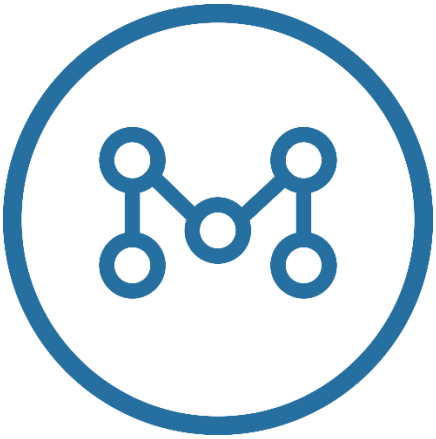


Mentell

A Charitable Incorporate Organisation (CIO)

Trustees Annual Report and Financial Statements for the Year Ended 31 December 2025

Charity Registration Number: 1187547

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Members of the Board & Professional Advisors

Registered Charity name	Mentell CIO
Charity Number	1187547
Registered Office	Broadstone Mill Broadstone Road Reddish Stockport SK5 7DL
Trustees	Alanna Gabrielle Atkinson (resigned 19th December 2025) William Edge Peter Longbottom Angela Pownall (Chair) Dr. Hannah Bradley (nee Taylor) Daniel Craig (Appointed 20th February 2025) Derick Barrett (Appointed 20th February 2025)
Accountants	Whiteley Accountancy Services LLP 14 Warwick Road Stockport, SK4 4LY
Bankers	HSBC 42 Woodford Road Bramhall Stockport, SK7 1PA

Charity Structure and Governance

Mentell is constituted as a Charitable Incorporated Organisation (CIO), operating under the Charity Commission's Foundation Model governing document. This legal structure provides the organisation with both charitable status and a clear framework for governance, accountability, and decision-making. The Board of Trustees holds overall responsibility for the management and strategic direction of the charity, ensuring compliance with its governing document and the effective delivery of its charitable objectives for public benefit.

Trustees are selected based on their lived experience of men's mental health issues, including suicide, or their professional expertise and skills relevant to Mentell's mission. This approach ensures that governance decisions are informed by both personal insight and professional competence.

Charitable purpose

Mentell exists to improve the mental health of men aged 18+ by promoting self-help choices within the context of mutual support. We do this through free weekly talking groups, known as Mentell Circles, held in person and online across the UK.

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“You guys are amazing and joining circle gave me back my life.” **Mentell survey respondent 2025**

Trustees report

Many of us know a man who keeps going to work, looks after his family and tells everyone he’s fine. He may be your partner, he may be your friend, he may even be you reading this report. The point is, having people around that man doesn’t always mean he feels able to open up about life’s struggles; research tells us one in four people suffer from some form of mental health challenge every year, and men make up 75% of all suicides in the UK.

Mentell’s mission is to give men (18+) a group space to talk every week, at no cost, facilitated by men with lived experience of their own struggles who give back by becoming trained listeners. This is a story of how a small charity with a big blue heart is not only meeting the men’s mental health challenge but also finding new, innovative ways to reach men at the prevention point before they reach crisis.

This report highlights Mentell’s achievements and progress during 2025 towards reducing the health inequality faced by millions of men suffering in silence in our society. Drawing on our attendance records and 2025 impact surveys, this annual report highlights Mentell’s impact on our members and how those insights have helped us understand our work more clearly. Alongside Mentell’s impact on men, the report includes narrative on governance and finance, which continue to guide the charity entrusted to us. We hope those insights continue to inspire you to support our cause.

“We were just a bunch of men that wanted to get better.”

Andy, Mentell Member

Mentell 2025 Charitable Activities

Why men need this space

Men face disproportionately high rates of suicide compared to women, and many live with loneliness or poor mental wellbeing without seeking support. Some keep their struggles to themselves for years. Our own research tells us that many middle-aged men know they need help but feel uncomfortable approaching a mental health service or believe someone else needs it more.

These are often men holding down jobs and caring for their families while feeling alone. Most have become used to wearing a mask, often hidden by humour and small talk. For many men signing up to Mentell, the thought of walking into a room, or joining online, to sit with other men and talk about life feels alien. It takes real courage to attend that first Circle, especially if you've spent most of your life keeping things to yourself.

