

THE SELF HEAL ASSOCIATION

England & Wales · Charity number 1094138

Details

Status Registered

Legal form Charitable company

Company number [04335524](#)

Registered 2002-10-11

Register [View on the Charity Commission register](#)

Contact

Address Po Box 272
St Thomas
Exeter
Devon
EX2 9ZL

Phone 01392677258

Email info@selfheal.org.uk

Website <http://www.selfheal.org.uk>

Activities

Objects: The Charity's object is to relieve people suffering from psychological, mental or emotional distress by supporting psychologically informed projects employing arts therapies and art based activities.

Activities: The principal activities of the charity in the year under review were those connected with social work, adult and other education, including grants.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Devon

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£26,386	£33,660	-	-
2024-03-31	£26,197	£31,417	-	-
2023-03-31	£25,888	£30,114	-	-
2022-03-31	£25,562	£15,189	-	-
2021-03-31	£24,847	£18,510	-	-

Trustees

Name	Role	Appointed
KAREN HUCKVALE	Chair	
Dr LISA ANN THORNE		2013-05-17
Hazel Ann Bayley		2026-06-09
JOE MILLER		
John Slater		2015-12-14
MALCOLM LEARMONTH		
Rose Verney		2022-05-18

THE SELF HEAL ASSOCIATION

England & Wales - Charity number 1094138

Accounts

THE SELF HEAL ASSOCIATION

**Unaudited Accounts
for the year ended 31 March 2025**

Company limited by guarantee

Company Number: 04335524

Charity No: 1094138

THE SELF HEAL ASSOCIATION

COMPANY INFORMATION

for the period Ending 31 March 2025

Registered Office	PO Box 272 St Thomas Exeter EX2 9ZL	
Company Number:	04335524	
Charity Number:	1094138	
Directors:	Karen Huckvale Lisa Thorne Malcolm Learmonth John Slater Rose Verney	Chair Treasurer
Secretary:	Joe Miller	
Independent Examiner:	Exeter Community Accounting	
Bankers:	Caf Bank 25 Kings Hill Avenue West Malling Kent ME 19 4JQ	
Date of Incorporation	6th December 2001	

THE SELF HEAL ASSOCIATION

Company Number 04335524

Charity Number: 1094138

INDEPENDENT EXAMINATION REPORT

For the period ended 31st March 2025

Basis of independent examiner's report

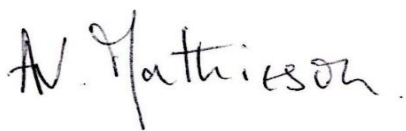
My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept

It also includes consideration of any unusual items or disclosures in the accounts, and seeking 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' and 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:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts with accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



20 October 2025

Exeter Community Accounting

THE SELF HEAL ASSOCIATION

Company Number: 04335524

Charity Number: 1094138

DIRECTORS' REPORT

For the period ended 31st March 2025

The Directors submit their report and the financial statements

Principal Activity

The activities of the company are those concerned with social work, adult and other education, including grants.

Directors

The directors of the company in office during the year had no beneficial interests, the company being limited by guarantee.

Basis of preparation

This report has been prepared in accordance with the relevant provisions for small companies under the Companies Act 2006.

ON BEHALF OF THE BOARD

Karen Huckvale



Date

10 Dec 2025

THE SELF HEAL ASSOCIATION
STATEMENT OF FINANCIAL ACTIVITIES
FOR YEAR ENDING 31 MARCH 2025

		Total Funds	Total Funds
	Notes	2024/2025	2023/2024
		£	£
INCOME & ENDOWMENTS FROM:			
Donations		-	300
Investment	1	26,358	25,841
Bank Interest		28	56
TOTAL INCOME		26,386	26,197
EXPENDITURE ON:			
Charitable Activities	2	25,874	25,130
Other Expenditure	3	7,787	6,287
TOTAL EXPENDITURE		33,660	31,417
NET EXPENDITURE BEFORE TRANSFERS		(7,274)	(5,220)
Unrealised Gains/Losses on investments		(41,972)	83,871
NET MOVEMENT IN FUNDS		(49,246)	78,651
TOTAL FUNDS BROUGHT FORWARD		946,523	867,872
TOTAL FUNDS CARRIED FORWARD	7	897,277	946,523

All activities derive from continuing operations.

The notes on the following pages form part of the financial statements.

