

REGISTERED COMPANY NUMBER: 04142349 (England and Wales)
REGISTERED CHARITY NUMBER: 1087375

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013
FOR
THE MEN'S HEALTH FORUM**

TM Accountants Limited
Chartered Certified Accountants
West Midlands House
Gipsy Lane
Willenhall
West Midlands
WV13 2HA

THE MEN'S HEALTH FORUM
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FOR THE YEAR ENDED 31 MARCH 2013

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THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2013

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2013. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04142349 (England and Wales)

Registered Charity number

1087375

Registered office

The Men's Health Forum
32-36 Loman Street
London
SE1 0EH

Trustees

| | |
|----------------------|-----------------------|
| Alan White | - resigned 11/3/2013 |
| Gopa Mitra | |
| John Larkin | |
| Gillian Nineham | |
| Lily Laila Abedipour | |
| Paul Bradley-Cong | - resigned 29/11/2012 |
| David Hudson | |
| Frank Keating | |
| Sandra Gidley | |
| Sara Richards | |
| Su Wang | |
| John Chisholm | - appointed 9/4/2013 |

All Trustees alone are the members of the Company. Members of the Company each guarantee to contribute £1 to the assets of the Company in the event of it being wound up.

Independent examiner

Mr Anthony Lee Morris
FCCA
TM Accountants Limited
Chartered Certified Accountants
West Midlands House
Gipsy Lane
Willenhall
West Midlands
WV13 2HA

Solicitors

Bates, Wells & Braithwaite
Cheapside House
138 Cheapside
London
EC2V 6BB

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, as defined by the Companies Act 2006, incorporated on 16 January 2001 and registered as a charity on 5 July 2001. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. The Articles of Association were last amended on 24 November 2011.

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2013

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The directors of the company are also Charity Trustees for the purposes of charity law and under the company's Articles. Under the requirements of the Memorandum and Articles of Association the members of the Charity are elected to serve for a period of three years renewable by resolution of the trustees for a further term of three years. A trustee who has served six years in total can not be reappointed except that, in exceptional circumstances as deemed by the trustees, by unanimous resolution of the trustees, a trustee's appointment may be renewable by resolution for a further term of three years.

The organisation has a robust recruitment system to ensure a broad skill mix on the Board. A skills audit of Trustees is periodically undertaken and in the event of particular skills being lost due to retirements, every effort is made to recruit new Trustees with the appropriate skills.

Knowledge of men's health is not essential but we require potential Trustees share the organisation's mission, vision, values and beliefs.

The organisation has a Trustee Code of Conduct which provides a guide to the responsibilities required of a Trustee which was revised in early 2011.

Induction and training of new trustees

In order to develop a working knowledge of the organisation and to give themselves credibility, trustees are asked to maintain links and keep in touch with the organisation by attending Forum conferences and other events as well as by reading its publications, including the two Forum websites. All new trustees are given induction training when they join the organisation and are also provided with a job description. An annual appraisal for the Chair of Trustees has been introduced.

Organisational structure

The Trustee Board of The Men's Health Forum is currently made up of ten individuals who meet quarterly and are responsible for the strategic direction and policy of the charity. The Chief Executive who also sits on the Committee but has no voting rights.

The organisation also has the following committees/groups

- Finance Committee
- Organisational Development Committee
- Project Steering or Advisory Groups

The Finance and Organisation Development Committees are committees of the Board. The other groups have an advisory or project management role.

Management responsibility of the organisation rests with the Chief Executive, who is responsible for ensuring that the charity delivers its strategic objectives as set by the Board. The President has responsibility as a leading spokesperson for the Forum, for fundraising, for media work, networking, and for strategic advice. The Director of Operations has responsibility for the day to day operational management of the organisation, individual supervision of the staff team, including the development of their skills and working practices in line with good practice, as well as ensuring that all project work is delivered on time and to budget.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Trustees regularly review the major risks to which the charity is exposed and systems have been established to mitigate those identified. External risks to funding led to the development of a new strategic plan in 2011-12 which allows for the diversification of funding sources and future activities. This followed a comprehensive organisational review in 2010-11 which sought to align more closely the staffing structure with the Forum's strategic objectives. This review also led to an increase in the staff resources available for income generation. Internal financial risks are minimised by the implementation of procedures for authorisation of all transactions and project spend and by ensuring consistent quality of delivery in all operational aspects of the charity. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2013

OBJECTIVES AND ACTIVITIES

Objectives and aims

While 2012/13 was a year of change for the Men's Health Forum, we successfully continued our research, publication, campaigning and lobbying to improve men's health.