Yet gathering together, sharing stories and listening to one another is something people have done for generations. There is something familiar in it, even if we've had little experience of it ourselves. Many of us now spend more time looking at our phones than having an honest conversation about how we feel. We can debate how we got here, but the need is with us now. The UK continues to lose too many men to suicide. Alongside advances in healthcare and science, men still need places where they can feel accepted and supported by other men.

That support can give a man room to be honest with himself, take responsibility for what he can change and find the courage to let others see what he's carrying. Being vulnerable becomes a little easier when someone else is willing to do it too. Mentell began in 2017 with seven men who needed somewhere to talk. Nearly a decade later, that same need continues to bring men through our doors. Since 2017, Mentell has received over 7000 self-referrals to our service; the demand continues to grow.

Two hours to speak or listen

The main charitable activity Mentell delivers is a weekly therapeutic group space for men to talk, referred to as a circle; each session gives men two hours in a safe, confidential space, supported by trained volunteers with lived experience. There's no expectation to arrive knowing what to say. A man can share what's happening in his life or listen to others and be welcomed either way.

Each circle is guided by Seven Principles:

- Safety
- Confidentiality
- Respect
- Free from advice
- Free from judgement
- Free from commitment
- Free to share or simply listen

Being heard without someone stepping in with an answer can give a man room to understand what he's feeling. Hearing another man describe something familiar can make it easier to talk about his own life. Each man decides for himself what he wants to do next. Our hope is that this helps men live longer, feel more connected and find more enjoyment in life. One member from 2025 gave this feedback after attending his first ever Mentell circle 'I had a space and I could talk, I slept the best I've slept in a long time, and my jaw wasn't constantly clenched for a day or so after'.

Public benefit

Mentell's focus is to improve the mental health of men (18+) living in the UK and, in doing so, remove the barriers that exist that prevent men from seeking our support earlier enough. This includes removing cost as a barrier and offering in-person and digital men's groups to ensure our service is accessible to as many men as possible.

What we delivered in 2025

Measure	2025
Circles delivered	669
Attendances	5,244
Hours of peer support	10,488
New members	388
Facilitators	77
Service user satisfaction data taken from 331 new member experience surveys sent via email (115 responses received)	99% 1 unhappy man 13 men satisfied 101 men very happy

Delivery figures cover 2 January to 29 December 2025 and include in-person and online Circles. Satisfaction is taken from our 2025 Impact Report.

A place men could keep coming back to

Throughout the year, we delivered 669 Circles and recorded 5,244 attendances. At two hours each, that amounts to 10,488 hours of peer support. The registers recorded 388 new member attendances, alongside men who continued to return to Circle.

For a man coming for the first time, walking through the door takes a great deal of courage. For someone who has been attending for months, knowing there will be a familiar space again next week can be just as important.

Helping men find us

A Mentell circle can only help someone who knows it exists and feels able to come along. Our community team help make that first connection possible.

Our 2025 Impact Report recorded more than 1,000 pubs, bars, barber shops and workplaces actively promoting Mentell campaigns. It also found that 27% of service users discovered Mentell through a beer mat, while 18% joined after being signposted by their wife or partner.

A beer mat can put the information in front of a man who would never search for a talking group. A partner can help him consider going when he's unsure. These familiar places and trusted relationships are an important part of how men find their way to us. Most importantly, the community activity in 2025 continued to enable Mentell to advertise weekly support in community spaces where men feel most comfortable. The trustees thank every member of the community team for keeping the Mentell mission alive in the hearts and minds of the public throughout 2025.

The men coming to Circle

Men came from many different backgrounds. Those aged 30 to 60 (middle-aged) were the largest age group, accounting for 66% of service users in 2025. Most men we serve are employed and have partners or dependents, often from low-income households, and when they first arrived at Mentell, most presented to the circle as feeling low, lonely, and low priority.

What men told us had changed

In December 2025, we invited 1,091 service users to complete an anonymous survey. We received 115 responses. Men were asked to look back at their wellbeing, loneliness and risk of taking their own life before and after attending Circle.

The responses were encouraging. They also need to be read with care. These are men's own recollections from a relatively small sample of the membership base, yet it leaves little doubt that Mentell is a positive force for personal transformation.

