MANTALK LTD

Report and Financial Statements

For the year ended 31 December 2025

OSCR Registered Charity

SCO52183

MANTALK LTD
Financial Statements for the period ended
31 December 2025

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MANTALK LTD
Legal and Administrative Information

Company Name	MANTALK LTD
Registered Office	89 Airlie Street Alyth Blairgowrie Perthshire PH11 8AN
Company Registration	SC752748 Incorporated 9 December 2022
Charity	OSCR Registered charity SC052183 from 12 December 2022
Directors/Trustees	Directors/Trustees are appointed in accordance with the Memorandum and Articles of Association Alphabetical including date of appointment or resignation Terry Comiskey – Appointed 09/12/2022 Keith Glass - Appointed 09/12/2022 Sean Henvey – Appointed 09/12/2022

MANTALK LTD

Report of the Trustees for the period ending
31 December 2025

Constitution

Mantalk Ltd (Mantalk) was established in December 2022 and was incorporated under the Companies Act 2006 as a private company limited by guarantee and is governed by the Company's Articles of Association.

The Company was subsequently registered as a Scottish Charity with OSCR from 12 December 2022 and carries out all of its activities as a Charity.

Charitable Purposes

The purposes of the Charity are:

- To provide meetings and recreational activities for men to help prevent loneliness and protect mental health and wellbeing by the provision of group support throughout Scotland ("the Operating Area") with the ultimate goal of preventing isolation and the deterioration of mental health through the creation of comradery and friendship;
- To hold regular group meetings for men to get together to reduce social exclusion and isolation and to discuss and be educated on mental health and wellbeing and to promote discussion of mental health issues and wellbeing by men;
- To organise activities and events for men to enhance health and wellbeing and reduce social exclusion; and
- to further any other charitable purposes which are similar to any of the preceding objects, for the benefit of men within the Operating Area.

Activities and Achievements

Mantalk started because we were losing too many men to suicide and from day one we have always had the aim of preventing suicides and giving men another option. The men that we get through our doors come from so many different walks of life and there is never a one size fits all approach that we use to try and support them. Every man is at a different point in their life so we always have to adapt and that's why we have such a wide range of activities.

As we grow, we continue to learn and things change but we always keep looking for other ways to reach the men we are missing. Even the men change, some take what they need from the group and continue through life without it. Some come back again when they need and some never have a need to which is good because it shows our support can help, either for the men to return or the men that got the help and managed to go forward with their life. Another thing that is really special is to see is someone who first comes through the doors, broken and contemplating suicide, turn their life around with the support and then get to a stage to volunteer and help others.

As we move forward we will continue to offer a wide variety of activities, including simple things like meeting for a coffee, breakfast or walk, adrenaline activities such as water sports, go karts or even challenges like marathons, mountain climbs. It is important that we have a wide range of activities to enable us to try and reach more men.

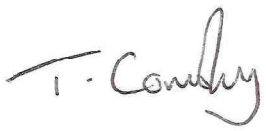
Our main aim of preventing suicides will never change and some of the activities we do will always form a core however we can never stop looking for others ways to reach and support.

Financial Review

Fund raising during the year was a mixture of grant income and donations as previously. Grants totaling £24,992 were received during the period from Perth and Kinross Council with other miscellaneous grants totaling £16,097 also received. Income exceeded expenditure in the year by £4,742 with £40,471 being the balance of Funds Carried Forward at 31 December 2025.

Approved by the Trustees and signed on their behalf.

Terry Comiskey
Trustee
Date: 28/09/2026



Independent Examiner's Report to the Trustees of
MANTALK LTD

I report on the accounts of the Charity for the year ended 31 December 2025, which are set out on pages 7 to 11.

Respective responsibilities of trustee and examiner

The Trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The Trustees consider that an audit requirement of Regulation 10(1)
(a) to (c) of the 2006 Accounts Regulations does not apply.

It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have to come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with Regulation 11of the 2006 Accounts Regulations. 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 I do not express an audit opinion on the view given by the accounts.

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 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and to prepare accounts which accord with the accounting records and comply with the Regulation 8 of the 2006 Accounts Regulations

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.