Our goals and strategic priorities

In 2009/10, the MHF set itself the new overarching goal of becoming 'The Centre of Excellence for Policy and Practice in Men's Health'.

In order to meet our goal of becoming the Centre of Excellence, we adopted three broad strategic objectives:

1. To integrate men's health in the strategic/policy and thinking/planning of government, PCTs and national charities
2. To equip relevant, cross-sector providers to enable them to engage effectively with men
3. To build and consolidate the organisational integrity of the Forum to ensure the ability to deliver and sustainability to grow and develop.

Our work during 2012/13 to achieve these strategic objectives in the context of changed NHS structures is set out below.

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2013

ACHIEVEMENT AND PERFORMANCE

Charitable activities undertaken for the public benefit

To integrate men's health in the strategic/policy and thinking/planning of government, PCTs and national charities

Our work in this area focused on four main areas:

- " Our continuing work as a Strategic Partner of the Department of Health
- " The Men & Cancer Expert Round Table in January 2013
- " The ongoing work of the All-Party Parliamentary Group on Men's Health
- " Our joint publication with Relate - Try to see it my way - Relate's report on men and relationships

As reported in previous years, our ability to achieve national influence increased significantly in April 2009 when MHF, alongside a small number of other voluntary organisations, was appointed for three years as a Strategic Partner of the Department of Health. This was renewed again for 2012/13. The organisation has been appointed to a new programme run by the Department of Health, NHS England and Public Health England in 2013/14.

Both the original appointment, and the renewals since, are important recognition of the importance the Department attaches to the MHF as a partner and to men's health as an issue and has given us much easier access to officials and ministers. As part of the Strategic Partner Programme, the MHF and other partners meet Department of Health officials on a monthly basis to discuss a wide range of policy issues and actively engage in DH consultations and events throughout the year. The new programme for 2013/14 is providing similar opportunities with officials in NHS England and Public Health England.

The MHF is also an active participant in the National Cancer Equalities Initiative (NCEI) - which led to our leading role in the January 2013 "Men and Cancer Expert Roundtable" - a joint initiative between the Men's Health Forum, the National Cancer Equality Initiative and the Department of Health. The roundtable received widespread coverage including from ITV and the Daily Telegraph, Guardian, Daily Mail and Independent.

We also continued our work as the secretariat for the All Party Parliamentary Group (APPG) on Men's Health. The main meeting of the year reflected our previous work on Human Papilloma Virus (HPV) immunisation and boys. Following the successful roundtable in March 2012 on HPV, we worked with the FPA, BASHH and Sanofi Pasteur MSD to deliver an APPG meeting on boys and HPV immunisation held jointly with the Sexual Health All Party Group.

As a direct consequence of the excellent reception for the MHF's 2011 guide for mental health practitioners, Delivering Male, the MHF's Research Manager, David Wilkins, was commissioned to produce a joint publication with Relate Try to see it my way, which took his previous work forward to cover the challenges associated with engaging men with relationship advice.

In addition to these four main areas, other work in 2013 included the following:

- " The MHF remained a member of NHS North West's Health Equalities Stakeholder Group - and began work on a training video on men's health for use across the entire region.
- " The MHF provided consultancy to the University of Aberdeen on its systematic review of men's weight loss interventions.
- " During the year, we continued to work with the Mental Health Foundation to develop an academic and research network on men's mental health.

To equip relevant, cross-sector providers to enable them to engage effectively with men

Our biggest event of the year is Men's Health Week - and 2012 was no exception.

Men's Health Week 2012 reached parts of the media men's health has never been to before including Australia and China. The launch included the YOLO 'You Only Live Once' micro-site that the MHF used to launch the week and the MHF's survey of dads' health with Benenden Healthcare.

The primary focus was heart disease and the week received coverage in a wide range of magazines, BBC Breakfast, The Guardian, The Sun, Reader's Digest, The Scotsman, Daily Mail, Daily Telegraph, Sky News (Australia) and the Daily Record.

As in previous years, it provided an excellent platform for local partners across the country to run their own activities in support of the campaign.

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2013

ACHIEVEMENT AND PERFORMANCE

Charitable activities undertaken for the public benefit

In autumn 2012, we began work on our mental health campaign for Men's Health Week 2013 - with particular focus on male suicide and encouraging men to ask for help.