Measure	Before	After	Reported change
Overall wellbeing Score out of 10	3.77	7.16	90% increase
Loneliness and isolation Score out of 5	3.32	2.09	44% reduction
Risk of taking own life Score out of 5	2.19	1.34	42% reduction

We also asked how much of the positive change men felt was down to Mentell; those same respondents reported back that an average of 62.49% of the change was down to attending a Mentell circle. Men have their own lives, relationships and sources of support, and they do the work of making changes themselves. Having somewhere to speak openly can help them begin.

One member put it this way:

"Mentell gave me the initial support and boost I needed to go away and do the work myself."

What stays with men after Circle

The effects of sitting in a men's circle can extend beyond regular attendance. The 2025 impact survey showed that Men who attended more than ten Circles reported the greatest change in wellbeing from their starting baseline. More striking, wellbeing change in this group of men often lasted well beyond their last circle visit, with Men who had not attended for six months or more also reporting sustained positive changes that were sourced from the support they received from Mentell.

As one member put it:

'Attending Mentell increased my self- awareness, improved my listening skills, gave me greater honesty with myself, reduced my shame… I could go on. I can honestly say it changed my life.'

The people around each man

Men describe becoming more present with their children, more emotionally available to their partners and better able to explain how they feel. When a man feels less alone and more able to manage his emotions, the people who share his life can feel the difference too. That is part of why this work matters so much to us. For each man Mentell supports, the charity conservatively estimates that one other person in his household benefits from his wellbeing change. This might be a partner, child or another family member sharing his everyday life.

The people who make Circle possible

Volunteer facilitators

At the heart of Mentell's core activity this year are 77 volunteer facilitators who collectively gave thousands of hours of their own time to keep the circles open week in, week out. Without these men, Mentell simply wouldn't exist. This commitment is one of the many reasons the charity continues to invest so heavily in our facilitators' welfare and training: to make sure these men remain in a good place to give back. On behalf of every member of the trustee board, we want to express our deepest appreciation for this highly committed group of volunteers.

Safeguarding and quality

In 2025, there were no major safeguarding issues or concerns to report; the charity continues to employ a staff member to support member welfare, and the trustees recognise that peer support has limits and does not replace clinical or emergency services. Maintaining clear safeguarding arrangements, referral and escalation routes and annual safeguarding policy reviews remains essential as the service grows. In 2025, we offered clinical supervision (free of charge) to all our volunteers, regardless of experience level, and will continue to invest in this area of safeguarding into 2026.

Innovation

Listening to our communities helps us understand where men need support and how Mentell can respond. In 2025, we took a closer look at the experiences of male veterans and the sense of purpose and belonging that can be lost when leaving the Armed Forces.

Working with Cheshire East Council and Armed Forces HQ, we developed 'We Still Need You', giving veterans the opportunity to support their own wellbeing while training to become Mentell facilitators. We wanted to recognise how much these men still have to offer and give them somewhere to put that experience to use.

In April 2025, we secured £82,000 over two years from the Armed Forces Covenant Fund Trust to develop the pilot. Veterans are now helping to run Mentell Circles, giving other men a place to talk while finding support and connection themselves. The trustee board would like to go on record to thank the Armed Forces Covenant Fund Trust for placing its trust in Mentell to deliver a first-of-its-kind initiative to the veteran community across the North West. It was also an honour for our co-director (Andy) to be invited to present the update on the We Still Need You project to every member of staff at Armed Forces Covenant Fund Trust at their annual away day in Manchester November.



Financial Review

Review of the charities' financial position at the end of the period

Total income during the year was £498,142, an increase of 44.8% on the prior year's figure of £343,914.

Total 2025 expenditure was £388.814 (2024: £431,426) resulting in a net increase in funds of £109,328 (2024: (87,512)) and total funds at the year-end of £229,974 (2024: £120,646).

This meant that Mentell started 2025 in a financially stable situation, with funds available to continue to expand its work, serving more men and bringing greater awareness of men's mental health issues.

Reserves statement

The charity's policy is to maintain a reserves position to cover between 3 and 6 months of operational costs. Our recurring costs average around £40,000 per month therefore we started 2025 with over 5 months fuel in the tank.

Amount of reserves held

At the end of 2025 the charity held reserves of £229,974, of this £217,026 were unrestricted (free reserves).

