

Registered Charity Number  
1167500

The Self Care Forum  
Report and Unaudited Accounts  
31 December 2019

## **The Self Care Forum**

**Registered number: 1167500**

### **Trustees' Report**

The trustees present their report and accounts for the year ended 31 December 2019.

#### **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 once again organised Self Care Week, which took place between 18-24 November, embedding support for self care across communities, families and the generations.

Self Care Week 2019, theme 'Think Self Care for Life' yet again broke records for participation, with more than 1,000 health and care organisations undertaking some form of self care activity during the week, 400 more than in 2018. 120 Clinical Commissioning Groups, covering more than 31 million people, took part.

SCW was the subject of 126 different pieces of national, local and trade media coverage, total circulation 22 million.

The Self Care Forum's e-learning programme promoting self care aware consultations, was rewritten and relaunched in 2019, with the target audience extended from GPs to nurses and pharmacists. The rewrite was funded by NHS England. More than 600 participants registered for the course, which is hosted on the e-Learning for Healthcare platform, in the first two weeks after Self Care Week.

Other elements of the 2018 business review were implemented, including a review of the Forum's website, which is the repository for its self care best practice material.

#### **Trustees**

The following persons served as trustees during the year:

Ian Banks (resigned July 2019)  
John Chisholm  
Robert Darracott (appointed July 2019)  
Helen Donovan (appointed July 2019) (Chair)  
Renata Drinkwater (appointed July 2019)  
Selwyn Hodge (resigned July 2019)  
Dominic Horne (appointed July 2019)  
Rhian Last (appointed July 2019)  
Michelle Howarth (appointed September 2019)  
Peter Smith

**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 2019**

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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 2019**

	<b>2019</b>	<b>2018</b>
	£	£
<b>Income</b>	66,750	32,560
Charitable Expenditure	(43,062)	(16,002)
<b>Net Income</b>	<u>23,688</u>	<u>16,558</u>
Funds at beginning of the year	24,412	7,854
Funds at end of the year	<u>48,100</u>	<u>24,412</u>

**The Self Care Forum**  
**Registered number:**  
**Balance Sheet**  
**as at 31 December 2019**

1167500

	Notes	2019 £	2018 £
<b>Current assets</b>			
Cash at bank and in hand		48,340	25,732
<b>Creditors: amounts falling due within one year</b>	3	(240)	(1,320)
<b>Net current assets</b>		<u>48,100</u>	<u>24,412</u>
<b>Net assets</b>		<u>48,100</u>	<u>24,412</u>
<b>Charitable Funds</b>			
Net Funds		48,100	24,412
<b>Charitable funds</b>		<u>48,100</u>	<u>24,412</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 2019**

**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).

<b>3 Creditors: amounts falling due within one year</b>	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Other creditors	<u>240</u>	<u>1,320</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 2019**

*This schedule does not form part of the statutory accounts*

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
<b>Income</b>	66,750	32,560
Charitable Expenditure	(43,062)	(16,002)
<b>Net income</b>	<hr/> 23,688	<hr/> 16,558
Funds at beginning of the year	24,412	7,854
<b>Funds at end of the year</b>	<hr/> 48,100	<hr/> 24,412



**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2019**

*This schedule does not form part of the statutory accounts*

	<b>2019</b>	<b>2018</b>
	£	£
<b>Sales</b>		
Commissions	17,250	-
Grants	49,500	32,560
	<u>66,750</u>	<u>32,560</u>
<b>Administrative expenses</b>		
Charitable Expenditure		
Self Care Week	2,140	1,342
Self Care Best Practice	16,009	3,750
Self Care Policy Development	895	600
Self Care Education & Training	20,410	-
Corporate Review	-	7,000
Travel and Subsistence	2,585	1,640
Bank Charges	60	60
Professional Services	820	1,320
Miscellaneous	143	290
	<u>43,062</u>	<u>16,002</u>
	<u>43,062</u>	<u>16,002</u>