Outside Men's Health Week, the MHF continued to forge relationships and partnerships with a wide variety of stakeholders to provide information, advice and guidance as well as direct service provision to enable them to engage effectively with men. This was achieved through the development of project activity and the dissemination of project outcomes as well as the delivery of existing services, e.g. information provision, training/consultancy.

We continued to provide extensive information to providers through a regular eBulletin and growing content on the menshealthforum.org.uk website. Our news updates, available online with links via e-mail and Twitter, continued to grow and provide a flow of information to organisations and individuals with an interest in men's health.

Mini Manuals remained an important resource for public health and other professionals as well as an important source of income for MHF. They also help to raise our profile significantly and generate traffic to the malehealth.co.uk website. Following accreditation with the Information Standard (IS) in 2011/12, we have continued the process of ensuring that all our publications and web content are IS-compliant.

Work also continued on our Department of Health-funded project to produce the next generation of health information resources for men. As part of this the opportunity arose to take over the Man MOT website - an online consultation service which enables men to chat to a health professional online, anonymously, confidently and for free. Man MOT was originally developed in 2010 by Pfizer in partnership with the MHF, Diabetes UK, FPA, Heart UK, National Obesity Forum, Relate and the Sexual Advice Association - but was relaunched as an MHF site with the support of Pfizer in February 2013.

From April 2013, we will be developing Man MOT further following a successful bid for funding from the Department of Health Innovation, Excellence and Strategic Development fund to run a programme in Haringey - working alongside local health providers - to use the Man MOT platform as a base for achieving significant improvements in men's health in that area before further area-by-area expansion across the country.

To build and consolidate the organisational integrity of the Forum to ensure the ability to deliver and sustainability to grow and develop

The year 2012/13 presented the MHF with the biggest organisational changes in its history, but also led to new sources of funding which place us in a good position for the future.

The biggest changes came during the course of the year with both our President, Ian Banks, and our Chief Executive, Peter Baker, deciding to move on from the Men's Health Forum.

It is almost impossible to over-estimate the impact of both men on the development of the Forum.

Ian Banks was the founding Chair of the Men's Health Forum back in 1995 and the driving force for the organisation for most of the next 17 years. As Peter once said "The MHF wouldn't exist without Ian Banks."

Similarly Peter Baker was Chief Executive Officer from 2000 to 2012, taking the organisation from one part-time employee to the organisation we have today.

Between them, working alongside MHF Staff and the MHF Trustees - especially the Chairman of Trustees, Professor Alan White - they revolutionised the policy debate about men's health in England and Wales. We owe them a great deal.

We also saw the departure of several other highly valued colleagues, including:

" Sultan Torshkoev after 18 months as Head of Business and Service Development

" Matthew Maycock after nearly 8 years with the Forum - most recently as Development Manager responsible for the sales of our publications and Men's Health Week

" Kristin McCarthy after more than 3 years as Development Manager

" Áine Duggan after 3 years as Strategic Partnership Project Manager

Due to the challenges faced by the organisation at the time, it was decided at the time not to appoint a new Chief Executive. Instead, Jim Pollard, Colin Penning and David Wilkins stepped up to become the Management Team of the MHF. Working closely with Alan White and the other Trustees, they stabilised a difficult situation before the decision was made to appoint an interim Chief Executive, Martin Tod, in January 2013.

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2013

ACHIEVEMENT AND PERFORMANCE

Charitable activities undertaken for the public benefit

One of the biggest changes came in November 2012, when we secured funding from Guy's & St Thomas' Charity to develop a Men's Health Improvement Programme for the London Boroughs of Lambeth and Southwark.

Two colleagues with strong experience of delivering public health programmes, Errol Franklin and Damian Shannon, have joined the MHF to work alongside our partners at Leeds Metropolitan University to deliver this programme.

This is a hugely exciting opportunity for the MHF - since it enables us to start on-the-ground trials and pilots of new services that can make a real difference to men's health - and potentially opens up new revenue opportunities that can help secure the future of the organisation.

Conclusion

After significant organisational challenges, the MHF ended 2012/13 in a strong position to build for the future.

The exciting new opportunity presented by the Lambeth and Southwark Men's Health Improvement Programme, combined with our continued role as a Strategic Partner of the Department of Health (and now Public Health England and NHS England as well) and the backing of the DH Innovation, Excellence and Strategic Development fund for our programme in Haringey has stabilised our financial position and enabled us to put in place a work programme that can drive ahead our research agenda while making a real difference to men's lives.

