

# Mens Action Network

Northern Ireland · Charity number 101617

## Details

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**Status** Received

**Registered** 2015-03-25

**Register** [View on the Charity Commission for Northern Ireland register](#)

## Contact

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**Address** Leafair Wellbeing Center  
20A Leafair Park  
Londonderry  
Bt48 8js  
BT48 8JS

**Phone** 02871 377777

**Email** [admin@man-ni.org](mailto:admin@man-ni.org)

**Website** [www.man-ni.org](http://www.man-ni.org)

## Activities

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**Purposes:** The Group is established to promote the health and well-being of men in the North West area of Northern Ireland and to offer advice, counselling and support in a range of issues such as health education and health promotion.

**What the charity does:** The advancement of health or the saving of lives, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

**How the charity works:** Advice/advocacy/information, Community development, Counselling/support, Cross-border/cross-community, Disability, Education/training, Gender, Human rights/equality, Medical/health/sickness, Relief of poverty, Volunteer development, Welfare/benevolent

**Who the charity helps:** Addictions (drug/solvent/alcohol abuse), Adult training, Asylum seekers/refugees, Carers, Community safety/crime prevention, Ethnic minorities, Ex-offenders and prisoners, General public, Homelessness, Men, Mental health, Older people, Parents, Physical disabilities, Sexual orientation, Specific areas of deprivation, Tenants, Travellers, Unemployed/low income, Victim support, Voluntary and community sector, Volunteers, Youth (14-25 year olds)

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£17,003	£51,072	£0	3

## Trustees

Name	Role	Appointed
John Mcatamney		
Mr David Mcquilkin (Treasurer)		
Mr Emmett Doyle		
Mr Gearld Durey		
Mr Sean Mccarron Secretary (Man)		

**Mens Action Network**

Northern Ireland - Charity number 101617

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# Accounts

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Charity Name: Mens Action Network

Charity Number:

NIC101617

For the Period from: 01/04/24 to 31/03/25

**Section A Statement of Financial Activities**

	Unretracted Funds	Restructured Funds	Total Funds	Last Period
<b>A1 Receipts</b>				
DONATIONS	4,054		4,054	4,643
Service Income	15		15	600
PCSP EVOLVE	2,914		2,914	
Apex			0	-500
NIHE Worth Program			0	-8,711
PrimoCFNI			0	-12,440
Assorted grants			0	6,110
Leather Sellers		10,000	10,000	10,000
Manifest			0	3,000
Destined			0	140
Hospital Saturday Fund		-720	-720	9,270
Community Support Fund			0	2,960
Garfield Weston			0	25,000
DE Paul			0	-2,100
Hallfax Grants			0	3,100
Derry City Council	740		740	0
Dormant Funds			0	10,000
	<b>7,723</b>	<b>9,280</b>	<b>17,003</b>	<b>51,072</b>
<b>A2 Asset and Investment Sales</b>	0	0	0	0
<b>Total Receipts</b>	<b>7,723</b>	<b>9,280</b>	<b>17,003</b>	<b>51,072</b>
<b>A3 Payments</b>				
ELECTRIC	-369		-369	1,954
OIL			0	
TELEPHONE	2,226	4039	6,265	2,018
BANK CHARGES	87		87	38
TRAVEL EXPENSES	376		376	265
PRINTING AND STATIONARY	62		62	1,359
POSTAGE			0	3
OFFICE GENERAL ADMIN EXPENSES			0	30
RENT & RATES		2,750	2,750	11,000
OFFICE & PPE EQUIPMENT			0	
SUPERVISION			0	
SUNDRY	364	56	420	2,001
TRAINING	12		12	70

Charity Name: Mens Action Network

Charity Number:

NIC101617

For the Period from: 01/04/24 to 31/03/25

**Section A Statement of Financial Activities**

	Unretracted Funds	Restructured Funds	Total Funds	Last Period
WAGES, PAYE/NIC		19,669	19,669	40,205
EMPLOYER PENSION EXPENSE		289	289	769
MEMBERSHIP FEES	1522.31		1,522	1,003
REPAIRS & RENEWALS			0	6
EQUIPMENT RENTAL	1,658	151	1,808	1,808
PROJECT COSTS		2293	2293	2,346
INSURANCE	393	1,076	1468	2,030
MARKETING & COMMUNICATION	272		272	396
IT COSTS			0	303
PROFESSIONAL & LEGAL FEES		230	230	1,000
PROFESSIONAL SERVICES	2,445	13,113	15,558	23,390
PROGRAM SUPPLIES			0	
CHARITABLE DONATIONS	267	2,349	2,616	0
PRIOR YEAR ADJUSTMENT			0	7,603
	9,314	46,015	55,329	99,597
<b>A4 Asset and Investment Purchases</b>	0	0	0	0
<b>Total Expenditure</b>	<b>9,314</b>	<b>46,015</b>	<b>55,329</b>	<b>99,597</b>
<b>Net Receipts / Payment</b>	<b>-1,591</b>	<b>-36,735</b>	<b>-38,326</b>	<b>-48,525</b>
<b>A6 Cash Funds Last Year End</b>	<b>-4,892</b>	<b>36,526</b>	<b>32,287</b>	<b>80,813</b>
Cash Funds This Year End	-6,483	-209	-6,039	32,287
DEPRECIATION	0	0	0	654
	-6,483	-209	-6,039	31,633

