

REGISTERED CHARITY NUMBER: 1210246

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st MARCH 2025
FOR
BACK AND FORTH MEN'S MENTAL HEALTH**

ANNUAL TRUSTEE REPORT

For the year ended 31/03/2025

1. Introduction

The Trustees of Back & Forth Men's Mental Health are pleased to present their Annual Report together with the financial statements for the year ended 31st March 2025. This report outlines our activities, achievements, governance, and plans for the year ahead. The Trustees confirm that the report has been prepared in accordance with applicable charity law and reporting standards.

2. Objectives and Activities

For the public benefit, the relief of people in need in the UK who may be experiencing or at risk of experiencing poor mental health, by means of, but not exclusively:

- a. Providing early intervention opportunities for people to work on their mental health;
- b. Increasing awareness of, and reducing the stigma attached to, men's mental health;
- c. Creating content, events, partnerships and experiences that encourage people to share their own inner struggle in a friendly and supportive environment.

Charitable Purpose

Our charitable purpose is to arrange regular walks and events in various parts of the Country designed to encourage men to partake in physical exercise and conversation. While walking, they are naturally inclined to talk with other attendees. These are other men who are experiencing similar health and well-being issues. This shared experience helps form friendships and bonds, creating a more comprehensive support network. The charity also looks to arrange regular social events where the effects of social anxiety can be addressed, encouraging men to join in with activities such as rock-climbing, pool nights, car meets and other events, helping men address the stigma around mental health, and encouraging them to openly talk about the issues they are facing, in a safe space environment, surrounded by others in similar situations. The charity also works to collaborate with existing charities and mental health services to provide a support network and facilitate signposting to relevant agencies for men needing more specific or urgent care. The charity has a growing social media presence, which is used as a platform to highlight the subject of men's mental health, inform men of the group's existence and work and promote the need to address the stigma around talking about men's mental health and well-being.

Aims for the Public Benefit

During the year, the organisation worked toward the following key aims:

- Reducing the stigma attached to men's mental health
- creating events and experiences to increase the reach of the charity and provide opportunities for people, especially men, to talk openly about their struggles

The Trustees confirm that they have complied with their duty to have regard to the Charity Commission's guidance on public benefit when planning activities.

3. Achievements and Performance

Despite the challenges and opportunities presented during the year, Back & Forth Men's Mental Health successfully delivered the following outcomes:

Key Achievements

- Established ourselves within the community as a resource for men struggling with their mental health and well-being.
- Established a series of walks and social evenings across Coventry and Warwickshire resulting in regular attendance by men looking to improve their mental and physical well-being

Beneficiary Reach

Over the reporting period, we supported:

- 50+ individuals directly (based on unique attendances at walks and social evenings)
- 3,100 individuals indirectly (based on social media interaction and followers)
- Communities in Coventry and Rugby

Case Studies / Stories

The below are examples of reviews left on our Google business profile. Due to the sensitive nature and stigma around men's mental health, it is difficult to measure individual feedback, and we rely on repeat attendance at walks and social events to gauge our success.

"I joined back and forth a month ago. Been on a few of the walks and attended my 1st social night with the group. At first I was nervous and anxious but the group is so welcoming that the nerves and anxiety drop away in seconds. It's a great escapism from the every day issues. No pressure to talk about your issues, you can talk about anything. Good conversations, good laughs and jokes. For me the walks and social events are times to look forward to"

"A very welcoming greet at a local event, took me a while to pluck up the courage (3 pints) to go over but was made to feel comfortable and will definitely be trying a walk/social soon."

"Back and forth men's mental health have helped me enormously over the past few months I have been going.

From the first initial walk to which I was nervous and worried I wouldn't fit in from the first handshake I received I instantly felt I could be myself and talk.

The support and help I have received from every member is amazing .

If any man reads this please get in touch with the group"

"Excellent group for mens MH . Good group activities and like minded people. A great help."

4. Fundraising and Income Generation

Fundraising activities

Back and Forth Mens' Mental Health have received public donations in a variety of donation platforms. We have charity tins/collection boxes sited in several locations which are collected intermittently, this includes shops, pubs, social clubs etc.

We have applied for several different grants, some which have been successful, others that have not.

Back and Forth Men's Mental Health have been invited to attend several events. This has been a benefit, however, these are all no cost events, so funds were not received for us attending. We have had to rely on donations made at these events and funds generated from the sale of merchandise.