Organisationally, we are also stronger. Following a successful three months as interim Chief Executive, the Trustees made Martin Tod's position permanent. He has been working hard to strengthen our relationship with funders as well as charity, health and government partners.

And the need remains as strong as ever.

" On average, more than one in five men is still dying between the ages 16 and 65, and more than two in five before the age of 75 - with death rates amongst men in the poorest areas of the country being even worse.

" Men are still more likely to die of circulatory disease and cancer.

" Middle-aged men are twice as likely to have diabetes as women - and twice as likely not to know they have diabetes.

" Three in four suicides are men - and suicide is the biggest cause of death for men under 35.

" When it comes to lifestyle, men are more likely than women to:

- o smoke, smoke more cigarettes per day and smoke hand-rolled tobacco
- o eat too much salt
- o eat too much red and processed meat
- o eat too little fruit and too few vegetables
- o drink alcohol and drink at hazardous levels.

" Health services are still not effectively engaging with men. Men remain less likely to:

- o attend a general practitioner
- o attend a NHS Health Check
- o opt for bowel cancer screening
- o visit a pharmacy
- o take a Chlamydia test
- o have a dental check-up.

So there is plenty to do. But the MHF ends 2012/13 well-placed to continue doing what is needed to drive policy and practice - and make a real difference in 2013/14 and beyond.

FINANCIAL REVIEW

Reserves policy

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets ("free reserves") held by the charity should equate to an amount that would enable the charity to continue its current activities for three months in the event of a significant drop in funding. This amount has been calculated at £100,000. Should there be a significant fall in funding, it would be necessary to consider how this would be replaced or how activities could be changed. At the balance sheet date the free reserves were £12,875 (2012: £33,067). The trustees are more than aware that the current deficit of £87,125 (2012: £66,933) is unsatisfactory and every effort is being pursued in order to secure unrestricted sources of income at this stage.

THE MEN'S HEALTH FORUM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2013

FINANCIAL REVIEW

Principal funding sources

The principal funding sources for the charity are currently by way of grants, donations and sales of publications.

Investment policy and objectives

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment. Having considered the options, the Trustees agreed that income be kept in a high interest account to ensure the best interest rates with immediate access.

FUTURE DEVELOPMENTS

The charity plans to continue the activities outlined above in the forthcoming years subject to satisfactory funding arrangements. Plans are also being developed to work on a number of new projects.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

ON BEHALF OF THE BOARD :

John Chisholm - Trustee

29 November 2013

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE MEN'S HEALTH FORUM**

I report on the accounts for the year ended 31 March 2013 set out on pages nine to seventeen.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of FCCA.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the 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 statements below.

Independent examiner's statement

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
 - to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

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.

Mr Anthony Lee Morris
FCCA
TM Accountants Limited
Chartered Certified Accountants
West Midlands House
Gipsy Lane
Willenhall
West Midlands
WV13 2HA

29 November 2013

THE MEN'S HEALTH FORUM

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2013

| | Notes | Unrestricted funds £ | Restricted funds £ | 2013 Total funds £ | 2012 Total funds £ |
|---|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| INCOMING RESOURCES | | | | | |
| Incoming resources from generated funds | | | | | |
| Voluntary income | 2 | 12,958 | 146,204 | 159,162 | 197,476 |
| Investment income | 3 | 225 | - | 225 | 858 |
| Incoming resources from charitable activities | | | | | |
| Policy and research | 4 | 6,000 | - | 6,000 | 18,700 |
| Communication and awareness raising | | 130,596 | 192,074 | 322,670 | 261,901 |
| Total incoming resources | | <u>149,779</u> | <u>338,278</u> | <u>488,057</u> | <u>478,935</u> |
| RESOURCES EXPENDED | | | | | |
| Costs of generating funds | | | | | |
| Costs of generating voluntary income | 5 | 15,167 | - | 15,167 | 37,668 |
| Charitable activities | | | | | |
| Policy and research | 6 | 6,596 | 5,350 | 11,946 | 200,272 |
| Communication and awareness raising | | 63,938 | 484,509 | 548,447 | 277,471 |
| Governance costs | 8 | 23,817 | - | 23,817 | 60,455 |
| Total resources expended | | <u>109,518</u> | <u>489,859</u> | <u>599,377</u> | <u>575,866</u> |
| NET INCOMING/(OUTGOING) RESOURCES BEFORE TRANSFERS | | | | | |
| | | 40,261 | (151,581) | (111,320) | (96,931) |
| Gross transfers between funds | 15 | (60,453) | 60,453 | - | - |
| Net incoming/(outgoing) resources | | <u>(20,192)</u> | <u>(91,128)</u> | <u>(111,320)</u> | <u>(96,931)</u> |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 33,067 | 126,059 | 159,126 | 256,057 |
| TOTAL FUNDS CARRIED FORWARD | | <u>12,875</u> | <u>34,931</u> | <u>47,806</u> | <u>159,126</u> |