MENTELL IN NUMBERS 2025

Creating safe spaces for men to talk, listen and connect.

Mentell

10,488
hours of peer support

5,244
attendances at online and in-person Circles

669
Circles delivered

388
new members attendances

77
volunteer facilitators

99%
service user satisfaction

1,000+ venues
promoting Mentell through pubs, bars, barber shops and workplaces.

WHAT MEN TOLD US HAD CHANGED

	Before attending	After attending
Wellbeing	3.77	7.16
Loneliness and isolation	3.32	2.09
Self reported risk of taking their own life	2.19	1.34

Outcome scores reflect retrospective self-reports from 115 respondents to Mentell's December 2025 survey. Delivery figures cover 2 January–29 December 2025. Satisfaction is based on a separate new member experience survey.

"You guys are amazing and joining circle gave me back my life."
Mentell survey respondent, 2025

EXPLORE THE FULL STORY

Read our full 2025 Impact Report for more findings, member experiences and information about how we measure our impact.

Available at www.mentell.org.uk

Men, is it time to talk?

MENTELL

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF MENTELL

FOR THE YEAR ENDED 31 DECEMBER 2025

I report on the unaudited financial statements of Mentell for the year ended 31 December 2025 which comprise the Statement of Financial Activities, the Statement of Financial Position and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

Having satisfied myself that the accounts of the charity are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the 2011 Act. In carrying out my examination, I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiners Statement
I am qualified to undertake the examination, being a member of the Institute of Chartered Accountants in England and Wales (ICAEW). In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
    a. to keep accounting records in accordance with section 130 of the Charities Act 2011; and
    b. to prepare accounts which accord with the accounting records, comply with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102)

    have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

MJ Whiteley

Matthew Whiteley FCA (ICAEW)
Whiteley Accountancy Services LLP
14 Warwick Road, Stockport, SK4 4LY

27th October 2026

MENTELL

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income from:					
Grants and donations	***2***	318,770	87,185	405,955	275,298
Charitable activities	***3***	39,601	-	39,601	48,441
Other income	***4***	52,586	-	52,586	20,175
Total		**410,957**	**87,185**	**498,142**	**343,914**
Expenditure on:					
Raising funds	***5***	14,018	-	14,018	1,980
Charitable activities	***6***	300,559	74,237	374,796	429,446
Other expenditure		-	-	-	-
Total		**314,577**	**74,237**	**388,814**	**431,426**
Net income/(expenditure)		96,380	12,948	109,328	(87,512)
Transfers between funds		-	-	-	-
Net movement in funds		96,380	12,948	109,328	(87,512)
Reconciliation of funds:					
Total funds brought forward		**120,646**	-	**120,646**	**208,158**
Total funds carried forward	***14***	**217,026**	**12,948**	**229,974**	**120,646**

MENTELL

BALANCE SHEET

AS AT 31 DECEMBER 2025

	Notes	2025 £	£	2024 £	£
FIXED ASSETS					
Tangible Fixed Assets	*8*		-		722
CURRENT ASSETS					
Cash at Bank and in Hand		240,002		130,704	
Debtors & Prepayments	*9*	33,920		13,428	
Other Current Assets	*10*	2,010		1,512	
		275,932		145,644	
CREDITORS: Amounts falling due within one year	*11*	45,958		25,720	
NET CURRENT ASSETS			229,974		119,924
CREDITORS: Amounts falling due after one year			-		-
NET ASSETS			**229,974**		**120,646**
FUNDS OF THE CHARITY					
Unrestricted Funds			217,026		120,646
Restricted Funds			12,948		-
TOTAL FUNDS	*14*		**229,974**		**120,646**

The notes on pages 13 to 21 form part of these financial statements.

The financial statements were approved by the Board of Trustees on the 21st October 2026 and signed on their behalf:



Angela Pownall
Chair

1. ACCOUNTING POLICIES

Basis of accounting
The financial statements of the charity, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) [effective January 2022].

The financial statements are prepared in £ sterling, the functional currency of the charity.

Going Concern
The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources
All income, including grants and donations, is recognised once the charity has entitlement to the income, that it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.
Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.
Unrestricted funds are for grants, donations and other incoming resources received or generated for charitable purposes.

Resources expended
All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to applicable expenditure headings.

