

# SELF-CARE MATTERS

CIO registration number:

1190228

# ANNUAL REPORT



July 2020 - February 2022

## Section 1: The Charity

Self-care matters is a registered CIO that aims to support women experiencing severe perinatal mental illness at the latter stage of pregnancy or in the postpartum period. Our primary charitable purpose is to provide free self-care boxes to the 22 NHS Mother and Baby Units (MBU's) across the UK.

Boxes are designed to contain essential items for a hospital stay as well as evidence-based items that provide emotional relief and promote psychological well-being.

We are run by 3 trustees, all of whom have either experienced perinatal mental health problems or have a strong interest in women's mental health issues.



## SECTION 2: Activities, objectives and the public benefit from the past year

We became a registered CIO on 2<sup>nd</sup> July 2020. Unfortunately as this was in the middle of the pandemic our activities were very much affected by Covid-19 restrictions and rules around what could be sent into hospitals. However we still managed to send multiple self-care boxes to every single Mother and Baby Unit bed in the UK. Feedback has been overwhelmingly positive.

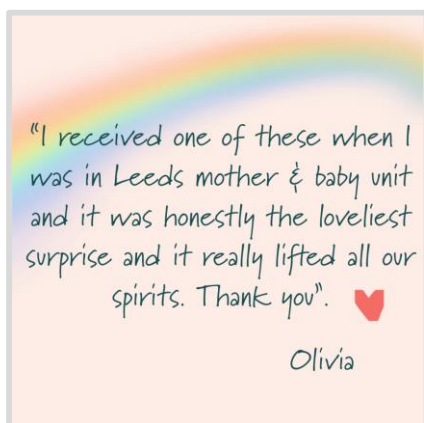
Fundraising was greatly affected as running events, fairs and fun days and other potential sources of fundraising were cancelled across the country. We still raised several hundred pounds which enabled us to provide the number of boxes we did. We also received a good amount of donated products for the boxes, which meant our financial running costs could be kept low.

The charity has grown on social media, with over 1400 followers on Facebook, 1100 followers on Twitter, and 850 followers on Instagram.

We have also worked hard to develop our website, providing new resources for anyone interested in, or affected by maternal mental health issues.

We have had 3 teenagers volunteer with us as part of their Duke of Edinburgh Awards.

In July 2021 we received an award from the British Prime Minister for exceptional volunteering, and became a 'Point of Light'.





### SECTION 3: Objectives for the next year

1. Continue to promote the charity and become more well known.
2. Provide enough self-care boxes for every woman who is admitted to a Mother and Baby Unit to receive one.
3. Keep liaising with Mother and Baby Unit managers and staff to ensure contents are appropriate and relevant.
4. Set out a clear fundraising plan.

### SECTION 4: Financial review

During the first financial period our income was 746 and our expenditure was 582. We expect this to rise significantly as normal fundraising activities are resumed after the pandemic.

Due to the generosity of donated products we have received approximately £5000 worth of products this year.



## SECTION 5: Trustee information

**Name:** Alison Barrott

**Address:** 1 Windsor Close, Poynton, Stockport, Cheshire. SK12 1JL.

**Position:** Chair and trustee

**Name:** Joy Stevenson

**Address:** 8 Balmoral Drive, Poynton, Stockport, Cheshire. SK12 1JN.

**Position:** Trustee

**Name:** Joanne Hood

**Address:** 3 Brookfield Avenue, Poynton, Stockport, Cheshire. SK12 1HZ.

**Position:** Trustee





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Self Care Matters

No (if any)  
1190228

CC16a

## Receipts and payments accounts

For the period from	Period start date 02/07/2020	To	Period end date 05/04/2021
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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 £
<b>A1 Receipts</b>					
Donations & Fundraising Events	746	-	-	746	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	746	-	-	746	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	746	-	-	746	-
<b>A3 Payments</b>					
Products, packaging & postage	583	-	-	583	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	583	-	-	583	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	583	-	-	583	-
<b>Net of receipts/(payments)</b>	163	-	-	163	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	163	-	-	163	-

## 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 £
<b>B1 Cash funds</b>	Cash At Bank	163	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	163	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	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	
	A.Barrott	Alison Barrott	07/02/2022	