The notes form part of these financial statements

THE MEN'S HEALTH FORUM

BALANCE SHEET
AT 31 MARCH 2013

| | Notes | Unrestricted funds £ | Restricted funds £ | 2013 Total funds £ | 2012 Total funds £ |
|--|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| CURRENT ASSETS | | | | | |
| Stocks | | 33,188 | - | 33,188 | 36,238 |
| Debtors | 13 | 34,725 | - | 34,725 | 56,354 |
| Cash at bank | | 11,234 | 34,931 | 46,165 | 112,460 |
| | | <u>79,147</u> | <u>34,931</u> | <u>114,078</u> | <u>205,052</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 14 | (66,272) | - | (66,272) | (45,926) |
| | | <u>12,875</u> | <u>34,931</u> | <u>47,806</u> | <u>159,126</u> |
| NET CURRENT ASSETS | | | | | |
| | | <u>12,875</u> | <u>34,931</u> | <u>47,806</u> | <u>159,126</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | | | |
| | | <u>12,875</u> | <u>34,931</u> | <u>47,806</u> | <u>159,126</u> |
| NET ASSETS | | | | | |
| | | <u>12,875</u> | <u>34,931</u> | <u>47,806</u> | <u>159,126</u> |
| FUNDS | | | | | |
| | 15 | | | | |
| Unrestricted funds | | | | 12,875 | 33,067 |
| Restricted funds | | | | 34,931 | 126,059 |
| | | | | <u>47,806</u> | <u>159,126</u> |
| TOTAL FUNDS | | | | | |
| | | | | <u>47,806</u> | <u>159,126</u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2013.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2013 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on 29 November 2013 and were signed on its behalf by:

John Larkin -Trustee

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is deferred only when the charity has to fulfil conditions before becoming entitled to the income or where the donor has specified that the income is to be expended in a future period.

Grants receivable including grants for the purchase of fixed assets are brought into account on receipt unless its receipt is certain in which case it is brought into account when the grant is notified.

Intangible income, which comprises donated services, is included in income at a valuation which is an estimate of the financial cost borne by the donor where such a cost is quantifiable and measurable. No income is recognised where there is no financial cost borne by a third party.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Resources expended include attributable VAT which cannot be recovered as the charity is not registered for VAT.

Cost of generating funds

Costs of generating funds incorporate the salaries, direct expenditure and overhead costs of the staff who undertake fundraising work.

Charitable activities

Charitable expenditure comprises those costs incurred on projects undertaken in pursuance of the charitable aims of the company.

Governance costs

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

Allocation and apportionment of costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. Certain costs, which are attributable to more than one activity, are apportioned across cost categories on an appropriate basis.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

| | |
|------------------|---------------------------|
| Office equipment | - 25% on reducing balance |
| Website | - 33% on cost |

Website planning costs are charged to the Statement of Financial Activities (SOFA) as incurred. Other website costs are capitalised as a fixed asset where they provide economic benefit by the provision of educational information to beneficiaries of the charity. Expenditure to maintain or operate the developed website is charged to the SOFA.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

THE MEN'S HEALTH FORUM

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2013**

1. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension contributions and other post - retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities (SOFA) in the period to which they relate.

Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities (SOFA) on a straight line basis over the term of the lease.