Charity Name: Mens Action Network  
 For the Period from: 01/04/24 to 31/03/25

Charity Number: NIC101617

**Statement of Assets and Liabilities at Period end**

Cash Funds	Total Funds	Last Period
Halifax Grant	0.00	2,620.00
CDHN Elevate	0.00	4,826.69
Manifest	0.00	3,153.03
Healthy Me	0.00	189.85
Apex Garfield Weston	0.00	20,776.85
Hospital Saturday Fund	0.00	5,490.00
Jack Edgar Fund	0.00	56.45
Unrestricted funds	4,233.21	-4,825.51
	<b>4,233.21</b>	<b>32,287.36</b>

**Debtors** 0.00 0.00

Assets retained for Charity own use	Fund to which asset belongs	Date Purchased	Cost	Current Value	Disposed - Donated to other charities 24/25	Value Last Period
Office Equipment			919.99	0.00	-50.58	50.58
Printer & Dongles		04/01/2011	383.86	0.00	-21.10	21.10
Chairs	Awards for All	19/12/2011	3,150.00	0.00	-216.47	216.47
NAZ drive		02/06/2012	239.99	0.00	-20.61	20.61
IT Equipment	Big Lottery Fund	31/03/2016	8,254.48	0.00	-1,384.87	1,384.87
Laptop & Hard Drive	Big Lottery Fund	15/03/2017	812.88	0.00	-213.09	213.09
Time Clock	Big Lottery Fund	24/07/2018	366.00	0.00	-95.94	95.94
Laptop-Lenovo IdeaPad		18/09/2018	349.99	0.00	-91.75	91.75
Presentation Equip		30/10/2018	215.13	0.00	-56.40	56.40
Laptop- HP Elitebook	Big Lottery Fund	09/11/2018	307.90	0.00	-80.71	80.71
Hot Water Urn		28/12/2018	39.99	0.00	-10.48	10.48
Printers	Big Lottery Fund	22/01/2019	119.98	0.00	-31.45	31.45
Keyboard & Mouse	Big Lottery Fund	30/07/2019	24.99	0.00	-10.24	10.24
Headphones	Big Lottery Fund	09/08/2019	25.00	0.00	-10.24	10.24
Keyboard & Mouse	Big Lottery Fund	11/10/2019	19.99	0.00	-8.19	8.19
Mouse & Charger	Big Lottery Fund	11/10/2019	22.78	0.00	-9.33	9.33
2x Folding storage boxes	Big Lottery Fund	25/10/2019	47.90	0.00	-19.62	19.62
Phone		03/02/2020	40.00	0.00	-16.38	16.38
2x Lenovo Thinkpads laptops	Big Lottery Fund	04/02/2020	519.98	0.00	-212.98	212.98
Phone	Big Lottery Fund	16/03/2020	85.00	0.00	-34.82	34.82
Desk	Big Lottery Fund	20/03/2020	50.00	0.00	-20.48	20.48
			<b>15,995.83</b>	<b>0.00</b>	<b>-2,615.72</b>	<b>2,615.74</b>

**TOTAL ASSETS** 4,233.21 34,903.10

Liabilities	Fund to which liability	Amount Due	When Due	When Due
QuickBooks Online	Big Lottery/ Unrestricted Funds	0		0.00
Power NI	Big Lottery/ Unrestricted Funds	0		-1696.41
CHNI	Henry Smith Foundation	0		0.00
GC Counselling	Hospital Saturday Fund	0		2800.00
Derry Publications	Henry Smith Foundation	0		-48.00
Pension Liability	Unrestricted Funds	0		127.21
		<b>0.00</b>		<b>1,182.80</b>

**TOTAL NET ASSETS** 4,233.21 33,720.30



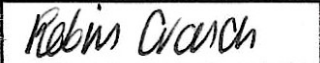
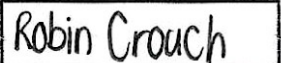
Charity Name:

Mens Action Network

Charity Number: NIC101617

For the Period from: 01/04/24 to 31/03/25

Statement of Assets and Liabilities at Period end

	Signature	Print Name	Date Approved
Trustee			<u>22-12-2025</u>
Accountant			<u>19/12/25</u>

**Mens Action Network**

Northern Ireland - Charity number 101617

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# Accounts

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Charity Name: **Mens Action Network**

Charity Number:

