

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

**REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2014  
FOR  
THE MEN'S HEALTH FORUM**

**TM Accountants Limited  
Registered Auditors  
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 2014**

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**THE MEN'S HEALTH FORUM**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2014**

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 2014. 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**

Gopa Mitra  
John Larkin  
Gillian Nineham  
Lily Laila Abedipour  
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.

**Auditors**

TM Accountants Limited  
Registered Auditors  
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 2014**

**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 2014**

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

During 2013/14 the Men's Health Forum consolidated its position as a provider of best practice for professionals and gained a new quality mark for its health information. We successfully continued our research, publications, campaigning and lobbying to improve men's health.

**Our goals and strategic priorities**

In order to meet our goal of becoming the centre of excellence for men's health, we adopted three broad strategic objectives as set out in our 2009/10 strategy:

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

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

" 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 2013/14 to achieve these strategic objectives in the context of changed NHS structures is set out below.

During the year, new chief executive Martin Tod started work with the organisation's board to update the 2009/10 strategy and build on the organisation's expertise.

**THE MEN'S HEALTH FORUM**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2014**

**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/local providers and national charities**

Our work in this area focused on three main areas

" Our new position as a Strategic Partner of the Department of Health, NHS England and Public Health England

" The ongoing work of the All-Party Parliamentary Group on Men's Health

" Our publications on best practice for professionals and policy-makers.

In January 2013, the organisation had successfully bid to join a new 2013/14 Strategic Partner Programme run by the Department of Health, NHS England and Public Health England.

As part of the Strategic Partner programme, the Men's Health Forum and other partners met Department of Health, NHS England and Public Health officials on a monthly basis to discuss a wide range of policy and delivery issues and actively engage in consultations and events throughout the year.

The Men's Health Forum continues to be an active participant in the Public Health England National Cancer Equalities Initiative (NCEI), the National Awareness and Early Diagnosis Forum, and the government's ministerial advisory group on mental health. We have been asked to join NHS England's Technology and Innovation Expert Reference Group

In December we launched our report on cancer, Men and Cancer, Saving Lives. The report brings together articles from the country's leading cancer and men's health experts who had presented at our cancer conference in January 2013. The Men's Health Forum launched the report at the All-Party Parliamentary Cancer Group's 'Britain Against Cancer' conference.

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 work on Men's Health Week on men's mental health. We worked with Alcohol Concern and the APPG on alcohol misuse to brief MPs on men's mental health and alcohol. We worked with Macmillan Cancer Support and the APPG on Cancer to present our report Men and Cancer, Saving Lives to parliamentarians.

In addition to these three main areas, other work in 2013-14 included the following:

" The Men's Health Forum provided consultancy to the Movember Foundation focusing on men's mental health.

" The Men's Health Forum provided consultancy to the University of Aberdeen on its systematic review of men's weight loss interventions and will be publishing a top tips best practice guide based on the work.

" The Men's Health Forum continued to work with the academics, psychologists and other mental health specialists who make up the research network on men's mental health that we established. This group provided the authors of all the papers in a special issue of The Psychologist on male mental health being published in May 2014. The Psychologist is the journal of the British Psychological Society.

**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 2013 was as big as ever.

Men's Health Week 2013 was covered extensively in the professional and consumer news media as well as through our partner organisations' newsletters and social media channels

The primary focus was mental health and the week received coverage in a wide range of news outlets including The Guardian (twice), City AM, BBC radio, Huffington Post, the Yorkshire Post and many other magazines and regional papers.

As in previous years, Men's Health Week provided an excellent platform for hundreds of local partners across the country to run their own activities in support of the campaign.

In autumn 2013, we began work on our health and work campaign for Men's Health Week 2014. By the end of 2013-14 updates were already being sent to those interested in taking part and a project with the Work Foundation was under way.

The Lambeth and Southwark Men's Health Improvement Programme funded by the Guy's and St Thomas' Charity, highlighted the need for a men's health programme tackling the health of unemployed men. The project's findings are informing our project with the Work Foundation and will inform further work with the Guy's and St Thomas' Charity

**THE MEN'S HEALTH FORUM**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2014**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities undertaken for the public benefit**

The Men's Health Forum 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 developed a new website bringing together the best in health information for men with best practice support for professionals and a new Man MOT service enabling men to chat online to a GP. Web development company Lean Mean Fighting Machine supported the organisation by offering a discount on its rates and providing pro-bono creative expertise for a new logo.