2. VOLUNTARY INCOME

| | 2013 | 2012 |
|---|----------------|----------------|
| | £ | £ |
| Grants | 146,204 | 146,204 |
| National Men's Health Week | - | 2,500 |
| Conference speaking, training and consultancy | 2,341 | 1,430 |
| Sanofi Pasteur MSD | - | 20,000 |
| Donations £5,000 and under | 10,617 | 27,342 |
| | <u>159,162</u> | <u>197,476</u> |

Grants received, included in the above, are as follows:

| | 2013 | 2012 |
|--|----------------|----------------|
| | £ | £ |
| Department of Health Strategic Partner | 146,204 | 146,204 |
| | <u>146,204</u> | <u>146,204</u> |

3. INVESTMENT INCOME

| | 2013 | 2012 |
|--------------------------|-------------|-------------|
| | £ | £ |
| Bank interest receivable | 225 | 858 |
| | <u>225</u> | <u>858</u> |

4. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

| | Activity | 2013 | 2012 |
|--------------|-------------------------------------|----------------|----------------|
| | | £ | £ |
| Grants | Policy and research | 6,000 | 18,700 |
| Mini manuals | Communication and awareness raising | 95,596 | 126,756 |
| Grants | Communication and awareness raising | 227,074 | 135,145 |
| | | <u>328,670</u> | <u>280,601</u> |

THE MEN'S HEALTH FORUM

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2013**

4. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES - continued

Grants received, included in the above, are as follows:

| | 2013 | 2012 |
|--|----------------|----------------|
| | £ | £ |
| Department of Health - National Men's Health Week | - | 20,500 |
| Department of Health - Innovation, Excellence and Strategic Development (IESD) | 17,748 | 62,145 |
| Roche | - | 18,700 |
| Sanofi Pasteur MSD | 19,950 | - |
| Weight Watchers | - | 5,000 |
| Pfizer | 10,000 | 35,000 |
| Bristol Myers Squibb | - | 12,500 |
| Guy's and St Thomas' Charity' | 138,376 | - |
| Department of Health Sustainability Fund | 10,000 | - |
| Novartis | 6,000 | - |
| Relate | 6,000 | - |
| Bayer | 20,000 | - |
| Lilly | 5,000 | - |
| | <u>233,074</u> | <u>153,845</u> |

5. COSTS OF GENERATING VOLUNTARY INCOME

| | 2013 | 2012 |
|-------------------------|---------------|---------------|
| | £ | £ |
| Staff costs | 5,468 | 34,232 |
| Other fundraising costs | 1,209 | 1,039 |
| Marketing | 8,490 | 2,397 |
| | <u>15,167</u> | <u>37,668</u> |

6. CHARITABLE ACTIVITIES COSTS

| | Direct costs | Support costs | Totals |
|-------------------------------------|---------------------|----------------------|----------------|
| | £ | (See note 7) | £ |
| Policy and research | 5,350 | 6,596 | 11,946 |
| Communication and awareness raising | 515,401 | 33,046 | 548,447 |
| | <u>520,751</u> | <u>39,642</u> | <u>560,393</u> |

7. SUPPORT COSTS

| | Management | Finance | Totals |
|-------------------------------------|-------------------|----------------|---------------|
| | £ | £ | £ |
| Policy and research | 6,518 | 78 | 6,596 |
| Communication and awareness raising | 32,812 | 234 | 33,046 |
| | <u>39,330</u> | <u>312</u> | <u>39,642</u> |

All support costs are allocated on the basis of staff time.

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2013

8. GOVERNANCE COSTS

| | 2013 | 2012 |
|--|---------------|---------------|
| | £ | £ |
| Staff costs | 3,812 | 35,324 |
| Premises costs | 1,200 | 1,738 |
| Accountancy | 2,729 | 2,400 |
| Legal fees | 1,934 | - |
| Other costs | 3,266 | 2,401 |
| Accountants remuneration for non year end work | - | 9,730 |
| Travel costs | 2,154 | 1,466 |
| Meeting costs | 666 | 3,314 |
| Annual report | - | 621 |
| Communications | 1,486 | 2,169 |
| Other staff costs | 6,570 | - |
| Depreciation | - | 1,292 |
| | <u>23,817</u> | <u>60,455</u> |

9. NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting):

| | 2013 | 2012 |
|-----------------------------|-------------|--------------|
| | £ | £ |
| Depreciation - owned assets | - | 5,169 |
| | <u>-</u> | <u>5,169</u> |

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2013 nor for the year ended 31 March 2012.

Trustees' expenses

During the year expenses totalling £2,154 (2012: £1,466) were reimbursed to trustees.

11. STAFF COSTS

| | 2013 | 2012 |
|--------------------|----------------|----------------|
| | £ | £ |
| Wages and salaries | 242,709 | 309,555 |
| | <u>242,709</u> | <u>309,555</u> |

The average monthly number of employees during the year was as follows:

| | 2013 | 2012 |
|----------------------------|-------------|-----------|
| Administration and finance | 3 | 3 |
| Project workers | 6 | 7 |
| | <u>9</u> | <u>10</u> |

Wages and salaries include pension payments totalling £3,096 (2012 : £5,596).

