

The Men's Matters Film was produced in 2021 - this is the script.

Watch the Film on our website: www.mensmatters.org

Men's Matters is a social group for older men. The group was formally established in 2017 and operates in Maidenhead and Windsor.

It provides a weekly sanctuary for retired men to get to know each other in a friendly environment.

The UK population is now ageing at a significant rate. The number of people aged 65 and over will increase by more than 40% within 20 years.

This has led to an emerging crisis, especially for older men, of isolation and loneliness. Society needs to adapt to meet the unique needs of older men. That's what Men's Matters is trying to do.

Men's Matters organises group activities including visits from guest speakers and exercise classes, such as chair yoga.

We encourage our members to engage with their local community and use the facilities available, such as the Desborough Bowling Club.

For the past 80 years Harvard University has been conducting a study to discover what keeps us happy and healthy as we go through life. It found that social connections are vital, and that loneliness can lead to mental illness and an early death.

What's most important is how satisfied we are with our close relationships - with friends, family and in our local community. **This** is the key to our well-being throughout life.

Men's Matters Windsor Group - 2021 Report

The year began with group Zoom meetings on Monday afternoons, typically attended by 8 or 9 members. Phone calls were made to members who wouldn't or couldn't go onto Zoom. None had covid-19 but two reported major health problems, one who was undergoing cancer treatment (Moore) and another who was diagnosed with onset of Parkinson's Disease (John).

Three of the Windsor group took part in weekly Zoom seated exercise and yoga sessions.

On 27th January, Tim Walker represented the group at the funeral of one of our members, Anthony Brailsford, who died at home in December of a heart attack. Men's Matters paid for a funeral wreath.

On Monday 1st March Tim gave a talk on Zoom about Men's Matters to Windsor and Eton Rotary Club. This was soon followed by a donation from Windsor and Eton Rotary Club of £250 sent by cheque.

Talking Therapies gave our group a talk via Zoom on Monday 1st March.

10th May - with the easing of lockdown restrictions, our face-to-face meetings at All Saints Church in Dedworth commenced. Rather than meet in the small and stuffy meeting room, we agreed with the church to hold our meetings in the large space at the back of the church, well ventilated, and with access to a small kitchen to make our own hot drinks. We spread out the tables and chairs so that there was 2m distance between each attendee. Handshakes and hugs were outlawed. A temperature gun was used to take body temperature, with the rule that anyone with a body temperature above 38 degrees would be deemed to have a fever and would be sent home. Attendees wore masks and used sanitiser gel. They remained seated unless going to the toilet. Tim and Malcolm served the teas, coffees and biscuits. Tables and chairs were wiped down afterwards. This system continued until the summer break, and resumed on 6th September. No members caught covid-19 during the year.

Members reported when they have been double vaccinated and boosted, showing evidence to Tim and Malcolm. All were vaccinated.

Monday 21st June - fish and chips lunch for 14

Monday 28th – group card signed for Ken Bedford, a long time member and trustee, leaving the area to live in Lincolnshire near his son.

August – summer recess, no meetings.

August 26th – Brooklands Museum excursion organised by Paul at Maidenhead Group. Four Windsor members joined the coach at our All Saints Church pick-up point.

Monday 6th September – meetings re-start at All Saints Church. New member, Tim Madden, referral with early onset of Alzheimers. Now Men's Matters is a part of the NHS Berkshire Social Prescribing Network, we are seeing more referrals from GPs and other health support groups.

Since September we have had an increase of membership and generally are attracting a total of about 15 quite dedicated followers each Monday. In addition to Tim Madden (69), other new members who have joined during this period include David Wallis (80s, restricted mobility); John Foot (70s, a neighbour of an existing member); Mike Samuels (70s) and Dennis Williams (80s – both All Saints Church congregation members); and Stan Barnett (local resident, early 90s, registered blind/partial sight).

All have gelled well into a very cohesive group and are active participants. They enjoy the chance to chat and swop stories, and take turns to hand out the teas and coffees and wash up afterwards. We have started doing a 40 minute team quiz in the run-up to making teas and coffees – winning team does the washing up!

September 30th – group day excursion to the Watercress Steam Train Line in Hampshire. This involved hiring a 14-seater minibus with a full complement of men for the one hour each way journey to Alresford. We carried packed lunches. Return tickets had been bought and the train travelled, as if through time, to beautifully renovated period train stations and through the rolling countryside. We had a period rail compartment to ourselves. This prompted the men to share their memories of travelling on steam trains. One member, Eric, revealed he had worked on steam trains, shovelling coal. We stopped at a rail museum on the way. All thoroughly enjoyed it and returned home in high spirits.

Guest speakers to the group during the last quarter included our trustee, Johnson Mall, and a local author who has written and published a memoir, Phil Appleton. We also had a bring-and-swap book day.

December 9th – Windsor group Christmas lunch at the Prince Albert pub-restaurant, attended by 19, including our patron, Sir Michael Parkinson and two trustees, Edward and Johnson. The meal was very good and Sir Michael delivered an entertaining speech. Everyone enjoyed themselves – a huge success after a difficult year with the covid crisis.

December 20th – our last meeting of the year.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Men's Matters	1172854
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Receipts and payments accounts

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For the period from	Period start date Jan-21	To	Period end date Dec-21
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	2,100	-		2,100	19,149
Donations	900	-	-	900	-
Misc Receipts	617	-	-	617	
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,617	-	-	3,617	19,149
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,617	-	-	3,617	19,149
A3 Payments					
Fixed Costs (Website, Insurance)	664	-	-	664	603
Marketing	5,609	-	-	5,609	2,300
Events & Meetings	2,282	-	-	2,282	
Trips	1,768	-	-	1,768	158
Facilities / Rent	660	-	-	660	330
Health & Safety (inc COVID)		-	-	-	665
Phone, Print, Stationery	266	-	-	266	
Misc		-	-	-	2,205
Support Costs	3,438	-	-	3,438	1,590
Sub total	14,686	-	-	14,686	7,851
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	14,686	-	-	14,686	7,851
Net of receipts/(payments)	- 11,070	-	-	- 11,070	11,298
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	27,303	-	-	27,303	-
Cash funds this year end	16,233	-	-	16,233	11,298

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Metro Bank 31/12/2021	16,233.00	-	-
		-	-	-
		-	-	-
	Total cash funds	16,233	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Edward Harte	Edward Harte	2/11/2022	
	Paul Samuels	Paul Samuels	2/11/2022	

Section A Receipts and payments

Previous Years - Actual

A1 Receipts

Grants
Donations
Misc Receipts

Sub total (Gross income for AR)

A2 Asset and investment sales, (see table).

Sub total

Total receipts

A3 Payments

Fixed Costs (Website, Insurance)
Marketing
Events & Meetings
Trips
Facilities / Rent
Health & Safety
Phone, Print, Stationery
Misc
Support Costs

Sub total

A4 Asset and investment purchases, (see table)

Sub total

Total payments

Net of receipts/(payments)

20172018

6,00017,220
3,6502,500
8181

9,65819,901

9,65819,901

166445
626505
1,2274,578
2,295
1,005
162
318461
309

2,3379,760

2,3379,760

7,32110,141

al	Budget
<u>2019</u>	2020
14,120	20,000
152	

14,272	20,000
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14,272	20,000
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974	1,000
1,116	3,200
6,401	600
2,224	1,000
1,028	500
216	300
1,124	400
2,266	400
15,349	7,400

15,349	7,400
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-1,077	12,600
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