Charitable expenditure shall include all expenditure directly related to the objects of the charity, including the cost of goods and services, that have been incurred in charitable activities.

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount for the obligation can be measured reliably.

Deferred income
Income is only deferred and included in creditors when:

- The income relates to a future accounting period
- A sales invoice has been raised ahead of the work being carried out and there is no contractual entitlement to the income until the work has been done
- Not all the terms and conditions of the grant have been met, including the incurring of expenditure and the grant conditions are such that unspent grant must be refunded

1. ACCOUNTING POLICIES (continued)

Governance costs
Governance costs shall include all expenditure directly related to the administration of the charity including expenditure incurred in the management of the charity's assets, organisational administration and compliance with charitable and statutory requirements.

Pension contributions
The charity operates a defined contribution pension scheme for its employees, agreeing the contribution rates with each individual. The contributions are paid to a third party (NEST Pensions) who invest the contributions in a money purchase plan. Contributions are charged to the SoFA as they become payable.

Tangible fixed assets and depreciation
Individual fixed assets costing more than £1,000 are capitalised at cost and are depreciated over their estimated useful lives on a straight-line basis as set-out below.

Depreciation rates are as follows:

Events Equipment	33% straight-line basis
Office Equipment	33% straight-line basis
Computer equipment	33% straight-line basis

Debtors
Trade and other debtors are recognised at the settlement amount due and prepayments are valued at the amount prepaid.

Cash at bank and in hand
Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount.

Statement of cashflows
Advantage is taken of the exemptions in SoRP not to present a statement of cashflows.

2. INCOME FROM GRANTS & DONATIONS

	Unrestricted Funds	Restricted Funds	2025 Total Funds	2024 Total Funds
Grants	**£**	**£**	**£**	£
Armed Forces Coven	-	30,975	**30,975**	-
Ashton Probation Grant	-	-	**-**	2,000
Bentley & Community Work	-	6,710	**6,710**	-
Cheshire West (Northwich)	-	-	**-**	2,000
Cheshire West NHS	-	-	**-**	13,333
Cheshire Probation Community Work	-	5,000	**5,000**	-
CHK Foundation	10,000	-	**10,000**	-
Derbyshire Community Volunteer Fund	-	2,000	**2,000**	-
Derbyshire County Council	22,500	-	**22,500**	30,000
Findlay Charity	20,000	-	**20,000**	-
Garfield Weston	20,000	-	**20,000**	-
Glossop High Peak Borough Council	-	-	**-**	175
Hertfordshire County Council	-	-	**-**	3,667
NHS England (Peer Support)	-	-	**-**	39,105
NHS England (Training Grant)	54,390	-	**54,390**	-
Stockport Locala Community Fund	-	-	**-**	1,500
Surrey County Council	39,750	5,000	**44,750**	46,666
Surrey County Council (Carers Grants)	-	-	**-**	9,167
The National Lottery Fund	-	37,500	**37,500**	63,500
Small Unrestricted Grants	12,577	-	**12,577**	30,250
Donations				
Cheshire Freemasons	30,000	-	**30,000**	-
Global Charities	10,000	-	**10,000**	-
Thomas Gradwell	19,000	-	**19,000**	-
UKBIG GIVE	11,516	-	**11,516**	-
General Donations	69,037	-	**69,037**	33,935
	318,770	**87,185**	**405,955**	275,298

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	2025 Total Funds	2024 Total Funds
	£	**£**	**£**	£
Mentell Awareness & Training	1,600	-	**1,600**	7,250
Fundraising	35,432	-	**35,432**	39,544
Gift Aid	2,569	-	**2,569**	1,647
	39,601	**-**	**39,601**	48,441

4. OTHER INCOME

	Unrestricted Funds	Restricted Funds	2025 Total Funds	2024 Total Funds
	£	£	£	£
Philanthropy	52,500	-	**52,500**	20,000
Miscellaneous Income	86	-	**86**	175
	52,586	-	**52,586**	20,175

5. EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds	Restricted Funds	2025 Total Funds	2024 Total Funds
	£	£	£	£
Fundraising Events	12,979	-	**12,979**	712
Fundraising Costs (Just Giving)	1,039	-	**1,039**	1,268
	14,018	-	**14,018**	1,980