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2013

12. TANGIBLE FIXED ASSETS

| | Office equipment £ | Website £ | Totals £ |
|-----------------------------------|--------------------------|---------------|---------------|
| COST | | | |
| At 1 April 2012 and 31 March 2013 | <u>34,328</u> | <u>30,600</u> | <u>64,928</u> |
| DEPRECIATION | | | |
| At 1 April 2012 and 31 March 2013 | <u>34,328</u> | <u>30,600</u> | <u>64,928</u> |
| NET BOOK VALUE | | | |
| At 31 March 2013 | <u>-</u> | <u>-</u> | <u>-</u> |
| At 31 March 2012 | <u>-</u> | <u>-</u> | <u>-</u> |

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2013 £ | 2012 £ |
|--------------------------------|---------------|---------------|
| Trade debtors | 20,482 | 45,354 |
| Other debtors | 7,092 | 4,035 |
| Prepayments and accrued income | 7,151 | 6,965 |
| | <u>34,725</u> | <u>56,354</u> |

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2013 £ | 2012 £ |
|---------------------------------|---------------|---------------|
| Trade creditors | 59,256 | 31,272 |
| Social security and other taxes | 3,785 | 6,634 |
| Other creditors | - | 950 |
| Accrued expenses | 3,231 | 7,070 |
| | <u>66,272</u> | <u>45,926</u> |

15. MOVEMENT IN FUNDS

| | At 1.4.12 £ | Net movement in funds £ | Transfers between funds £ | At 31.3.13 £ |
|---|----------------|----------------------------------|------------------------------------|-----------------|
| Unrestricted funds | | | | |
| General fund | 33,067 | 40,261 | (60,453) | 12,875 |
| Restricted funds | | | | |
| NHS North West | - | (5,350) | 5,350 | - |
| Department of Health Strategic Partner | - | (8,475) | 8,475 | - |
| Department of Health - Innovation, Excellence and Strategic Development (IESD) | 66,559 | (74,939) | 8,380 | - |
| Cancer Round Table | 49,500 | (49,771) | 271 | - |
| Expert Symposium | 10,000 | (10,000) | - | - |
| National Men's Health Week 2012 | - | (37,977) | 37,977 | - |
| Guy's and St Thomas' Charity' | - | 24,931 | - | 24,931 |
| Department of Health Sustainability Fund | - | 10,000 | - | 10,000 |
| | <u>126,059</u> | <u>(151,581)</u> | <u>60,453</u> | <u>34,931</u> |
| TOTAL FUNDS | <u>159,126</u> | <u>(111,320)</u> | <u>-</u> | <u>47,806</u> |

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2013

15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 149,779 | (109,518) | 40,261 |
| Restricted funds | | | |
| Department of Health Strategic Partner | 146,204 | (154,679) | (8,475) |
| Department of Health - Innovation, Excellence and Strategic Development (IESD) | 17,748 | (92,687) | (74,939) |
| Cancer Round Table | 6,000 | (55,771) | (49,771) |
| Expert Symposium | - | (10,000) | (10,000) |
| National Men's Health Week 2012 | 19,950 | (57,927) | (37,977) |
| Guy's and St Thomas' Charity' | 138,376 | (113,445) | 24,931 |
| Department of Health Sustainability Fund | 10,000 | - | 10,000 |
| NHS North West | - | (5,350) | (5,350) |
| | <u>338,278</u> | <u>(489,859)</u> | <u>(151,581)</u> |
| TOTAL FUNDS | <u>488,057</u> | <u>(599,377)</u> | <u>(111,320)</u> |

Purposes of restricted funds:

Department of Health Strategic Partner: Grant funding to support the Department of Health, National Health Service and the third sector in tackling health inequalities from a gender perspective.

NHS North West: Funding for the provision of advice, support and research into the equality impacts of the activities and plans of the NHS North West Strategic Health Authority.

National Men's Health Week: Funding towards the annual Men's Health Week which takes place in June.

Department of Health - Innovation, Excellence and Strategic Development (IESD) - grant funding to develop new health information resources for use by NHS and other organisations to improve the health of men in socially disadvantaged groups.

Cancer roundtable - a one-day event to improve understanding of the excess burden of cancer borne by men and a follow-on work programme to implement the findings.

