



## 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<br>(eg. trust deed, constitution)        | Constitution                         |
| How the charity is constituted<br>(eg. trust, association, company) | Charitable Incorporated Organisation |
| Trustee selection methods<br>(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 19<sup>th</sup> 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

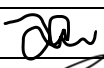
**CC16a**

|                        |                                 |    |                               |
|------------------------|---------------------------------|----|-------------------------------|
| For the period<br>from | Period start date<br>01/01/2025 | To | Period end date<br>31/12/2025 |
|------------------------|---------------------------------|----|-------------------------------|

### Section A Receipts and payments

|                                                       | Unrestricted funds<br>to the nearest £ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
|-------------------------------------------------------|----------------------------------------|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| <b>A1 Receipts</b>                                    |                                        |                                      |                                     |                                 |                               |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
| Donations                                             | 29,156                                 | -                                    | -                                   | 29,156                          | -                             |
| Sponsorships                                          | 5,000                                  | -                                    | -                                   | 5,000                           | -                             |
| Fundraising                                           | 2,230                                  | -                                    | -                                   | 2,230                           | -                             |
| Merchandise sales                                     | 6,950                                  | -                                    | -                                   | 6,950                           | -                             |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total (Gross income for AR)</b>                | <b>43,337</b>                          | <b>-</b>                             | <b>-</b>                            | <b>43,337</b>                   | <b>-</b>                      |
| <b>A2 Asset and investment sales, (see table).</b>    |                                        |                                      |                                     |                                 |                               |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                               | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total receipts</b>                                 | <b>43,337</b>                          | <b>-</b>                             | <b>-</b>                            | <b>43,337</b>                   | <b>-</b>                      |
| <b>A3 Payments</b>                                    |                                        |                                      |                                     |                                 |                               |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
| Merchandise purchases                                 | 8,107                                  | -                                    | -                                   | 8,107                           | -                             |
| Charitable activities                                 | 9,978                                  | -                                    | -                                   | 9,978                           | -                             |
| Governance costs                                      | 109                                    | -                                    | -                                   | 109                             | -                             |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>18,195</b>                          | <b>-</b>                             | <b>-</b>                            | <b>18,195</b>                   | <b>-</b>                      |
| <b>A4 Asset and investment purchases, (see table)</b> |                                        |                                      |                                     |                                 |                               |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
|                                                       | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                               | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total payments</b>                                 | <b>18,195</b>                          | <b>-</b>                             | <b>-</b>                            | <b>18,195</b>                   | <b>-</b>                      |
| <b>Net of receipts/(payments)</b>                     | <b>25,142</b>                          | <b>-</b>                             | <b>-</b>                            | <b>25,142</b>                   | <b>-</b>                      |
| <b>A5 Transfers between funds</b>                     | <b>-</b>                               | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>A6 Cash funds last year end</b>                    | <b>-</b>                               | <b>-</b>                             | <b>24</b>                           | <b>24</b>                       | <b>-</b>                      |
| <b>Cash funds this year end</b>                       | <b>25,142</b>                          | <b>-</b>                             | <b>24</b>                           | <b>25,166</b>                   | <b>-</b>                      |

## Section B Statement of assets and liabilities at the end of the period

| Categories                                                  | Details                                                | Unrestricted funds<br>to nearest £                                                  | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|-------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b>                                        | Cash in bank at 31/12/25                               | 25,166                                                                              | -                                | -                               |
|                                                             |                                                        | -                                                                                   | -                                | -                               |
|                                                             |                                                        | -                                                                                   | -                                | -                               |
|                                                             | <b>Total cash funds</b>                                | 25,166                                                                              | -                                | -                               |
|                                                             | (agree balances with receipts and payments account(s)) | Agreement Error                                                                     | OK                               | Agreement Error                 |
| <b>B2 Other monetary assets</b>                             | Details                                                | Unrestricted funds<br>to nearest £                                                  | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|                                                             |                                                        | -                                                                                   | -                                | -                               |
|                                                             |                                                        | -                                                                                   | -                                | -                               |
|                                                             |                                                        | -                                                                                   | -                                | -                               |
|                                                             |                                                        | -                                                                                   | -                                | -                               |
|                                                             |                                                        | -                                                                                   | -                                | -                               |
|                                                             |                                                        | -                                                                                   | -                                | -                               |
| <b>B3 Investment assets</b>                                 | Details                                                | Fund to which asset belongs                                                         | Cost (optional)                  | Current value (optional)        |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
| <b>B4 Assets retained for the charity's own use</b>         | Details                                                | Fund to which asset belongs                                                         | Cost (optional)                  | Current value (optional)        |
|                                                             | Stock of unsold merchandise                            |                                                                                     | -                                | 10,000                          |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
|                                                             |                                                        |                                                                                     | -                                | -                               |
| <b>B5 Liabilities</b>                                       | 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                      |



12<sup>th</sup> 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**