Regarding events, the charity must now consider the lack of free venue availability when considering upcoming events. During the first year that the charity was running, we were able to benefit from many kind donations of free spaces and venues, thus keeping costs to a minimum. Going forward, the trustees need to consider other financial implications that may become relevant when planning future events.

As Back and Forth Men's Mental Health is now available as a selectable beneficiary, we can now support further fundraising activities being carried out by members of the public.

As the charity grows, we do not currently intend on adding any further trustees, however, this may become necessary in the future.

Fundraisers

Back and Forth Men's Mental Health has been named as fundraising beneficiary by many members of the public who have completed fund raising activities, including but not limited to:

- " Distance Running i.e Marathons
- " Swimming
- " Boxing
- " Charity Football Matches
- " Other exercise themed activities

Back and Forth Men's Mental Health has invested in 2 charity gazebos, as well as event equipment and advertising materials to enable us to grow our presence at charity events.

Back and Forth Men's Mental Health bespoke merchandise has been purchased through a number of sources including but not limited to:

- "Oddballs Charity"
- "Pixel Studios Ltd"
- "UR Promotions"
- "VistaPrint"

We continue to search for a further variety of charity merchandise, which we sell at a profit, all of which pays towards our charity objectives.

5. Financial Review

Overall Financial Position

Total income for the year amounted to **£6201.00**, while **total expenditure** was **£6543.00** resulting in a **deficit** of **£341.00**.

Principal Expenditure

Funds were spent on:

- Charitable activities: **£1280.58**
- Support and administrative costs: **£2751.86**
- Fundraising costs: **£2510.56**

6. Risk Management

The Trustees review risks annually. Significant risks identified include:

- **Operational risks:** [e.g., volunteer capacity, safeguarding]
- **Financial risks:** [e.g., reliance on grant income]
- **Compliance risks:** [e.g., data protection, regulatory changes]

STRUCTURE, GOVERNANCE AND MANAGEMENT

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number 1210246

7. Structure, Governance, and Management

Governing document

The charity is controlled by its governing document and constitutes a Charitable Incorporated Organisation.

Legal Status

Back and Forth Men's Mental Health is a Charitable Incorporated Organisation registered in England and Wales.

Governance Structure

The Board of Trustees meets bi-monthly to oversee strategy, finance, and operations.

Staff and Volunteers

During the year, we were supported by:

- 0 paid staff
- 12 volunteers

We are grateful for their dedication and contribution.

8. Plans for the Future

Over the coming year, Back and Forth Men's Mental Health plans to:

- Continue to raise awareness around the stigma of men's mental health
- Organise a family fun day
- Arrange excursions and events to benefit individuals.
- Record a regular podcast with live events to raise awareness
- Generate funds to assist in the purchase of a vehicle that can be used to increase our reach and visibility.

These plans align with our mission and respond to emerging needs in the communities we serve.

9. Statement of Trustees' Responsibilities

The trustees confirm that:

- Proper accounting records have been kept
- Financial statements give a true and fair view
- They have taken necessary steps to safeguard the charity's assets

Principal address

12 Florence Avenue
Houlton
Rugby
Warwickshire
CV231BD

10. Trustees

Serving during the year:

- **Daniel Phillips**
- **Jonathan Barratt**
- **Kevin Vince**
- **Dale Hughes**

Approved by the Board of Trustees on 16/01/2026

Signed: D.Phillips

Daniel Phillips Chair of Trustees

Balance Sheet

Back and Forth Mens Mental Health

19/01/2026

27/09/2024 - 31/03/2025

ASSETS	
Bank	
Company Checking Account	381.45
Bank Account BAC-30995032807662	-5,036.62
Bank Account BAC-30995067991362	-336.05
Bank in Transit	0.00
Total Bank	-4,991.22
Other Current Assets	
Undeposited Funds	0.00
Total Other Current Assets	0.00
TOTAL ASSETS	-4,991.22
LIABILITIES & EQUITY	
Liabilities	
Accounts Payable	
Accounts Payable:Miscellaneous Suppliers	-2,390.57
Total Accounts Payable	-2,390.57
Total Liabilities	-2,390.57
Equity	
Equity	
Owner Draws	-2,259.39
Total Equity	-2,259.39
Net Income	-341.26
Total Equity	-2,600.65
TOTAL LIABILITIES & EQUITY	-4,991.22