MENWALKTALK TRUSTEE ANNUAL REPORT
Year Ending 31 December 2025
Registered Charity No. 1188361

Trustees	Mr Tom Acott (Chair) Mr James Abdool (Vice Chair) Mr Michael Jenkins (Treasurer) Mr Taylor Pryer-Freeman Mr Rodney Funnell Mr Zach Beckett (appointed 11 April 2025) Mr Daniel Money (appointed 1 November 2025)
Registered office	Wickbourne Centre Clun Road Littlehampton West Sussex BN17 7DZ
Independent examiner	Andy Moore Blaenpentre Swyddffynnon Ystrad Meurig SY25 6AW

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About MenWalkTalk

MenWalkTalk is a UK charity supporting men's mental health through peer-led walking groups that combine conversation, connection and community. Founded in January 2020, MenWalkTalk began with a simple idea: that walking side-by-side could break down the barriers that stop men from speaking openly about how they feel. One man's journey has now grown into a movement.

Today, MenWalkTalk hosts regular walks across the UK; creating safe and welcoming spaces for men of all backgrounds to come together — not for therapy or treatment, but for time out, fresh air, and honest conversation.

For many, a MenWalkTalk walk is the first time they have felt able to open up. One participant described it as "the only space I've found where I don't have to pretend I'm ok." Another said that "this walk saved my life — it gave me hope, and people who understood." These stories are echoed again and again across our network.

Our trained walk-leaders — all volunteers, many with lived experience of mental health struggles — are the heart of our model. They help create an informal but supportive environment where no one is pressured to talk, but everyone knows they can. We prioritise consistency and safety, offering structure through onboarding, safeguarding training, and regular check-ins with our volunteers.

MenWalkTalk has supported many men through in-person walks, while also building a strong digital community through our WhatsApp groups, Facebook Groups, and bi-monthly Zoom socials. These platforms ensure continued access to peer support between walks — especially important for men who live in isolated areas or face social anxiety.

MenWalkTalk doesn't aim to replace clinical services. Instead, we meet men where they are — often before they reach crisis — and walk with them towards connection, understanding, and wellbeing. We believe that offering simple, stigma-free ways to talk can make a powerful difference. And we know from experience that it does.

2025 Overview and Achievements

2025 was again another transformational year for MenWalkTalk as we continue to reach and help more men than ever before. A fantastic way to celebrate our 5th Anniversary was being able to see that, during 2025, we **doubled** the number of attendees for our walks compared to the year before.

As an organisation, the majority of our team (from trustees to walk leaders and beyond) have close personal or lived experience of poor mental health, isolation and stigma, and we lean on this experience to ensure our walks remain relevant and accessible. We continue to be able to work closely with our walk leaders, building flexible walks that can be adapted to individual groups and their needs. The importance of this has been reflected in our feedback survey, and we are proud that 97% of respondents felt welcomed and included and 92% plan to attend more sessions.

Another key achievement for MenWalkTalk during this period was the implementation of a dedicated Customer Relationship Management (CRM) system. We are proud to be constantly growing and having a reliable and secure way to manage information and data is essential. The CRM allows us to keep accurate records of participants, volunteers, referrals and partner organisations, ensuring that no one is overlooked and that support is delivered consistently and safely. It streamlines our communication, helping us share updates, coordinate walks and respond quickly to enquiries. It allows our small staff team to be more streamlined and efficient, as well as supporting us in monitoring attendance, tracking impact and gathering the data needed to evaluate our work.

Overall, we at MenWalkTalk are incredibly proud of the growth we have been able to achieve so far, and this would not have been possible without the help of our staff, volunteers, trustees and funders. We know that there are many more men out there who need our support, and we expect that we will continue to grow in 2026 to be able to reach them.

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Men Walk Talk		
On accounts for the period	1/1/25 to 31/12/25	**Charity no (if any)**	1188361

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity for the period 1/1/25 to 31/12/25

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act. The accounts have been prepared on a Receipts and Payments basis in accordance with section 133 of the act.

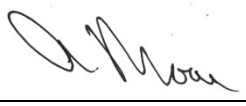
Independent examiner's statement

I confirm that I have the requisite skills and experience to conduct the Independent Examination for this charity to the standards required as set out in Appendix 5 of CC32. Although retired from practice as an accountant and as a member of a listed professional accountancy body, I continue to conduct a number of examinations on a voluntary basis every year. I also confirm that I am independent of the charity as set out in Direction 2 of CC32.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:		**Date:**	27/10/25
Name:	Andy Moore		
Address:	Blaenpentre, Swyddffynnon, Ystrad Meurig, SY25 6AW		

Financial Review

The charity received £72,296 in donations, grants and fundraising activities in the year to 31 December 2025 (2024: £100,755) and made payments of £85,631 (2024: £69,181). At 31 December 2025 the charity had £67,079 of cash funds (2024: £80,414).

