

Registered Charity Number
1167500

The Self Care Forum
Report and Unaudited Accounts
31 December 2018

The Self Care Forum

Registered number: 1167500

Trustees' Report

The trustees present their report and accounts for the year ended 31 December 2018.

Status and Principal Objects

The Self Care Forum became a registered charity on 6 June 2016, however The Self Care Forum has been supported by the Proprietary Association of Great Britain since 2011.

The objects of The Self Care Forum are the promotion of public health by:

- a) Promoting self care for the public benefit, being the actions that individuals take for themselves, on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing and wellness;
- b) Promoting, developing and providing programmes, practical tools for discussion and support for both individuals and organisations to aid self care;
- c) Promoting the preservation and protection of individuals' health through self care by education and awareness of professionals, practitioners and the general public, particularly young people, in all areas; and
- d) Promoting for the public benefit, the understanding of health literacy inclusive of both systems and processes to improve it.

Principal Activities

The Forum organised Self Care Week, which took place between 12 - 18 November, embedding support for self care across communities, families and the generations.

In 2018, under the theme 'Choose Self Care for Life', Self Care Week attracted participation from more than 600 health and care organisations - twice as many as 2017. These included 95 Clinical Commissioning Groups covering more than 28 million people, as well as local authorities, local community groups, national and international organisations, right through to schools, gyms and media influencers and bloggers.

The Forum and the Royal Society for Public Health jointly hosted a 'Self Care Summit', bringing together experts who work to further the reach of self care and embed it into everyday life. The output - the 'Creating Self Care Communities Report' presented a communications opportunity to further the objectives of the Forum.

The Trustees also commissioned a business review, to identify opportunities within the changing marketplace for the Forum to continue to pursue its objectives. On the publication of the review, key work programmes included an NHS England funded revise/update of the Forum's e-learning programme of professional education and a refresh of the Forum's existing self care best practice material, which is used as a resource by health and care organisations.

Trustees

The following persons served as trustees during the year:

Ian Banks
John Chisholm
Selwyn Hodge (co-chair)
Beth McCarron (resigned)
Peter Smith (co-chair)

The Self Care Forum

Registered number: 1167500

Trustees' Report

This report was approved by the board on 12 May 2020 and signed on its behalf.

Helen Donovan
Chair

The Self Care Forum
Independent Examiner's Report for the year ended 31 December 2018

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The Charity's trustees 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 needed.

It is my responsibility to:

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

Basis of 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 of disclosures in the accounts, and the seeking of 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'. The report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:

- '- to keep accounting records in accordance with section 130 of the 2011 Act; and

- '- to prepare accounts which accord with the accounting records and comply with the

accounting requirement of the 2011 Act,

have not been met; or

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Kate Brown
Chartered Accountants
The Annexe, Rectory Farm
Cranford Road
Great Addington
Northants
NN14 4BQ

12 May 2020

**The Self Care Forum
Profit and Loss Account
for the year ended 31 December 2018**

	2018	2017
	£	£
Income	32,560	7,180
Charitable Expenditure	(16,002)	(1,041)
Net Income	<u>16,558</u>	<u>6,139</u>
Funds at beginning of the year	7,854	1,715
Funds at end of the year	<u>24,412</u>	<u>7,854</u>

The Self Care Forum
Registered number:
Balance Sheet
as at 31 December 2018

1167500

	Notes	2018 £	2017 £
Current assets			
Cash at bank and in hand		25,732	7,854
Creditors: amounts falling due within one year	3	(1,320)	-
Net current assets		<u>24,412</u>	<u>7,854</u>
Net assets		<u>24,412</u>	<u>7,854</u>
Charitable Funds			
Net Funds		24,412	7,854
Charitable funds		<u>24,412</u>	<u>7,854</u>

The accounts were approved by the Trustees and signed on its behalf by:

Helen Donovan
 Chair
 Approved by the board on 12 May 2020

**The Self Care Forum
Notes to the Accounts
for the year ended 31 December 2018**

2 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

3 Creditors: amounts falling due within one year	2018	2017
	£	£
Other creditors	<u>1,320</u>	<u>-</u>

4 Other information

The Self Care Forum is a charity and is incorporated in England. Its principal place of business is:

31 St Albans Road
Kingston Upon Thames
Surrey
KT2 5HQ

The Self Care Forum
Detailed profit and loss account
for the year ended 31 December 2018

This schedule does not form part of the statutory accounts

	2018	2017
	£	£
Income	32,560	7,180
Charitable Expenditure	(16,002)	(1,041)
Net income	<u>16,558</u>	<u>6,139</u>
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The Self Care Forum
Detailed profit and loss account
for the year ended 31 December 2018

This schedule does not form part of the statutory accounts

	2018	2017
	£	£
Sales		
Grants	<u>32,560</u>	<u>7,180</u>
Administrative expenses		
Charitable Expenditure		
Self Care Week	1,342	1,000
Self Care Best Practice	3,750	-
Self Care Policy Development	600	-
Corporate Review	7,000	-
Travel and Subsistence	1,640	-
Bank Charges	60	41
Professional Services	1,320	-
Miscellaneous	290	-
	<u>16,002</u>	<u>1,041</u>
	<u>16,002</u>	<u>1,041</u>