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Direct Costs	**Restricted Direct Costs**	**Unrestricted Support & Governance**	**2025 Total Funds**	2024 Total Funds
	£	**£**	**£**	**£**	£
Salaries Costs	**108,867**	**17,335**	**-**	**126,002**	115,333
Core Delivery Services	**55,301**	**27,706**	**-**	**83,007**	76,281
Marketing:					
Social Marketing	**306**	**-**	**-**	**306**	3,283
General Marketing	**7,443**	**4,750**	**-**	**12,193**	40,644
Online Circle Operations	**7,611**	**-**	**-**	**7,611**	2,320
In Person Circle & Affiliate Circle	**2,819**	**-**	**-**	**2,819**	6,888
Facilitator Retreat	**7,752**	**7,500**	**-**	**15,252**	14,032
IT Software & Consumables	**16,070**	**1,875**	**-**	**17,945**	24,871
Computer & IT Equipment	**1,030**	**-**	**-**	**1,030**	2,084
IT Support Service	**2,667**	**-**	**-**	**2,667**	300
Office Furniture & Equipment	**1,264**	**-**	**-**	**1,264**	2,763
Events Equipment	**8**	**-**	**-**	**8**	-
Rent & Room Hire	**16,354**	**4,050**	**-**	**20,404**	11,962
Telephones	**1,196**	**-**	**-**	**1,196**	2,952
Printing & Stationery	**1,499**	**-**	**-**	**1,499**	1,106
Postage & Carriage	**846**	**-**	**-**	**846**	940
Refreshments	**1,962**	**-**	**-**	**1,962**	1,171
Volunteer Expenses	**11,673**	**-**	**-**	**11,673**	323
Travel & Accommodation Costs	**1,036**	**3,165**	**-**	**4,201**	7,859
Training & Courses	**24**	**-**	**-**	**24**	1,642
Insurance	**1,060**	**-**	**-**	**1,060**	798
Subscriptions & Licences	**563**	**-**	**-**	**563**	35
Consultancy & Professional Fees	**15,427**	**-**	**-**	**15,427**	80,801
Community Champion Fees	**5,867**	**7,856**	**-**	**13,723**	12,955
Compliance & Legal Fees	**15,770**	**-**	**-**	**15,770**	5,427
Payroll & Bookkeeping Fees	**-**	**-**	**8,745**	**8,745**	8,158
Accountancy Costs	**-**	**-**	**3,900**	**3,900**	2,880
Bank & Paypal Charges	**-**	**-**	**654**	**654**	416
Depreciation	**721**	**-**	**-**	**721**	721
Sundries	**2,124**	**-**	**-**	**2,124**	501
	287,260	**74,237**	**13,299**	**374,796**	429,446

Total resources expended are stated after charging:	**2025**	2024
	£	£
Independent examination fees	**1,300**	2,040
Additional accountancy costs	**2,600**	1,340
	3,900	3,380
Donation made by Community Accounting Lancashire C.I.C.	**-**	(500)
Net Accountancy Fees	**3,900**	2,880

7. STAFF COSTS

The movement in the year is after charging:	**2025**	2024
	£	£
Salaries and wages	**121,992**	107,072
Social security costs	**1,490**	6,118
Pension costs	**2,720**	2,143
Total Staff Costs	**126.002**	115,333

No employee received emoluments of £60,000 or above (2024: none).

	2025	2024
Average number of full-time equivalent employees in the year:		
Charitable Activities & Administration	**3.9**	4.5

8. TANGIBLE FIXED ASSETS

	Events Equipment	**Office Furniture**	**Computer Equipment**	**Total**
Cost or Valuation	**£**	**£**	**£**	**£**
Cost at 01/01/2025	2,164	-	-	2,164
Additions	-	-	-	**-**
Revaluations	-	-	-	**-**
Disposals	-	-	-	**-**
Cost at 31/12/2025	**2,164**	**-**	**-**	**2,164**
Accumulated Depreciation				
Accumulated Depreciation at 01/01/2025	1,442	-	-	1,442
Depreciation charge for the year	722	-	-	722
Revaluations	-	-	-	-
Disposals	-	-	-	**-**
Accumulated Depreciation at 31/12/2025	**2,164**	**-**	**-**	**2,164**
Net Book Value				
Net Book Value at 31/12/2024	722	-	-	722
Net Book Value at 31/12/2025	**-**	**-**	**-**	**-**