Expert Symposium - a one-day event and follow-on publication to improve the adoption of digital services to improve the health of men and boys, organised in partnership with 2020health.

Department of Health Sustainability Fund - grant to support the organisation building a proper infrastructure for successful operational development in the future.

Guy's and St Thomas' Charity' - year one grant funding towards a five year Men's Health Improvement Programme for Lambeth and Southwark.

In the Trustees' opinion, there are sufficient resources held to enable each fund to be applied in accordance with the restrictions imposed by donors.

Transfers between funds

Transfers between unrestricted and restricted funds are made to cover the deficit of funds spent on individual restricted projects against grant income received.

16. RELATED PARTY DISCLOSURES

Dr I Banks is the former President and a paid part-time employee of the organisation left the organisation on 31 July 2012. During the year the Charity paid Dr Banks royalties on the sale of Mini Manuals he wrote for the organisation. The royalties paid were £5,645 (2012:£10,197). The amount owing to Dr Banks at 31 March 2013 was £1,587 (2012:£3,993). In addition Dr banks was paid £600 during the year in respect of expenses he incurred in the performance of his duties.

THE MEN'S HEALTH FORUM

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2013**

17. CAPITAL

The company is limited by guarantee and has no share capital. The members of the company have each undertaken to contribute £1 in the event of the company being wound up.

THE MEN'S HEALTH FORUM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2013

| | 2013 £ | 2012 £ |
|--|-----------|-----------|
| INCOMING RESOURCES | | |
| Voluntary income | | |
| Grants | 146,204 | 146,204 |
| National Men's Health Week | - | 2,500 |
| Conference speaking, training and consultancy | 2,341 | 1,430 |
| Sanofi Pasteur MSD | - | 20,000 |
| Donations £5,000 and under | 10,617 | 27,342 |
| | <hr/> | <hr/> |
| | 159,162 | 197,476 |
| Investment income | | |
| Bank interest receivable | 225 | 858 |
| Incoming resources from charitable activities | | |
| Mini manuals | 95,596 | 126,756 |
| Grants | 233,074 | 153,845 |
| | <hr/> | <hr/> |
| | 328,670 | 280,601 |
| Total incoming resources | <hr/> | <hr/> |
| | 488,057 | 478,935 |
| RESOURCES EXPENDED | | |
| Costs of generating voluntary income | | |
| Staff costs | 5,468 | 34,232 |
| Other fundraising costs | 1,209 | 1,039 |
| Marketing | 8,490 | 2,397 |
| | <hr/> | <hr/> |
| | 15,167 | 37,668 |
| Charitable activities | | |
| Staff costs | 216,357 | 183,519 |
| Direct project costs | 304,394 | 202,941 |
| | <hr/> | <hr/> |
| | 520,751 | 386,460 |
| Governance costs | | |
| Staff costs | 3,812 | 35,324 |
| Premises costs | 1,200 | 1,738 |
| Accountancy | 2,729 | 2,400 |
| Legal fees | 1,934 | - |
| Other costs | 3,266 | 2,401 |
| Accountants remuneration for non year end work | - | 9,730 |
| Travel costs | 2,154 | 1,466 |
| Meeting costs | 666 | 3,314 |
| Annual report | - | 621 |
| Communications | 1,486 | 2,169 |
| Other staff costs | 6,570 | - |
| Office equipment | - | 1,292 |
| | <hr/> | <hr/> |
| | 23,817 | 60,455 |
| Support costs | | |
| Management | | |
| Staff costs | 17,072 | 56,480 |
| Communications | 4,455 | 6,501 |
| Postage and stationery | 405 | 2,461 |
| Carried forward | 21,932 | 65,442 |

This page does not form part of the statutory financial statements

THE MEN'S HEALTH FORUM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2013

| | 2013 £ | 2012 £ |
|---------------------------------|------------------|-----------------|
| Management | | |
| Brought forward | 21,932 | 65,442 |
| Sundries | 5,959 | 2,853 |
| Other staff costs | 8,403 | 14,484 |
| Premises costs | 3,036 | 4,312 |
| | <u>39,330</u> | <u>87,091</u> |
| Finance | | |
| Bank charges | 312 | 315 |
| Information technology | | |
| Office equipment | - | 3,877 |
| | <u>599,377</u> | <u>575,866</u> |
| Total resources expended | | |
| | <u>599,377</u> | <u>575,866</u> |
| Net expenditure | <u>(111,320)</u> | <u>(96,931)</u> |