**NIC101617**

For The Period from: 01/04/2023 to: 31/03/2024

Section A		Statement of Financial Activities			
		Unrestricted	Restricted	Total Funds	Last Period
		Funds	Funds		
<b>A1 Receipts</b>					
	DONATIONS	3,642.98	1,000	4,643	12,508
	Grants			-	700
	ROOM HIRE	600		600	50
	Arcs PCSP (Breaking the Cycle)			-	11,000
	PCSP EVOLVE			-	4,614
	BIG LOTTERY			-	49,836
	Henry Smith Foundation			-	21,000
	Healthy Me			-	9,800
	Apex		-500	500	500
	Awards for All			-	10,000
	NIHE Worth Program		-8711.35	8,711	10,650
	Primo CFNI		-12440	12,440	20,000
	Assorted grants	6,110		6,110	-
	Leather Sellers		10000	10,000	10,000
	Manifest		3000	3,000	4,000
	Destined		140	140	-
	Hospital Saturday Fund		9270	9,270	-
	Community Support Fund	2960		2,960	-
	Garfield Weston		25000	25,000	-
	DE Paul	-2100		2,100	4,200
	Halifax Grants		3100	3,100	-
	Dormant Funds		10000	10,000	-
		<u>11,213</u>	<u>39,858.65</u>	<u>51,072</u>	<u>168,858</u>
<b>A2 Asset and Inversment sales</b>		-	-	-	-
	<b>TOTAL RECEIPTS</b>	<u>11,213</u>	<u>39,859</u>	<u>51,072</u>	<u>168,858</u>
<b>A3 Payments</b>					
	ELECTRIC	1,954		1,954	2,867
	OIL			-	1,250
	TELEPHONE	2,018		2,018	1,746
	BANK CHARGES	38		38	94
	TRAVEL EXPENSES	265		265	1,075
	PRINTING AND STATIONARY	280	1,079	1,359	1,132
	POSTAGE	3		3	87
	OFFICE GENERAL ADMIN EXPENSES	30		30	150
	RENT & RATES	1,850	9,150	11,000	11,410
	OFFICE & PPE EQUIPMENT			-	973
	SUPERVISION			-	1,590
	SUNDRY	1,548	453	2,001	1,461
	TRAINING	70		70	23
	WAGES, PAYE/NIC	1,934	38,270	40,205	162,120
	EMPLOYER PENSION EXPENSE	17	752	769	2,632
	MEMBERSHIP FEES		1,003	1,003	2,467
	REPAIRS & RENEWALS	6		6	283
	EQUIPMENT RENTAL	1,658	151	1,808	1,808
	PROJECT COSTS		2,346	2,346	2,597
	INSURANCE	875	1,156	2,030	2,134
	MARKETING & COMMUNICATION	396		396	910
	IT COSTS	123	180	303	3,000
	PROFESSIONAL & LEGAL FEES		1,000	1,000	1,000
	PROFESSIONAL SERVICES	11,085	12,305	23,390	33,610
	PROGRAM SUPPLIES			-	1,345
	PRIOR YEAR ADJUSTMENT	5,879	1,723.83	7,603	-
		<u>30,028.49</u>	<u>69,568.78</u>	<u>99,597</u>	<u>237,589</u>
<b>A4 Asset and Inversment purchases</b>		-	-	-	-
	<b>TOTAL EXPENDITURE</b>	<u>30,028</u>	<u>69,569</u>	<u>99,597</u>	<u>237,589</u>
	<b>NET RECEIPTS/PAYMENTS</b>	- 18,816	- 29,710	- 48,526	- 68,731
<b>A6 Cash funds last year end</b>		13,990	66,823	80,813	149,543
	<b>Cash funds this year end</b>	- 4,826	37,113	32,287	80,812
	DEPRECIATION	67	587	654	817
		<u>- 4,892</u>	<u>36,526</u>	<u>31,633</u>	<u>79,995</u>

Charity Name: **Mens Action Network**

Charity Number:

**NIC101617**

For The Period from: 01/04/2023 to: 31/03/2024

**Statement of Assets and Liabilities at Period End**

Last Period

Cash funds	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Big Lottery			-	2,086.73
Halifax Grant		2,620.00	2,620.00	-
CDHN Elevate		4,826.69	4,826.69	4,826.69
Henry Smith Foundation		-	-	6,534.40
NIHE Worth Program		-	-	8,711.35
Youth Service Restart		-	-	1,000.00
Leathersellers		-	-	8,800.00
Manifest		3,153.03	3,153.03	4,000.00
WHSTC Outreach		-	-	5,000.00
Primo CFNI		-	-	12,440.00
Healthy Me		189.85	189.85	4,000.00
Awards For All		-	-	10,000.00
Apex		-	-	500.00
Garfield Weston		20,776.85	20,776.85	
Hospital Saturday Fund		5,490.00	5,490.00	
Jack Edgar Fund		56.45	56.45	
Unrestricted funds	4,825.51	-	4,825.51	4,509.71

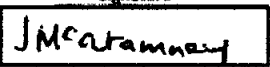
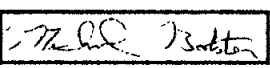
Debtors				
ARCS			-	5,000.00
De Paul			-	4,200.00
Derry City Council			-	280.00
	4,825.51	37,112.87	32,287.36	7,783.59
				72,408.88