The new website makes it easier for men and health professionals to find the information they need. The website's improved best practice provision was supported by the Strategic Partner Programme and the functionality for the Man MOT project by the Department of Health's Innovation, Excellence and Strategic Development fund.

We continued to provide extensive information to providers through a regular eBulletin newsletter 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.

Man Manuals remained an important resource for public health and other professionals as well as an important source of income for Men's Health Forum. They also help to raise our profile significantly and generate traffic to our website. Following accreditation with the Department of Health Information Standard (IS), we have continued the process of ensuring that all our publications and web content are IS-compliant and incorporated this into the specification for our new website.

A new design for the man manuals was developed and launched with a new title, Haringey Man, to accompany our Man MOT project. Danone became the first sponsor for a new design of Man Manual by supporting the production of a title on healthy eating. A new online shop to accompany the new website will make ordering simpler.

We started developing Man MOT further following a successful bid for funding from the Department of Health Innovation, Excellence and Strategic Development fund. This is 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.

After extensive research and testing with men we incorporated Man MOT in to the specification for our new website launched at the start of 2014-15.

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

The Men's Health Forum had an exciting opportunity at the beginning of 2013-14 make a real difference to men's health - and to use the expertise of new chair, Dr John Chisholm CBE, and new chief executive, Martin Tod, to open up new revenue opportunities and partnerships that can help secure the future of the organisation.

The chair and chief executive worked to set out priorities for 2014/15 and launch a policy review, the Men's Health Manifesto, to refocus the organisation's work.

Emerging priorities for 2014/15 were defined as to

- " Get more male-tailored health information in more places to more men and boys
- " Create and qualify innovative new models that work better for men - especially those in greatest need
- " Join up and lead the campaign for men's health
- " Take a systematic approach to getting local health systems to take action on men's health
- " Activate men to support us, inform us and get involved.

We engaged with partners extensively on the Men's Health Manifesto which will be launched in 2014/15.

The main organisational changes during the course of the year were the change of our Chief Executive, Martin Tod from interim to permanent on April 1, 2013 and the arrival of Dr John Chisholm as our new Chair of Trustees on 9 April 2013.

Martin has previously held senior marketing management roles in Procter & Gamble, Vodafone and Shelter.

John has a background in general practice, healthcare reform and the representation of doctors. He is a member of the Councils of the Royal College of General Practitioners, the British Medical Association and a past member of the General Medical Council.

We also said goodbye to Dr Frank Keating who has been one of our trustees since April 2008. His expertise in mental health has been particularly valuable to us over the last years.

**THE MEN'S HEALTH FORUM**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2014**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities undertaken for the public benefit**

We also welcomed back Professor Alan White, the Professor of Men's Health at the Centre for Men's Health at Leeds Metropolitan University and our former Chairman of Trustees, as our Patron.

**Conclusion and Future of MHF**

Experience in health and business strategy brought by the new chair and chief executive ensured that the Men's Health Forum ended 2013/14 in a strong position to build for the future.

Our role as a Strategic Partner of the Department of Health, Public Health England and NHS England and the continued 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. A new, more contemporary design for the Man Manuals, together with new titles, will revitalise the range and reverse the fall in sales.

Organisationally, we are also stronger. The next year will see the adoption of new, fully assessed priorities and a Men's Health Manifesto. New health information online and in print, along with new best practice guides for professionals, will help address men's health needs.

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 - suicide is the biggest cause of death for men under 35 and there has been a sharp increase in the rate among men aged 35-64.

" 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. The MHF ends 2013/14 well-placed to continue doing what is needed to meet men's needs and drive policy and practice - to make a real difference in 2014/15 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 £17,829 (2013: £12,875). The trustees are more than aware that the current deficit of £82,171 (2013: £87,125) is unsatisfactory and every effort is being pursued in order to secure unrestricted sources of income at this stage.

**Principal funding sources**

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



**THE MEN'S HEALTH FORUM**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2014**

**FINANCIAL REVIEW**

**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 to that income be kept in a high interest account to ensure the best interest rates with immediate access

**STATEMENT OF TRUSTEES RESPONSIBILITIES**

The trustees (who are also the directors of The Men's Health Forum for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:


- there is no relevant audit information of which the charitable company's auditors are unaware, and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

**AUDITORS**

The Auditors, TM Accountants Limited, were appointed on 10 April 2014 and will be proposed for re-appointment at the forthcoming Annual General Meeting.