9. DEBTORS: Amounts falling due within one year

	2025	2024
	£	£
Debtors (Accounts Receivable)	**26,763**	5,000
Prepayments	**5,157**	6,782
Accrued Income	**2,000**	1,646
	33,920	13,428

10. OTHER CURRENT ASSETS

	2025	2024
	£	£
Rent Deposit	**2,010**	1,512
	2,010	1,512

11. CREDITORS: Amounts falling due within one year

	2025	2024
	£	£
Creditors (Accounts Payable)	**12,492**	20,341
Accruals	**3,409**	2,881
Deferred Income	**27,825**	-
Social Security & Other Taxes	**2,232**	2,498
	45,958	25,720

12. TRUSTEES

During the financial year management consultancy fees of £nil (2024: £23,504) were paid to a Trustee, Alanna Gabrielle Atkinson (resigned 19th December 2025).

No other Trustee received any payment or remuneration during the year.

Two Trustees' expenses were reimbursed in the year to cover subsistence and training, totalling £654 (2024: none).

13. RELATED PARTY DISCLOSURE

There were no related party transactions for the year ended 31st December 2025 (2024: none).

14. FUND ANALYSIS

Fund Name	Balance as at 31st December 2024	Income	Expenditure	Balance as at 31st December 2025
	£	£	£	£
Unrestricted Funds	**120,646**	**410,957**	**(314,577)**	**217,026**
Restricted Funds:				
Armed Forces Coven	-	30,975	(22,070)	8,905
Bentley & Community Work	-	6,710	(6,710)	-
Cheshire Probation Community Work	-	5,000	(5,000)	-
Derbyshire Community Volunteer Fund	-	2,000	(2,000)	-
Surrey County Council	-	5,000	(5,000)	-
The National Lottery Fund	-	37,500	(33,457)	4,043
	-	**87,185**	**(74,237)**	**12,948**
TOTAL FUNDS	**120,646**	**498,142**	**(388,814)**	**229,974**

For the prior year Fund Name	Balance as at 31st December 2023	Receipts	Payments	Balance as at 31st December 2024
	£	£	£	£
Unrestricted Funds	**206,159**	**201,906**	**(287,419)**	**120,646**
Restricted Funds:				
Ashton Probation Grant	-	2,000	(2,000)	-
Cheshire West (Northwich)	-	2,000	(2,000)	-
Cheshire West NHS	-	13,333	(13,333)	-
Crewe & Nantwich Open Minds	1,999	-	(1,999)	-
Glossop High Peak Borough Council	-	175	(175)	-
Hertfordshire County Council	-	3,667	(3,667)	-
Stockport Locala Community Fund	-	1,500	(1,500)	-
Surrey County Council	-	46,666	(46,666)	-
Surrey CC (Carers Grant)	-	9,167	(9,167)	-
The National Lottery Fund	-	63,500	(63,500)	-
	1,999	**142,008**	**(144,007)**	**-**
TOTAL FUNDS	**208,158**	**343,914**	**(431,426)**	**120,646**

15. ANALYSIS OF CHARITY NET ASSETS BETWEEN FUNDS

Fund balances at 31 December 2025 are represented by:

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Tangible fixed assets	-	-	-
Net current assets	217,026	12,948	229,974
	217,026	**12,948**	**229,974**

Fund balances at 31 December 2024 are represented by:

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
Tangible fixed assets	722	-	722
Net current assets	119,924	-	119,924
	120,646	**-**	**120,646**

16. VOLUNTEERS

Mentell had more than 100 volunteer facilitators supporting its work during the reporting period.

Their principal role was to facilitate Mentell's weekly Circles. This included preparing the physical or online space, welcoming members, facilitating the session in accordance with Mentell's Seven Principles, completing attendance information and escalating any safeguarding or operational concerns appropriately. Volunteers also supported Mentell through trustee governance, community engagement, awareness activity, fundraising, events and other project work.

Based on Mentell's service-delivery records, it's estimated that volunteers contributed approximately 10,478 hours during the year.

17. TAXATION

Mentell is a registered charity and is entitled to claim annual exemption from UK corporation tax.