Assets retained for Charities own use	Date Purchased	Fund to which asset belongs	Cost	Curent Value		Curent Value
Office Equipment			919.99	50.58	20% reducing value	63.22
Printer & Dongles	04/01/2011		383.86	21.10	"	26.38
Chairs	19/12/2011	Awards for All	3,150.00	216.47	"	270.58
NAZ drive	02/06/2012		239.99	20.61	"	25.77
IT Equipment	31/03/2016	Big Lottery Fund	8,254.48	1,384.87	"	1,731.09
Laptop & Hard Drive	15/03/2017	Big Lottery Fund	812.88	213.09	"	266.36
Time Clock	24/07/2018	Big Lottery Fund	366.00	95.94	"	119.93
Laptop-Lenovo IdeaPad	18/09/2018		349.99	91.75	"	114.68
Presentation Equip	30/10/2018		215.13	56.40	"	70.49
Laptop- HP Elitebook	09/11/2018	Big Lottery Fund	307.90	80.71	"	100.89
Hot Water Urn	28/12/2018		39.99	10.48	"	13.10
Printers	22/01/2019	Big Lottery Fund	119.98	31.45	"	39.32
Keyboard & Mouse	30/07/2019	Big Lottery Fund	24.99	10.24	"	12.79
Headphones	09/08/2019	Big Lottery Fund	25.00	10.24	"	12.80
Keyboard & Mouse	11/10/2019	Big Lottery Fund	19.99	8.19	"	10.23
Mouse & Charger	11/10/2019	Big Lottery Fund	22.78	9.33	"	11.66
2x Folding storage boxes	25/10/2019	Big Lottery Fund	47.90	19.62	"	24.52
Phone	03/02/2020		40.00	16.38	"	20.48
2x Lenovo Thinkpads Laptops	04/02/2020	Big Lottery Fund	519.98	212.98	"	266.23
Phone	16/03/2020	Big Lottery Fund	85.00	34.82	"	43.52
Desk	20/03/2020	Big Lottery Fund	50.00	20.48	"	25.60
			15,995.83	2,615.74		3,269.67

**TOTAL ASSETS** 34,903.10 85,158.55

Liabilities	Fund to which liability relates	Amount Due	When Due	Amount Due
QuickBooks Online	Big Lottery/ Unrestricted Funds	-		
Power NI	Big Lottery/ Unrestricted Funds	1,696.41		372.92
CHNI	Henry Smith Foundation	-		100.59
GC Counselling	Hospital Saturday Fund	2,800.00	26/04/2024	
Derry Publications	Henry Smith Foundation	48.00		
Pension Liability	Unrestricted Funds	127.21		406.14
		1,182.80		879.65

**TOTAL NET ASSETS** 33,720.30 84,278.90

	Signature	Print Name	Date of approval
Trustee		John McAtamney	19th December 2024
Accountant		Michael Bolster	11 December 2024

**Mens Action Network**

Northern Ireland - Charity number 101617

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# Annual report

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## Men's Action Network (MAN) Annual Report 2023 - 2024

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### 1. Introduction

Men's Action Network (MAN) is a registered charity dedicated to improving the mental health and well-being of men in Derry and the surrounding areas. The organisation provides critical support services, advocacy, and community engagement initiatives aimed at reducing stigma, promoting mental well-being, and fostering resilience among men.

This annual report outlines our impact, achievements, financial position, challenges, and strategic vision for the future. Over the past year, MAN has continued to grow, expanding its reach and solidifying its role as a trusted resource for men in need of mental health and emotional support.

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### 2. Governance and Structure

Men's Action Network operates under a board of trustees responsible for overseeing governance, ensuring financial accountability, and setting strategic direction. The board meets quarterly and is composed of professionals from various backgrounds, including healthcare, social work, finance, and community leadership.

The organisation is managed by a dedicated team, including:

- **Director:** Responsible for overall leadership and strategic implementation.
- **Finance Officer:** Manages financial operations and funding applications.
- **Counselling Lead:** Oversees therapeutic services and supervises staff therapists.
- **Community Outreach Coordinator:** Develops partnerships and organises community engagement initiatives.
- **Administrative Support:** Ensures smooth day-to-day operations.

MAN, also benefits from a team of skilled volunteer counsellors, peer supporters, and facilitators who bring expertise and lived experience to our services.

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### 3. Services and Impact



## 3.1 One-to-One Counselling

Between 2023 and 2024, MAN provided:

- **1,200 counselling sessions** supporting over **300 individuals** struggling with depression, anxiety, trauma, and relationship challenges.
- **80% of participants** reported a significant improvement in their mental health.
- **90% of clients** expressed increased confidence in managing their emotional well-being.

## 3.2 Group Therapy & Peer Support

- **15 peer-led support groups** facilitated, offering a safe space for men to share their experiences.
- **200+ men** engaged in peer support initiatives.
- Themes included resilience, coping strategies, masculinity, and emotional intelligence.

## 3.3 Crisis Intervention

- **150 individuals** assisted in crisis situations, including suicidal ideation and homelessness.
- **Immediate intervention provided**, ensuring access to emergency mental health services and social supports.

## 3.4 Workshops & Training

- **50 mental health and resilience workshops** delivered to over **1,000 attendees**.
- Topics covered stress management, mindfulness, healthy relationships, and self-esteem.
- Training provided to employers and organisations to support men's well-being in workplaces.

## 3.5 Community Outreach

- **Engaged 2,500+ men** through outreach programmes across Northern Ireland.
- Collaborated with **20+ local organisations**, including GP clinics, youth services, and sports clubs.
- Established new referral pathways to ensure men in need receive timely support.

## 3.6 Male Domestic Abuse Support



Men's Action Network has been at the forefront of addressing the often-overlooked issue of male domestic abuse. Over the past year, we have provided specialist support services to **over 100 men** experiencing domestic abuse, including psychological, emotional, and physical harm. Our trained counsellors and advocates work closely with survivors to offer practical assistance, emotional support, and access to legal and housing services.