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

Approved by order of the board of trustees on 5 December 2014 and signed on its behalf by.



John Chisholm - Trustee

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE MEN'S HEALTH FORUM**

We have audited the financial statements of The Men's Health Forum for the year ended 31 March 2014 on pages ten to seventeen. The financial reporting framework that has been applied in their preparation is applicable law and the Financial Reporting Standard for Smaller Entities (effective April 2008) (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

### **Respective responsibilities of trustees and auditors**

As explained more fully in the Statement of Trustees Responsibilities set out on page seven, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

### **Scope of the audit of the financial statements**

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Report of the Trustees to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

### **Opinion on financial statements**

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2014 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Going concern**

The financial statements are prepared on a going concern basis which assumes that the charitable company will continue to operate without significantly having to curtail its activities for the foreseeable future. We draw the readers attention to note 1 in this regard but our opinion is not qualified in this respect.

### **Opinion on other matter prescribed by the Companies Act 2006**

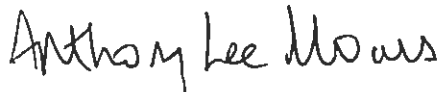
In our opinion the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF  
THE MEN'S HEALTH FORUM**

**Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees



Mr Anthony Lee Morris, FCCA (Senior Statutory Auditor)  
for and on behalf of TM Accountants Limited  
Registered Auditors  
Chartered Certified Accountants  
West Midlands House  
Gipsy Lane  
Willenhall  
West Midlands  
WV13 2HA

5 December 2014

THE MEN'S HEALTH FORUM

STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2014

	Notes	Unrestricted fund £	Restricted funds £	2014 Total funds £	2013 Total funds £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income	3	33,269	200,000	233,269	159,162
Investment income	4	140	-	140	225
<b>Incoming resources from charitable activities</b>					
Policy and research	5	-	-	-	6,000
Communication and awareness raising		45,431	250,000	295,431	322,670
<b>Total incoming resources</b>		<b>78,840</b>	<b>450,000</b>	<b>528,840</b>	<b>488,057</b>
<b>RESOURCES EXPENDED</b>					
<b>Costs of generating funds</b>					
Costs of generating voluntary income	6	3,388	-	3,388	15,167
<b>Charitable activities</b>					
Policy and research	7	-	-	-	11,946
Communication and awareness raising		56,134	491,201	547,335	548,447
<b>Governance costs</b>	9	<b>10,158</b>	<b>-</b>	<b>10,158</b>	<b>23,817</b>
<b>Total resources expended</b>		<b>69,680</b>	<b>491,201</b>	<b>560,881</b>	<b>599,377</b>
<b>NET INCOMING/(OUTGOING) RESOURCES BEFORE TRANSFERS</b>					
		9,160	(41,201)	(32,041)	(111,320)
<b>Gross transfers between funds</b>	16	<b>(4,206)</b>	<b>4,206</b>	<b>-</b>	<b>-</b>
<b>Net incoming/(outgoing) resources</b>		<b>4,954</b>	<b>(36,995)</b>	<b>(32,041)</b>	<b>(111,320)</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>12,875</b>	<b>34,931</b>	<b>47,806</b>	<b>159,126</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>17,829</b>	<b>(2,064)</b>	<b>15,765</b>	<b>47,806</b>

The notes form part of these financial statements

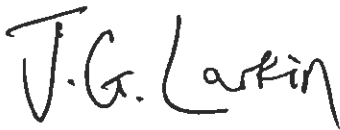
THE MEN'S HEALTH FORUM

BALANCE SHEET  
AT 31 MARCH 2014

	Notes	Unrestricted fund £	Restricted funds £	2014 Total funds £	2013 Total funds £
<b>CURRENT ASSETS</b>					
Stocks		27,878	-	27,878	33,188
Debtors	14	24,828	-	24,828	34,725
Cash at bank		(13,447)	70,049	56,602	46,165
		<u>39,259</u>	<u>70,049</u>	<u>109,308</u>	<u>114,078</u>
<b>CREDITORS</b>					
Amounts falling due within one year	15	(21,430)	(72,113)	(93,543)	(66,272)
		<u>17,829</u>	<u>(2,064)</u>	<u>15,765</u>	<u>47,806</u>
<b>NET CURRENT ASSETS/(LIABILITIES)</b>					
		<u>17,829</u>	<u>(2,064)</u>	<u>15,765</u>	<u>47,806</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>17,829</u>	<u>(2,064)</u>	<u>15,765</u>	<u>47,806</u>
<b>NET ASSETS/(LIABILITIES)</b>					
		<u><u>17,829</u></u>	<u><u>(2,064)</u></u>	<u><u>15,765</u></u>	<u><u>47,806</u></u>
<b>FUNDS</b>					
	16			17,829	12,875
Unrestricted funds				(2,064)	34,931
Restricted funds				<u>15,765</u>	<u>47,806</u>
<b>TOTAL FUNDS</b>					
				<u><u>15,765</u></u>	<u><u>47,806</u></u>

