

Walk and Talk for Men's Mental Health – Charity No. 1207596

Trustees' Annual Report for the period 1st April 2024 to 31st March 2025

Address: 7 Kestrel Way, Leighton Buzzard, Beds, LU7 4AX,

The trustees for this period were:

- David Newey – Chairperson
- Tony Bainbridge – Deputy Chairperson
- Shaun Pope – Secretary
- David Chapman – Treasurer
- Iain Holloway-McLean – Safeguarding Lead
- Christopher Wimshurst - Events Coordinator

Walk and Talk for Men's Mental Health – Leighton Buzzard (also informally known as "Walk & Talk for MENTAL Health") is a registered charity and has been since 25th March 2024. As a charity we are governed by our constitution which was compiled and agreed by the trustees with the support of Community Voluntary Services Beds (CVS Beds).

The trustees are responsible for the overall management and direction of the charity, managing all decision making and governance. All trustees are service users from the charity. Originally the trustees, listed above, were a committee when we operated as a non-profit organisation. Upon achieving charity status, the committee members all became trustees of the charity. Trustees meet regularly throughout the year for meetings to decide on the day-to-day running of the charity and it's overall direction, as well as managing funding and events. All trustee meetings are fully minuted and minutes are retained.

During our first year as a charity we have focused on delivering our core product of accessible walk and talk sessions, offered to local men. In addition to this we have also provided regular talking evenings, regular wellness retreats and other social events such as meals out. These activities have all created a safe, informal space where men can connect with others in a meaningful way, share their experiences and improve both their physical and mental wellbeing. Overall our objective is to offer peer to peer support for Mental Health, to support local men to improve their physical and mental health and to minimise isolation and loneliness for local men. In addition we have provided first aid training to all of our committee members so that they are better equipped to lead walks, In the future we are looking to increase our number of walk leaders and active volunteers and also provide both physical and mental health first aid training to those that are representing and supporting the charity.

We have seen an encouraging and consistent use of our services across our first 12 months as a charity. The awareness of the support and services we offer is growing and we are looking to increase this growth moving forwards. During the last year we lead 25

walks which attracted approximately 6 to 18 men per walk. Overall for this period around 60 local men have regularly engaged with us and our services.

We have provided a separate document detailing the finances for our charity.

The trustees confirm that they have complied with their duty to prepare accounts which give a true and fair view of the charities financial position and activities. I would like to thank all of the trustees for their support and commitment to running the charity during this first year. We look forward to building on these foundations and expanding our reach in the coming year and beyond.

David Newey

Chairperson and Trustee

	April	May	June	July
Opening balance	£395.89	£395.89	£395.89	£3,306.00
Income	£0.00	£0.00	£3,000.00	£0.00
Expenditure	£0.00	£0.00	£89.89	£0.00
Closing balance	£395.89	£395.89	£3,306.00	£3,306.00

Grants	Co-Op	£500.00	20/3/ 2025
	BCLF/Whitbrea	£2,400.00	
	GXO	£3,000.00	

August	September	October	November	December
£3,306.00	£2,724.17	£4,040.28	£5,827.30	£8,566.01
£0.00	£1,472.39	£2,326.66	£3,524.70	£1,471.59
£581.83	£156.28	£539.64	£785.99	£35.00
£2,724.17	£4,040.28	£5,827.30	£8,566.01	£10,002.60

January	February	March
£10,002.60	£10,113.43	£9,825.12
£464.32	£623.64	£2,736.46
£353.49	£911.95	£1,075.00
£10,113.43	£9,825.12	£11,486.58

INCOME	
Grants	£5,900.00
Fundraising & donations	£9,707.77
*Accidental unauthorised payment returned	£11.99
Total income	£15,619.76

Merchandise
Training & development
General reserves
Restricted/ring-fenced funds

EXPENDITURE	
Operating costs	£2,749.32
Events	£1,145.00
Assests	£622.76
*Accidental unauthorised payment	£11.99
Total expenditure	£4,529.07

Income Description	Income value	Expenditure Description
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Totals		0
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Expenditure Amount

Opening balance

395.89

Closing balance

395.89

0

Income Description	Income value	Expenditure Description
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Totals		0
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Expenditure Amount

Opening balance

395.89

Closing balance

395.89

0

Income Description	Income value	Expenditure Description
Grant - GXO Logistics		3000 Vistaprint -

Totals		3000
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Expenditure Amount
89.89

Opening balance 395.89
Closing balance 3306.00

89.89

Income Description	Income value	Expenditure Description
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Totals		0
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Expenditure Amount

Opening balance

3306.00

Closing balance

3306.00

0

Income Description	Income value	Expenditure Description
		Vistaprint -
		LBRFC -
		Nisbets LTD

Totals	£0.00
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Expenditure Amount	Opening balance	£3,306.00
£351.46	Closing balance	£2,724.17
£30.00		
£200.37		

£581.83

Income Description	Income value	Expenditure Description
Credit		£165.96 Orderuniform.co.uk
Just Giving		£852.36 Vistaprint
Just Giving		£301.04
Just Giving		£153.03

Totals	£1,472.39
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Expenditure Amount	Opening balance	£2,724.17
£122.39	Closing balance	£4,040.28
£33.89		

£156.28

Income Description	Income value	Expenditure Description
Just Giving		£259.73 Zurich Insurance
Just Giving		£385.18 Oddballs - hats
Just Giving		£1,244.39 Tracey Schofield - Yoga
Just Giving		£437.36

Totals	£2,326.66
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Expenditure Amount	Opening balance	£4,040.28
£169.64	Closing balance	£5,827.30
£300.00		
£70.00		

£539.64

Income Description	Income value	Expenditure Description
Just Giving		260.27 Secure Store
Beds & Luton - Grant		2400 Secure Store
Just Giving		101.74 Krystal - Website hosting
Just Giving		762.69

Totals	3524.7
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Expenditure Amount

20
756.4
9.59

Opening balance

5827.3

Closing balance

£8,566.01

785.99

Income Description	Income value	Expenditure Description
Just Giving		794.26 ICO
Credit - Paypal		296.3
Just Giving		54.26
Just Giving		226.6
Just Giving		100.17

Totals	1471.59
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Expenditure Amount
35

Opening balance 8566.01
Closing balance £10,002.60

Income Description	Income value	Expenditure Description
Just Giving		359.44 Amazon
Just Giving		104.88 Amazon

Totals	464.32	
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Expenditure Amount	Opening balance	10002.6
327.75	Closing balance	£10,113.43
25.74		

353.49

Income Description	Income value	Expenditure Description
Just Giving		38.64 DN - Unauthorised payment
*DN returned funds		11.99 LTFC - Club Hire
Just Giving		246.25 Euroflorist
Just Giving		326.76 Euroflorist

Totals	623.64
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Expenditure Amount	Opening balance	10113.43
11.99	Closing balance	£9,825.12
816		
46.98		
36.98		

911.95

Income Description	Income value	Expenditure Description
Just Giving		712 Wishbone & Wilde Cinema
Just Giving		629.37 Tracey Schofield - Yoga
Just Giving		536.59 Point Blank
Co-Op		500
Just Giving		91.14
Just Giving		267.36

Totals	2736.46
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Expenditure Amount	Opening balance	9825.12
300	Closing balance	£11,486.58
175		
600		

1075