Through our targeted outreach efforts, we have helped reduce the stigma surrounding male domestic abuse and encouraged more men to seek help. **85% of those supported** reported improved safety and well-being, while **70% successfully transitioned to independent, stable living situations**. These figures underscore the vital role MAN plays in breaking the cycle of abuse and fostering long-term recovery for survivors.

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## 4. Financial Overview

### 4.1 Income

Accounts are available on the [Charity Commission Website \(NIC101617\)](#)

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## 5. Achievements and Challenges

### 5.1 Key Achievements

- **Increased accessibility** to mental health support through online and in-person services.
- **Developed strategic partnerships** with local mental health and community organisations.
- **Created an innovative digital support platform** offering virtual peer support and counselling.

### 5.2 Challenges

- **Growing demand for services** has led to increased waiting times.
  - **Funding limitations** present challenges in hiring additional staff.
  - **Addressing stigma** remains a crucial part of outreach efforts.
- 

## 6. Case Studies and Testimonials

### Case Study 1: Overcoming Social Isolation



John, a 45-year-old man, struggled with severe depression and social isolation. Through MAN's counselling and peer support group, he rebuilt his confidence, developed meaningful connections, and gained employment.

### **Case Study 2: Crisis Intervention Success**

A 32-year-old man experiencing suicidal thoughts reached out to MAN. Immediate intervention connected him with a crisis response team, and ongoing support through therapy sessions helped him regain stability.

### **Case Study 3: Escaping Domestic Abuse**

Michael, a 39-year-old man, endured years of emotional and financial abuse from his partner. Fear and societal stigma prevented him from seeking help. After connecting with MAN, he received tailored support, legal advice, and counselling. With our assistance, Michael safely left the abusive environment and began rebuilding his life with newfound confidence and independence.

### **Testimonial:**

*"Without MAN, I wouldn't be here today. They gave me hope when I had none."*

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## **7. Future Plans and Strategic Goals**

- Expand our **counselling capacity** to reduce waiting times.
  - Develop new **physical health and well-being programmes** tailored for men.
  - Increase outreach in rural areas where services are limited.
  - Strengthen **corporate partnerships** to ensure long-term sustainability.
  - Expand the conversations on male domestic abuse.
- 

## **8. Conclusion**

Men's Action Network remains committed to supporting men's mental health in the community. The past year has seen significant growth and impact, but more work remains to be done. With continued support, we aim to reach even more individuals and make a lasting difference in men's lives.

Not funding men's organisations will be detrimental to society and this needs to be listened to and addressed. We need to address equality in funding to ensure we continue to save and change lives within our sector, as evidence suggests.



**Men's Action Network**

Supporting and Promoting Male Health and Wellbeing

**Charity Number: NIC101617**

**Prepared by:**

*John McAtamney*

John McAtamney

Chairperson

Men's Action Network

**Date:** Dec 2024

**Mens Action Network**

Northern Ireland - Charity number 101617

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# Annual return

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## Independent examiner's report to the charity trustees of Mens Action Network Trust

**Charity Number: NIC101617**

I report on the accounts of the Trust for the year ended 31 March 2024, which are set out on pages 01 to 03.

### Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- Examine the accounts under section 65 of the Charities Act
- Follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- State whether particular matters have come to my attention.

### Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

**Independent examiner's statement**

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Unfortunately due to funding issues the charity has had to cease all activities on August 2024. It is currently seeking alternative areas of funding and is hopeful it will be able to resume activities in the next couple of months.

A handwritten signature in black ink that reads "Michael Bolster". The signature is written in a cursive style with a large initial 'M'.

**Name:** Michael Bolster, Northwest Accountants

**Association of Financial Accountants**

**Date:** 11 December 2024

**Mens Action Network**

Northern Ireland - Charity number 101617

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# Accounts

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Charity Name: **Mens Action Network**Charity Number: **NIC101617**

