcus Jones		Appointed 7/5/2025	
3	Ross McNaughton		Appointed 7/5/2025	
4	Stephen Pearce			
5	Gary Oke			
6				

Name of chief executive or names of senior staff members (Optional information)

N/a

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 Board

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 CIO are:

- General Charitable Purposes
- The Advancement Of Health Or Saving Of Lives
- Disability
- Other Charitable Purposes

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)

The charity was registered on 19th March 2024. After time spent by the trustees planning for the future and putting into place necessary processes and governance arrangements initial activities commenced in 2025.

We are a men's mental health charity, led by individuals with lived experience. Our mission is to provide a safe, supportive environment where men can seek help for their mental health challenges via Peer-to-Peer advice, guidance and mentoring.

At M.A.T.E, we build a community that fosters support and understanding for men facing mental health issues. We believe in the power of shared experiences and offer a platform for men to connect and find comfort in knowing they are not alone. Join us in breaking the stigma and providing vital resources for men's mental well-being.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

- A successful launch event was held in August 2025.
- Our primary means of supporting men and spreading our message is our moderated Facebook group which now has over 63,000 members.
- A range of MATE merchandise was launched with the aim of building our community and continuing our mission to encourage men to talk openly about their emotions.
- MATE Counselling was launched. Through this we provide up to six weekly sessions, online, 50 minutes each with participants paying just £20 per session. MATE covers the balance of the cost. Men can apply via a dedicated email process.

Section E Financial review

Brief statement of the charity's policy on reserves

The Trustees will not commit to making any donations for charitable purposes greater than the amount of cash already in hand. In the long-term the trustees will aim to hold cash to cover six months average expenditure.

Details of any funds materially in deficit

N/a

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;

With income of and expenditure of xx the closing balance of funds was £25,166 which provides a launchpad for the trustees' plans to expand the reach of MATE in 2026. The majority of income was derived from public donations, plus sponsorship and income from the sales of MATE branded merchandise and from several fundraisers undertaken by men within our community.

Section F Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Gary Oke	Stephen Pearce
Position (eg Secretary, Chair, etc)	Vice Chair of Trustees	Trustee

Date 08/06/2026



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Men and Their Emotions

No (if any)
1207505

Receipts and payments accounts

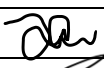
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For the period from	Period start date 01/01/2025	To	Period end date 31/12/2025
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Section A Receipts and payments

	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	29,156	-	-	29,156	-
Sponsorships	5,000	-	-	5,000	-
Fundraising	2,230	-	-	2,230	-
Merchandise sales	6,950	-	-	6,950	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	43,337	-	-	43,337	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	43,337	-	-	43,337	-
A3 Payments					
	-	-	-	-	-
Merchandise purchases	8,107	-	-	8,107	-
Charitable activities	9,978	-	-	9,978	-
Governance costs	109	-	-	109	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	18,195	-	-	18,195	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	18,195	-	-	18,195	-
Net of receipts/(payments)	25,142	-	-	25,142	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	24	24	-
Cash funds this year end	25,142	-	24	25,166	-

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	Cash in bank at 31/12/25	25,166	-	-
		-	-	-
		-	-	-
	Total cash funds	25,166	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	Agreement Error
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Stock of unsold merchandise		-	10,000
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	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
			Gary Oke	11/06/2026
			Stephen Pearce	06/11/2026



12th June 2026

Independent Examination of Accounts – Men and Their Emotions

I certify that I have examined and checked the accounts of Men and Their Emotions, charity number 1207505 for year ending 31st December 2025 and not found any evidence of non-compliance.

A handwritten signature in blue ink, appearing to read "Nick Moore", with a horizontal line drawn underneath the signature.

Nick Moore

Director, 13C Consulting Ltd

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 1	Month 1	Year 2024		Day 31	Month 12	Year 2024

Section A Reference and administration details

Charity name

Men and Their Emotions

Other names charity is known by

N/a

Registered charity number (if any)

1207505

Charity's principal address

First Floor

17 – 19 Foley Street

London

Postcode: W1W 6DW

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	Daniel O'Reilly	Chair		
2	Marcus Jones			
3	Ross McNaughton			
4	Stephen Pearce			
5	Gary Oke			
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15				
16				
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
N/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/a		

Name of chief executive or names of senior staff members (Optional information)

N/a

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 Board

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.

Summary of the objects of the charity set out in its governing document
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)

The objects of the CIO are:

- General Charitable Purposes
- The Advancement Of Health Or Saving Of Lives
- Disability
- Other Charitable Purposes

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.

The charity was registered on 19th March 2024. The trustees spent the remainder of the year planning for the future and putting into place necessary processes and governance arrangements to start work.

As a result, initial activities commenced in 2025. There was no income, nor expenditure during the financial year ending 31st December 2024 and hence no assets held at the year-end.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

As noted above, the charity was in set-up mode during the financial year ending 31st December 2024

Section E Financial review

Brief statement of the charity's policy on reserves

The Trustees will not commit to making any donations for charitable purposes greater than the amount of cash already in hand. In the longterm the trustees will aim to hold cash to cover six months average expenditure.

Details of any funds materially in deficit

N/a

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.

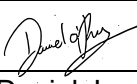
Section F Other optional information



Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Gary Josef Oke	Daniel James O'Reilly
Position (eg Secretary, Chair, etc)	Trustee	Chair of Trustees

Date 03/12/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Men and Their Emotions

No (if any)
1207505

Receipts and payments accounts

CC16a

For the period
from

Period start date
1/1/2024

To

Period end date
31/12/2024

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					
There was nil income during the year	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-

A3 Payments

There was nil expenditure during the year	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-

	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	

Total payments	-	-	-	-	-
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Net of receipts/(payments)	-	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	-	-	-	-	-

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	There were no financial transactions and no cash or other assets held during the year	-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account (s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Details			

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

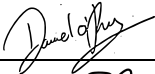
Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
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B5 Liabilities

		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of
all the trustees

Signature	Print Name	Date of approval
	Daniel James O'Reilly	03/12/25
	Gary Josef Oke	03/12/25