

Registered Charity Number  
1167500

The Self Care Forum  
Report and Unaudited Accounts  
31 December 2020

## **The Self Care Forum**

**1167500**

### **Trustees' Report**

The trustees present their report and accounts for the year ended 31 December 2020.

#### **Status and Principal Objects**

The Self Care Forum became a registered charity on 6 June 2016.

Its objects 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's main annual activity - Self Care Week - took place between November 16 - 22, under the theme "Live Self Care for Life".

The final number of individual and participating organisations - still more than 900 - was down slightly on 2019, but this was not unexpected given the national restrictions in place. Perhaps unsurprisingly, the top self care message for the week was about "mental wellbeing"; this was supported by a new SCF "Boosting your mood" factsheet.

For the first time, the activities of Self Care Week benefitted from sponsorship grants from four organisations; as the charity is now fully independent and reliant on contributions from external parties to support its charitable activities and messaging, this is a welcome development and one the Trustees intend to build on in future years.

The Forum also responded to the coronavirus with two new factsheets, and two rewrites of existing factsheets to take account of the particular circumstances of Covid. The Forum's 19 factsheets continue to be available free for download via the Forum's website.

The year also saw the charity establish its own administrative functions, replacing those previously provided as a benefit in kind by the Proprietary Association of Great Britain (PAGB). The Forum remains grateful to the PAGB for its considerable support over many years; and will continue to benefit from the provision of ad hoc office space when required in the future.

#### **Trustees**

The following persons served as trustees during the year:

John Chisholm  
Robert Darracott  
Helen Donovan (Chair)  
Renata Drinkwater  
Austen El-Osta  
Chee Yeen Fung (appointed July 2020)  
Dominic Horne  
Rhian Last  
Michelle Howarth  
Peter Smith  
John Smith  
Ade Williams (appointed April 2020)

**The Self Care Forum**

**1167500**

**Trustees' Report**

This report was approved by the board on 25 May 2021 and signed on its behalf.

A handwritten signature in black ink, appearing to read 'Helen Donovan', followed by a long horizontal line extending to the right.

Helen Donovan  
Chair

**The Self Care Forum**  
**Independent Examiner's Report for the year ended 31 December 2020**

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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

25 May 2021

**The Self Care Forum  
Profit and Loss Account  
for the year ended 31 December 2020**

	<b>2020</b>	<b>2019</b>
	£	£
<b>Income</b>	27,868	66,750
Charitable Expenditure	(48,345)	(43,062)
<b>Net Income</b>	<u>(20,477)</u>	<u>23,688</u>
Funds at beginning of the year	48,100	24,412
Funds at end of the year	<u>27,623</u>	<u>48,100</u>

**The Self Care Forum**  
**Registered number:**  
**Balance Sheet**  
**as at 31 December 2020**

1167500

	Notes	2020 £	2019 £
<b>Current assets</b>			
Cash at bank and in hand		27,748	48,340
<b>Creditors: amounts falling due within one year</b>	4	(125)	(240)
<b>Net current assets</b>		27,623	48,100
<b>Net assets</b>		27,623	48,100
<b>Charitable Funds</b>			
Net Funds		27,623	48,100
<b>Charitable funds</b>		27,623	48,100

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



Helen Donovan  
 Chair  
 Approved by the board on 25 May 2021

**The Self Care Forum  
Notes to the Accounts  
for the year ended 31 December 2020**

**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 Employees**

	<b>2020 Number</b>	<b>2019 Number</b>
Average number of persons employed by the company	-	-

**4 Creditors: amounts falling due within one year**

	<b>2020 £</b>	<b>2019 £</b>
Other creditors	125	240

**5 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 2020**

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

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
<b>Income</b>	27,868	66,750
Charitable Expenditure	(48,345)	(43,062)
<b>Net income</b>	<u>(20,477)</u>	<u>23,688</u>
Funds at beginning of the year	48,100	24,412
<b>Funds at end of the year</b>	<u>27,623</u>	<u>48,100</u>



**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2020**

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

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
<b>Sales</b>		
Commissions	868	17,250
Grants	<u>27,000</u>	<u>49,500</u>
	<u>27,868</u>	<u>66,750</u>
<b>Administrative expenses</b>		
Charitable Expenditure		
Self Care Week	31,686	2,140
Self Care Best Practice	4,376	16,009
Self Care Policy Development	-	895
Self Care Education & Training	-	20,410
Secretariat Expenses	8,751	-
Travel and Subsistence	-	2,585
Bank Charges	60	60
Professional Services	125	820
Miscellaneous	<u>700</u>	<u>143</u>
	<u>45,698</u>	<u>43,062</u>
Premises costs:		
Rent	<u>120</u>	-
	<u>120</u>	-
General administrative expenses:		
Website	<u>2,527</u>	-
	<u>2,527</u>	-
	<u>48,345</u>	<u>43,062</u>