For The Period from: 01/04/2022 to: 31/03/2023

Section A		Statement of Financial Activities			
		Unrestricted	Restricted	Total Funds	Last Period
		Funds	Funds		
<b>A1 Receipts</b>					
	DONATIONS	12,508		12,508	4,283
	Grants	700		700	-
	ROOM HIRE	50		50	-
	Arcs PCSP (Breaking the Cycle)	11,000		11,000	-
	PCSP EVOLVE	4,614		4,614	11,491
	BIG LOTTERY		49,836	49,836	99,672
	Henry Smith Covid Funding		-	-	59,400
	Henry Smith Foundation		21,000	21,000	42,000
	Healthy Me		9,800	9,800	
	Apex		500	500	-
	Awards for All		10,000	10,000	
	NIHE Worth Program		10,650	10,650	14,100
	Primo CFNI		20,000	20,000	
	Youth Service Restart			-	10,500
	Assorted grants			-	300
	Leather Sellers		10,000	10,000	10,000
	Manifest		4,000	4,000	3,833
	PSNI			-	5,320
	DE Paul	4200		4,200	
	Outer West	0		-	988
		<u>33,072</u>	<u>135,786</u>	<u>168,858</u>	<u>261,887</u>
<b>A2 Asset and Inversment sales</b>		-	-	-	-
	<b>TOTAL RECEIPTS</b>	<u>33,072</u>	<u>135,786</u>	<u>168,858</u>	<u>261,887</u>
<b>A3 Payments</b>					
	ELECTRIC	1237.88	1,629	2,867	1,675
	OIL	714	536	1,250	875
	TELEPHONE	946	800	1,746	1,492
	BANK CHARGES	51	43	94	151
	TRAVEL EXPENSES	619	456	1,075	328
	PRINTING AND STATIONARY	507	624	1,132	1,526
	POSTAGE	91	4	87	279
	OFFICE GENERAL ADMIN EXPENSES	115	35	150	69
	RENT & RATES	7,072	4,338	11,410	13,750
	OFFICE & PPE EQUIPMENT	900	73	973	3,699
	SUPERVISION		1,590	1,590	2,270
	SESSIONAL COUNSELLOR			-	11,610
	SUNDRY	1,435	26	1,461	1,616
	TRAINING	23		23	924
	MONITORING & EVALUATION			-	1,250
	WAGES, PAYE/NIC	30,635	131,485	162,120	137,079
	EMPLOYER PENSION EXPENSE	583	2,049	2,632	2,412
	MEMBERSHIP FEES	1,860	607	2,467	3,047
	REPAIRS & RENEWALS	113	170	283	768
	EQUIPMENT RENTAL	775	1,033	1,808	1,757
	PROJECT COSTS		2,597	2,597	1,140
	INSURANCE	1,163	971	2,134	1,779
	MARKETING & COMMUNICATION	257	653	910	2,247
	IT COSTS	3,000		3,000	2,400
	PROFESSIONAL & LEGAL FEES		1,000	1,000	2,085
	MANGEMENT FEE & OVERHEAD CONTRIBUTION	12,156	12,156	-	-
	PROFESSIONAL SERVICES	10,105	23,505	33,610	23,073
	PROGRAM SUPPLIES	1,345		1,345	213
		<u>51,210</u>	<u>186,379</u>	<u>237,589</u>	<u>219,511</u>
<b>A4 Asset and Inversment purchases</b>		-	-	-	-
	<b>TOTAL EXPENDITURE</b>	<u>51,210</u>	<u>186,379</u>	<u>237,589</u>	<u>219,511</u>
	<b>NET RECEIPTS/PAYMENTS</b>	- 18,137	- 50,593	- 68,731	42,376
<b>A6 Cash funds last year end</b>		32,127	117,416	149,543	107,166
	<b>Cash funds this year end</b>	<u>13,990</u>	<u>66,823</u>	<u>80,812</u>	<u>149,542</u>
	DEPRECIATION	84	734	817	1,022
		<u>13,906</u>	<u>66,089</u>	<u>79,995</u>	<u>148,520</u>

Charity Name: **Mens Action Network**

Charity Number:

**NIC101617**

For The Period from: 01/04/2022 to: 31/03/2023

**Statement of Assets and Liabilities at Period End**

		Restricted		Last Period	
	Unrestricted Funds	Funds	Total Funds	Total Funds	
<b>Cash funds</b>					
Big Lottery		2,086.73	2,086.73	53,141.30	
Halifax Grant			-	-	
CDHN Elevate		4,826.69	4,826.69	4,826.69	
Henry Smith Foundation		6,534.40	6,534.40	30,746.15	
NIHE Worth Program		8,711.35	8,711.35	12,431.45	
Western Trust			-	5,000.00	
Youth Service Restart		1,000.00	1,000.00	1,000.00	
Lrathersellers		8,800.00	8,800.00	4,990.00	
Manifest		4,000.00	4,000.00	2,000.00	
PSNI			-	4,357.00	
WHSTC Outreach		5,000.00	5,000.00		
Primo CFNI		12,440.00	12,440.00		
Healthy Me		4,000.00	4,000.00		
Awards For All		10,000.00	10,000.00		
Apex		500.00	500.00		
Unrestricted funds	4,509.71		4,509.71	32,127.00	
	<b>4,509.71</b>	<b>67,899.17</b>	<b>72,408.88</b>	<b>150,619.59</b>	
<b>Debtors</b>					
ARCS	5,000.00		5,000.00		
De Paul	4,200.00		4,200.00		
Derry City Council	280.00		280.00		
	<b>13,989.71</b>	<b>67,899.17</b>	<b>81,888.88</b>	<b>150,619.59</b>	
<b>Assets retained for Charities</b>					
<b>own use</b>	<b>Date Purchased</b>	<b>Fund to which asset belongs</b>	<b>Cost</b>	<b>Curent Value</b>	<b>Curent Value</b>
Office Equipment			919.99	63.22	20% reducing value 79.03
Printer & Dongles	04/01/2011		383.86	26.38	" 32.97
Chairs	19/12/2011	Awards for All	3,150.00	270.58	" 338.23
NAZ drive	02/06/2012		239.99	25.77	" 32.21
IT Equipment	31/03/2016	Big Lottery Fund	8,254.48	1,731.09	" 2,163.86
Laptop & Hard Drive	15/03/2017	Big Lottery Fund	812.88	266.36	" 332.96
Time Clock	24/07/2018	Big Lottery Fund	366.00	119.93	" 149.91
Laptop-Lenovo IdeaPad	18/09/2018		349.99	114.68	" 143.36
Presentation Equip	30/10/2018		215.13	70.49	" 88.12
Laptop- HP Elitebook	09/11/2018	Big Lottery Fund	307.90	100.89	" 126.12
Hot Water Urn	28/12/2018		39.99	13.10	" 16.38
Printers	22/01/2019	Big Lottery Fund	119.98	39.32	" 49.14
Keyboard & Mouse	30/07/2019	Big Lottery Fund	24.99	12.79	" 15.99
Headphones	09/08/2019	Big Lottery Fund	25.00	12.80	" 16.00
Keyboard & Mouse	11/10/2019	Big Lottery Fund	19.99	10.23	" 12.79
Mouse & Charger	11/10/2019	Big Lottery Fund	22.78	11.66	" 14.58
2x Folding storage boxes	25/10/2019	Big Lottery Fund	47.90	24.52	" 30.66
Phone	03/02/2020		40.00	20.48	" 25.60
2x Lenovo Thinkpads Laptops	04/02/2020	Big Lottery Fund	519.98	266.23	" 332.79
Phone	16/03/2020	Big Lottery Fund	85.00	43.52	" 54.40
Desk	20/03/2020	Big Lottery Fund	50.00	25.60	" 32.00
			<b>15,995.83</b>	<b>3,269.67</b>	<b>4,087.09</b>
<b>TOTAL ASSETS</b>				<b>85,158.55</b>	<b>154,706.68</b>