The charity's policy is that the organisation will retain reserves of at least 4 months' running costs or £25,000 (whichever is the greater). This will be reviewed annually by the Trustees. At 31 December 2025 the charity's cash position met this reserve requirement.

The accounts, prepared on the "receipts and payments" basis, are included overleaf.

Men Walk talk

Receipts and Payments Accounts

For the year ended 31 December 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Receipts					
Donations		11,948	0	**11,948**	36,013
Grants		0	55,200	**55,200**	59,894
Fundraising		5,148	0	**5,148**	4,848
Sub total		17,096	55,200	**72,296**	100,755
Asset and investment sales					
		0	0	**0**	0
Total receipts		17,096	55,200	**72,296**	100,755
Payments					
Payments relating to charitable activities		5,775	2,947	**8,722**	13,465
Running costs		8,693	7,095	**15,788**	13,343
Staff costs		17,712	43,409	**61,121**	42,373
Sub total		32,180	53,451	**85,631**	69,181
Asset and investment purchases					
Computer equipment		0	0	**0**	0
Total payments		32,180	53,451	**85,631**	69,181
Net of receipts / (payments)		(15,084)	1,749	**(13,335)**	31,574
Transfer between funds		0	0	**0**	0
Cash funds at 31 December 2024 (2023)		39,229	41,185	**80,414**	48,840
Cash funds at 31 December 2025 (2024)	1b	**24,145**	**42,934**	**67,079**	80,414

Men Walk talk

Statement of Assets and Liabilities

As at 31 December 2025

	Notes	Total Funds 2025 £	Total Funds 2024 £
Cash funds			
Bank Current - Unrestricted		**24,056**	39,083
Paypal - Unrestricted		**89**	146
Bank Current - Restricted		**42,934**	41,185
Total cash funds		**67,079**	80,414
Other monetary assets			
Receivable income		**300**	0
Investment assets		**Current Value**	Current Value
Investment assets		**0**	0
		0	0
Assets retained for the charity's own use	1c	**224**	607
Liabilities			
Independent examination		**0**	(660)
Creditors		**(19)**	(29)

Approved by the Trustees on 27 October 2026 and signed on their behalf:



Michael Jenkins – Trustee Date: 27 October 2026

The notes on page 7 form a part of these financial statements.

1 Accounting policies

a Basis of preparation

The basis of accounting is Receipts & Payments.

b Funds accounting

Funds held by the charity are:

Unrestricted funds - general funds which can be used for the charity ordinary purposes.

Restricted funds - donations or grants received for a specific object or invited by the charity for a specific object. The funds may only be expended on the specific object for which they were given.

c Assets retained for the charity's own use

Assets retained for the charity's own use in the Statement of Assets and Liabilities are included at net book value.

d CIO Guarantees and Secured Debts

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

2 Related party transactions

There were no payments to related parties during the year (2024: nil).

Statement by the Chair

It is a pleasure to present the Annual Report and Accounts for the past year, a year in which the charity has continued to make a positive and meaningful difference to the lives of men in our community.

As a small charity, we are particularly proud of what we have achieved. Our work is built on a simple but important belief: that no man should feel he has to face challenges with his mental health alone. By providing a welcoming, supportive and non-judgemental environment, we aim to encourage men to talk openly, build connections and access the support they need.

Throughout the year, we have continued to develop our services and strengthen our relationships within the community. The commitment of our volunteers, staff, trustees and supporters has been central to this progress. Their time, compassion and dedication have enabled us to reach men who might otherwise struggle to find the confidence or opportunity to seek support.

We recognise that mental health challenges remain a significant issue for many men, and that loneliness, isolation and the stigma surrounding mental health can prevent people from asking for help. Our charity plays an important role in addressing these barriers by creating opportunities for men to connect with others, share their experiences and realise that they are not alone.

The progress we have made during the year is a testament to the commitment of everyone involved in the charity. I would like to thank our staff and volunteers for their tireless efforts, our trustees for their guidance and oversight, and our funders, donors, partner organisations and wider community for their continued trust and support. Every contribution, whether financial or through the gift of time, helps us to continue our work. As trustees, we remain committed to ensuring that the charity is well governed, financially responsible and focused on delivering the greatest possible benefit to the men we support. We recognise the importance of managing our resources carefully, maintaining appropriate financial reserves and planning sustainably for the future. This is particularly important for a small charity operating in an environment where demand for mental health support continues to be significant.

Looking ahead, we aim to build on the strong foundations established to date, continue developing our support and reach more men who may benefit from our work. We will remain focused on our charitable purpose, ensuring that the needs of the men we support remain at the heart of our decisions.

I am proud of what we have achieved together and optimistic about what lies ahead. While we are a small charity, the difference we can make to individual lives and our wider community is significant. With the continued commitment of our team, supporters and partners, we look forward to building on our progress and ensuring that more men have access to the connection, understanding and support they need.

Tom Acott
Chair of Trustees, MenWalkTalk