Alex Howes
ACMA CGMA
29 Tatershall Court
Stoke on Trent
ST5 7GH
Date: 28/09/2026

MANTALK LTD

Financial Statements for the period ended

31 December 2025

Income and Expenditure Year Ended 31 December 2025	Notes	Restricted	Unrestricted	Year ended 31 Dec 2025	Year ended 31-Dec-24
Income	3				
Income from Grants		-	41,089	41,089	19,000
Income from Donations		-	18,653	18,653	22,140
Total Income		-	**59,742**	**59,742**	**41,140**
Expenditure	4				
Project Activities		-	52,380	52,380	52,772
Governance and Administration		-	2,620	2,620	2,691
Total Expenditure		-	**55,000**	**55,000**	**55,462**
Net Income/(expenditure) for the Period		-	4,742	4,742	- 14,322
Total Funds Brought Forward		-	35,729	35,729	50,051
Total Funds Carried Forward		-	40,471	40,471	35,729

The statement of financial activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

MANTALK LTD
Financial Statements for the period ended
31 December 2025

Balance Sheet
As at 31 December 2025

	Notes		2025	2024
			£	£
Fixed Assets			18,435	21,688
Current Assets				
Bank and Cash		22,036		14,041
Current Liabilities				
Creditors		-		
Net Current Assets			**22,036**	**14,041**
Total Net Assets			**40,471**	**35,729**
Made up of:				
Share Capital				
Unrestricted Reserves		40,471		35,729
Total Reserves			**40,471**	**35,729**
Total Capital & Reserves			**40,471**	**35,729**

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime of the Companies Act 2006.

Approved by the Trustees and signed on their behalf

Keith Glass
Trustee
Date: 28/09/2026

Notes to the Accounts

1. Accounting Policies

a) Basis of preparation

The financial statements have been prepared under the historic cost convention and in accordance with applicable UK Accounting Standards and the Companies Act 2006. The principal accounting policies adopted in the preparation of the financial statements are set out below.

b) Fund accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the company. Restricted funds are subjected to restrictions on their expenditure imposed by the grantor.

c) Incoming resources

All incoming resources are included in the Statement of Financial Activities when the company is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when received. Grants, where entitlement is not conditional on the delivery of a specific performance by the company, are recognised when the company becomes unconditionally entitled to the grant.
- Donated services and facilities are included at the value to the company where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the company earns the right to consideration by its performance.
- Income is only deferred when:
    - The donor specifies that the grant or donation must only be used in future accounting periods; or
    - The donor has imposed conditions which must be met before the company has unconditional entitlement.

d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates:

- Costs of fundraising activities comprise the costs associated with attracting income and the costs of any trading for fundraising purposes.
- Project activities comprises those costs incurred by the company in the delivery of its activities and services for its beneficiaries.
- Governance and administration costs include those costs associated with meeting the constitutional and statutory requirements of the company and include insurance, relevant membership fees and basic office administration expenditure

e) Tangible fixed assets and depreciation

Tangible fixed assets costing more than £500 are capitalised, including any incidental expenses of acquisition. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

- Plant and Machinery - 15% on reducing balance

Notes to the Accounts

2. Legal Status

Mantalk Ltd is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

3. Income

Income Details	Restricted	Unrestricted	Year ended 31 Dec 2025	Year ended 31-Dec-24
	£	£	£	£
Income from Grants				
PKC	-	24,992	24,992	19,000
Other	-	16,097	16,097	
	-	41,089	41,089	**19,000**
Income from Donations				
Miscellaneous donations	-	18,653	18,653	22,140
	-	18,653	18,653	**22,140**

4. Expenditure

Expenditure Details	Restricted	Unrestricted	Year ended 31 Dec 2025	Year ended 31-Dec-24
	£	£	£	£
Project Activities				
Activity and event expenses	-	32,801	32,801	28,869
Meeting expenses	-	6,684	6,684	5,409
Advertising and marketing	-	3,392	3,392	8,484
Hardship fund	-	450	450	-
Motor vehicle running costs	-	5,800	5,800	4,531
Motor vehicle depreciation	-	3,253	3,253	3,827
Donations		-	-	1,650
	-	52,380	52,380	52,772
Governance and Administration				
Repairs and maintenance	-	512	512	1,124
Cleaning	-	360	360	456
Leag and professional fees	-	600	600	-
Storage rental		730	730	-
Sundry expenses	-	419	419	1,110
	-	2,620	2,620	2,691