Charity Name: **Mens Action Network**




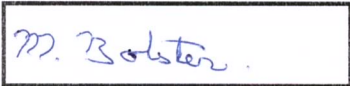
Charity Number:

**NIC101617**

For The Period from: 01/04/2022 to: 31/03/2023

**Statement of Assets and Liabilities at Period End**

	Fund to which liability relates	Amount Due	When Due	Last Period Amount Due
<b>Liabilities</b>				
QuickBooks Online	Big Lottery/ Unrestricted Funds			38.40
Power NI	Big Lottery/ Unrestricted Funds	372.92	12/04/2023	672.67
CHNI	Henry Smith Foundation	100.59	18/04/2023	195.03
City Cabs	Unrestricted Funds			18.00
David McNulty	Henry Smith Foundation			162.50
Derry Publications	Henry Smith Foundation			150.00
Don Duffy	Henry Smith Foundation			450.00
Joanne Smyth	Youth Service Restart			150.00
NICVA	Unrestricted Funds			100.00
Paul Brown	Manifest/ Unrestricted Funds			2,400.00
Pension Liability	Unrestricted Funds	406.14	07/04/2023	526.39
		<u>879.65</u>		<u>4,862.99</u>
<b>TOTAL NET ASSETS</b>		<u>84,278.90</u>		<u>149,843.69</u>
<b>FUNDS OF THE CHARITY</b>				
Restricted income funds		- 50,305.31	- 50,305.31	26,468.16
Unrestricted income funds	- 18,220.82		- 18,220.82	16,157.19
Retained funds	29,801.20	123,003.83	152,805.03	107,217.95
	<u>11,580.38</u>	<u>72,698.52</u>	<u>84,278.90</u>	<u>149,843.30</u>

	Signature	Print Name	Date of approval
Trustee			
Accountant		Michael Bolster	11 September 2023

**Mens Action Network**

Northern Ireland - Charity number 101617

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# Annual report

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Public Benefits:

Our mission entails providing invaluable support to men and their families by establishing safe spaces where they can openly discuss and address life issues, concerns, crises, and personal needs. Through our service delivery, we actively contribute to advancing male health and well-being, aligning with our charitable purposes to promote public benefit.

One significant avenue in which we achieve this public benefit is by offering professional counselling services. These services are designed to enhance self-esteem, empower individuals to manage both every day and historical challenges, and equip them with the skills to positively confront issues related to addiction, domestic or sexual abuse, self-harm, suicidal ideation, relationship difficulties, and other life challenges such as depression and anxiety. A notable outcome of our efforts is the cultivation of a greater help-seeking legacy among men, evident in the number of returning clients and referrals from GP services, PSNI, Social Workers and Community Organisations.

Our self-help groups and self-awareness programmes play a pivotal role in enabling men to gain heightened awareness of their life difficulties, particularly in areas like depression. These initiatives equip them with effective coping strategies, fostering a more fulfilling and enriched life.

In addressing anger management, our early intervention programmes contribute to reducing social and domestic violence, providing men with tools to disengage from angry situations, enhance emotional literacy, express emotions healthily, and develop conflict management and resolution skills. The result is healthier and safer relationships within personal, familial, and social spheres.

Men's health promotion programmes and awareness events are instrumental in engaging directly with men on critical health issues such as blood pressure, cholesterol, sugar levels, and BMI. Through health checks, we establish a baseline of health for men in local communities, with a significant portion being referred to their GPs for further exploration. Men's health weeks, which we coordinate regionally and locally, focus on mental health, diet, obesity, unemployment, suicide, addictions, and more, providing health-enhancing awareness to thousands of men.

Advocacy is a core component of our work, addressing men's issues and inequalities at various levels—national, regional, governmental, and local. Our efforts have contributed to a renewed emphasis on men's work and services across these domains, highlighting best practices in engaging and supporting males. Through MAN, our beneficiaries gain a conduit and advocate for their voices, leveraging the extensive networks and alliances we've helped establish.

To ensure the efficacy of our initiatives, we employ scientific measuring tools that validate positive changes in the lives of our service users. Personal feedback, as well as evaluations from statutory and voluntary sector bodies, further testify to the positive impact we make.