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 5 December 2014 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 2014

#### 1. GOING CONCERN

The trustees consider that the charitable company will continue to meet its obligations as they fall due and hence to prepare the financial statements on a going concern basis is appropriate. This belief is supported by the production of detailed projections for the forthcoming financial year.

#### 2. 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 2014

2. 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

3. VOLUNTARY INCOME

	2014	2013
	£	£
Grants	200,000	146,204
Conference speaking, training and consultancy	1,750	2,341
Danone Nutritional Analysis	15,600	-
Time To Change	10,000	-
Donations £5,000 and under	5,919	10,617
	<u>233,269</u>	<u>159,162</u>

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

	2014	2013
	£	£
Department of Health Strategic Partner	<u>200,000</u>	<u>146,204</u>

4. INVESTMENT INCOME

	2014	2013
	£	£
Bank interest receivable	<u>140</u>	<u>225</u>

5. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	2014	2013
	£	£
Grants	-	6,000
Mini manuals	45,431	95,596
Grants	250,000	227,074
	<u>295,431</u>	<u>328,670</u>

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2014

5. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES - continued

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

	2014 £	2013 £
Department of Health - Innovation, Excellence and Strategic Development (IESD)	150,000	17,748
Sanofi Pasteur MSD	-	19,950
Pfizer	-	10,000
Guy's and St Thomas' Charity	100,000	138,376
Department of Health Sustainability Fund	-	10,000
Novartis	-	6,000
Relate	-	6,000
Bayer	-	20,000
Lilly	-	5,000
	<u>250,000</u>	<u>233,074</u>

6. COSTS OF GENERATING VOLUNTARY INCOME

	2014 £	2013 £
Staff costs	1,921	5,468
Other fundraising costs	76	1,209
Marketing	1,391	8,490
	<u>3,388</u>	<u>15,167</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct costs £	Support costs (See note 8) £	Totals £
Communication and awareness raising	<u>514,954</u>	<u>32,381</u>	<u>547,335</u>

8. SUPPORT COSTS

	Management £	Finance £	Totals £
Communication and awareness raising	<u>32,229</u>	<u>152</u>	<u>32,381</u>

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

9. GOVERNANCE COSTS

	2014 £	2013 £
Staff costs	3,884	3,812
Premises costs	1,200	1,200
Accountancy	-	2,729
Legal fees	63	1,934
Other costs	1,072	3,266
Auditors' remuneration	3,374	-
Travel costs	25	2,154
Meeting costs	337	666
Communications	203	1,486
Other staff costs	-	6,570
	<u>10,158</u>	<u>23,817</u>



THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2014

10. NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting):

	2014	2013
	£	£
Auditors' remuneration	3,374	-
Auditors' remuneration for non-audit	8,777	8,777
	<u>8,777</u>	<u>8,777</u>

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2014 nor for the year ended 31 March 2013.

Trustees' expenses

During the year expenses totalling £25 (2013: £2,154) were reimbursed to trustees

12. STAFF COSTS

	2014	2013
	£	£
Wages and salaries	219,955	242,709
	<u>219,955</u>	<u>242,709</u>

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

	2014	2013
Administration and finance	2	3
Project workers	6	6
	<u>8</u>	<u>9</u>

No employees received emoluments in excess of £60,000

Wages and salaries include pension payments totalling £1,729 (2013: £3,096).

13. TANGIBLE FIXED ASSETS

	Office equipment £	Website £	Totals £
<b>COST</b>			
At 1 April 2013 and 31 March 2014	34,328	30,600	64,928
	<u>34,328</u>	<u>30,600</u>	<u>64,928</u>
<b>DEPRECIATION</b>			
At 1 April 2013 and 31 March 2014	34,328	30,600	64,928
	<u>34,328</u>	<u>30,600</u>	<u>64,928</u>
<b>NET BOOK VALUE</b>			
At 31 March 2014	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2013	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2014	2013
	£	£
Trade debtors	11,499	20,482
Other debtors	7,094	7,092
Prepayments and accrued income	6,235	7,151
	<u>24,828</u>	<u>34,725</u>

THE MEN'S HEALTH FORUM

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2014

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2014	2013
	£	£
Trade creditors	72,504	59,256
Social security and other taxes	6,236	3,785
Other creditors	3,913	-
Accrued expenses	10,890	3,231
	<u>93,543</u>	<u>66,272</u>

16. MOVEMENT IN FUNDS

	At 1.4.13	Net	Transfers	At 31.3.14
	£	movement in	between	£
		funds	funds	
		£	£	
<b>Unrestricted funds</b>				
General fund	12,875	9,160	(4,206)	17,829
<b>Restricted funds</b>				
Department of Health Strategic Partner	-	(4,206)	4,206	-
Department of Health - Innovation, Excellence and Strategic Development (IESD)	-	7,829	-	7,829
Guy's and St Thomas' Charity'	24,931	(44,824)	-	(19,893)
Department of Health Sustainability Fund	10,000	-	-	10,000
	<u>34,931</u>	<u>(41,201)</u>	<u>4,206</u>	<u>(2,064)</u>
<b>TOTAL FUNDS</b>	<u>47,806</u>	<u>(32,041)</u>	<u>-</u>	<u>15,765</u>

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

	Incoming	Resources	Movement in
	resources	expended	funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	78,840	(69,680)	9,160
<b>Restricted funds</b>			
Department of Health Strategic Partner	200,000	(204,206)	(4,206)
Department of Health - Innovation, Excellence and Strategic Development (IESD)	150,000	(142,171)	7,829
Guy's and St Thomas' Charity'	100,000	(144,824)	(44,824)
	<u>450,000</u>	<u>(491,201)</u>	<u>(41,201)</u>
<b>TOTAL FUNDS</b>	<u>528,840</u>	<u>(560,881)</u>	<u>(32,041)</u>

**THE MEN'S HEALTH FORUM**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2014**

**16. MOVEMENT IN FUNDS - continued**

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.

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.

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' - grant funding towards a 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.

**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 2014**

	2014 £	2013 £
<b>INCOMING RESOURCES</b>		
<b>Voluntary income</b>		
Grants	200,000	146,204
Conference speaking, training and consultancy	1,750	2,341
Danone Nutritional Analysis	15,600	-
Time To Change	10,000	-
Donations £5,000 and under	5,919	10,617
	<u>233,269</u>	<u>159,162</u>
<b>Investment income</b>		
Bank interest receivable	140	225
<b>Incoming resources from charitable activities</b>		
Mini manuals	45,431	95,596
Grants	250,000	233,074
	<u>295,431</u>	<u>328,670</u>
<b>Total incoming resources</b>	<b>528,840</b>	<b>488,057</b>
<b>RESOURCES EXPENDED</b>		
<b>Costs of generating voluntary income</b>		
Staff costs	1,921	5,468
Other fundraising costs	76	1,209
Marketing	1,391	8,490
	<u>3,388</u>	<u>15,167</u>
<b>Charitable activities</b>		
Staff costs	194,116	216,357
Direct project costs	320,838	304,394
	<u>514,954</u>	<u>520,751</u>
<b>Governance costs</b>		
Staff costs	3,884	3,812
Premises costs	1,200	1,200
Accountancy	-	2,729
Legal fees	63	1,934
Other costs	1,072	3,266
Auditors' remuneration	3,374	-
Travel costs	25	2,154
Meeting costs	337	666
Communications	203	1,486
Other staff costs	-	6,570
	<u>10,158</u>	<u>23,817</u>
<b>Support costs</b>		
<b>Management</b>		
Staff costs	20,034	17,072
Communications	606	4,455
Postage and stationery	446	405
Sundries	7,499	5,959
Other staff costs	778	8,403
Carried forward	29,363	36,294

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 2014

	2014 £	2013 £
<b>Management</b>		
Brought forward	29,363	36,294
Premises costs	2,866	3,036
	<u>32,229</u>	<u>39,330</u>
<b>Finance</b>		
Bank charges	152	312
	<u>560,881</u>	<u>599,377</u>
<b>Total resources expended</b>		
	<u>560,881</u>	<u>599,377</u>
<b>Net expenditure</b>	<u>(32,041)</u>	<u>(111,320)</u>