While the purposes of our charity could potentially lead to harm if beneficiaries receive inappropriate or insufficient support, our stringent safeguards, ethical practices, and effective procedures—including internal and external ongoing supervision and line management—ensure that any potential harm is outweighed by the benefits. The direct beneficiaries of our charity are the men we engage with, but the positive changes resulting from their engagement also extend to the lives of their families and friends, creating a broader positive impact on communities.

It's worth noting that the only private benefit stemming from our purpose relates to the training provided to our volunteers and trustees. This benefit is incidental and necessary to meet best practice organisational requirements, with the knowledge gained being transferable to other arenas to ensure best practice.

### What Your Organisation Does:

In the pursuit of public benefit, MAN exists to support male health and wellbeing. Our comprehensive intervention services address a range of issues, including abuse, addictions, domestic violence, fathering/parenting concerns, family break-up/access, isolation, suicidal ideation, depression, relationship difficulties, sexuality, and emotional wellbeing.

To ensure accessibility, we provide a contact/helpline, where our dedicated counsellors offer personalised 1-2-1 support to over 70 males weekly. Additionally, we organise self-help groups each week focusing on general support and living with depression. Our 'open door' service caters to men seeking immediate assistance, and we conduct anger awareness courses.

As a proactive organisation, we serve as a pivotal point for men, offering signposting and referral services. Our collaborations extend to various sectors, including providing additional services for PSNI, behavioural offending counselling for PBNi, suicide support for PHA/CLEAR, and rites of passage work for young males in partnership with community organisations.

## Charity Commission Report – 2023

In our commitment to promote male health and wellbeing, we advocate for these services in prominent forums, including OMFDFM's Regional Domestic and Sexual Violence group/Gender Advisory Panel. MAN holds the position of Chair in the Men's Health Forum Ireland, co-chair of NICVA men's policy forum, and partnerships with the Western Domestic Violence Partnership and Men's Health West forum. We collaborate with entities such as the BMA, NI Court and Jury service, and engage with various government, statutory, private, and voluntary networks and fora.

To raise awareness, we actively participate in Men's Health Week annually, organising health fairs, delivering talks and training sessions on men's health, and providing workplace/community MOTs health checks and advertise our service on a very active social media platforms.

Our efforts encompass discussions on mental health and wellbeing, contributing to a holistic approach to male health advocacy.

Chairperson Report: December 2023

Men's Action Network - Chairperson's Report

Dear All

I am honoured to present the Chairperson's Report for the past year, reflecting on the challenges we faced in securing funding and celebrating the immediate positive impact our efforts have had on the men involved in our mental health charity as we move into our 30<sup>th</sup> year of achieving positive impact in our community.

Funding Challenges:

The past year has brought unprecedented challenges in securing the necessary funding for our vital programmes and initiatives. Despite our relentless pursuit of financial support, we have encountered a shortage in funding opportunities. This has, undoubtedly, posed a significant obstacle to the sustainability and growth of our crucial mental health services.

Immediate Positive Impact:

In the face of financial constraints, it is heartening to witness the immediate positive impact our charity has had on the men who sought our support. Our services addressing abuse, addictions, domestic violence, and various mental health issues have been a beacon of hope for those in need. The commitment of our staff and volunteers to providing 1-2-1 support counselling, self-help groups, and daily drop-in services has resulted in tangible improvements in the lives of over 70 men weekly.

Our specialised programmes have equipped men with valuable tools to navigate life's challenges. We have witnessed transformations in individuals grappling with isolation, depression, and suicidal ideation, reinforcing the significance of our mission.

Gratitude to Staff and Volunteers:

In times of adversity, the dedication and resilience of our staff and volunteers shine brightly. Despite the financial constraints, their unwavering commitment to serving the community has been nothing short of remarkable. Their compassion, professionalism, and tireless efforts have been the driving force behind the positive outcomes we continue to achieve.

I extend my heartfelt gratitude to each member of our team. Your selfless contributions and belief in the power of mental health support have made a profound difference in the lives of those we serve.

Call to Action:

As we navigate these challenging times, I urge our community to join hands in advocating for increased support for mental health initiatives. The need for our services is greater than ever, and together, we can work towards securing the resources necessary to continue our crucial work.

In closing, let us celebrate the immediate positive impact we have made and express gratitude for the incredible individuals who make our mission a reality. With shared determination, we will overcome funding challenges and continue to be a beacon of hope for those in need.

Sincerely,

John McAtamney

Chairperson

Men's Action Network

**Mens Action Network**

Northern Ireland - Charity number 101617

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# Annual return

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## **Independent examiner's report to the charity trustees of Mens Action Network Trust**

**Charity Number: NIC101617**

I report on the accounts of the Trust for the year ended 31 March 2023, which are set out on pages 01 to 03.

### **Respective responsibilities of charity trustees and examiner**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- Examine the accounts under section 65 of the Charities Act
- Follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- State whether particular matters have come to my attention.

### **Basis of independent examiner's report**

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

**Independent examiner's statement**

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

A handwritten signature in blue ink that reads "Michael Bolster". The signature is written in a cursive style with a large initial 'M'.

**Name:** Michael Bolster, Northwest Accountants

**Association of Financial Accountants**

**Date:** 11 September 2023