THE SELF HEAL ASSOCIATION
BALANCE SHEET
AS AT 31 MARCH 2025

	Note	<u>2024/2025</u>		<u>2023/2024</u>	
		£	£	£	£
FIXED ASSETS					
Tangible			-		-
CURRENT ASSETS					
COIF Global Equity Fund		307,766		327,671	
COIF Charities Investment Fund		250,504		262,746	
COIF Charities Ethical Inv. Fund		246,121		257,025	
COIF Charities Property Fund		77,614		76,535	
COIF Charities deposit account		50		50	
Tridos Bank		612		612	
CafCash account		15,210		22,484	
Debtors		-	<u>897,877</u>	-	<u>947,123</u>
CREDITORS					
Amounts Falling due within one year	5	(650)		(600)	
NET CURRENT ASSETS			<u><u>897,227</u></u>		<u><u>946,523</u></u>
FUNDS					
Unrestricted income fund	7		946,523		867,872
Revaluation reserves			(49,246)		78,651
TOTAL FUNDS			<u><u>897,277</u></u>		<u><u>946,523</u></u>

For the financial year ended 31 March 2025, The charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

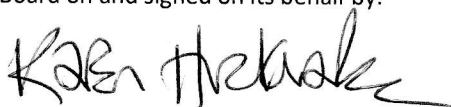
The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Approved by the Board on and signed on its behalf by:

Karen Huckvale



Date:

10 Dec 2025.

THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2025

1 Accounting Policies

Statement of Compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Exemption from Preparing Cash Flow Statement

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Resources Expended

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable Activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Tangible Fixed Assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life at the following rates;

Freehold Land	not depreciated
Freehold Buildings	2% pa straight line
Plant & Machinery	20% pa straight line
Fixtures & Fittings	20% pa straight line
Website Development Costs	33.3% pa straight line

Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the Charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and Cash Equivalent

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2025

Trade Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Funds

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

	Total Funds 2024/2025 £	Total Funds 2023/2024 £
1 Income from Investments		
COIF Global Equity Fund	7,249	7,550
COIF Charities Investment Fund	7,182	7,006
COIF Charities Ethical Inv. Fund	7,705	7,144
COIF Charities Property Fund	4,222	4,141
COIF Charities deposit account	2	6
Bank Interest	25	50
Other income	-	300
	26,386	26,197
2 Expenditure on Charitable Activities		
Grants Paid	25,874	25,130
Bursaries paid	-	-
	25,874	25,130
3 Support Costs		
Storage Rent	907	3,665
Admin Fees	4,771	1,423
PO Box	424	
Bank charges and interest	810	60
	6,912	5,149
4 Trustees Remuneration & Benefits		
Trustees Expenses	224	489
There were no related party transactions with trustees in the year		
5 Independent Examination Fees		
Independent examination of the financial statements	100	100
Other accountancy services	550	550
	650	650

6 Taxation
The charity is a registered charity and is therefore exempt from taxation.

7 Fund Accounts

	Opening Balance £	Incoming Resources £	Resources Expended £	Closing Balance £
Unrestricted funds	946,523	26,386	(33,661)	939,249
Revaluation reserve				(41,972)
Total unrestricted funds	946,523	26,386	(33,661)	897,277

All assets and liabilities as shown on the balance sheet are unrestricted.

8 Controlling entity
The charity is controlled by the trustees who are all directors of the company.



Chair's Report for April 2024 - March 2025

Highlights

Theatre Alibi's *Centre for the Imagination* is based in St Thomas, Exeter. It hosts performances, workshops and interactive exhibitions for children and families in the city. Alibi were awarded funding towards their Christmas Project, a series of music and storytelling workshops which shaped the creation of the *Alternative Christmas Grotto*.

Friends of St Mary's Church, Sticklepath This grant application was for materials to refurbish an existing pebble maze in the grounds of St Mary's Church. The project aimed to create a pet memorial, also known as *The Labryinth of Lost Animal Friends*, to acknowledge the loss of non-human friends by people in the local area.

TRAIL stands for Teignmouth Recycled Art In the Landscape. This is an artist-led organisation dedicated to promoting environmental awareness through the power of recycled art. TRAIL creates an annual sculpture trail along the Teignmouth seafront which captivates summer visitors with its thought-provoking recycled artworks and compelling environmental messages. TRAIL 2024 Outreach delivered educational environmental art-based workshops with local residents at a community centre and at after-school clubs in the town.

D'Arts is a well-established organisation that runs creative weekend activities for people with learning disabilities. They also organise an annual weekend festival, **D'ArtsFest**, hosted by West Town Farm, which was the subject of their grant application.

The Youth Arts & Health Trust, based in Exeter, provides creative arts activities for children and young people experiencing mental health difficulties. In order to address the charity's growing waiting list, Self Heal Association made an award to increase access to art therapies both face to face and online.

MoMENTum Devon CIC supports male survivors of childhood sexual abuse. The organisation applied for financial support towards a weekend residential workshop which was held in July 2024. The grant awarded was spent on appropriate therapeutic supervision and also provided a number of partially subsidised places.

Okehampton Medical Centre provided an area of land for the Mental Health Group to create a Community Garden. It is now tended by ten volunteers who wished to purchase paint, art materials, gloves and aprons with the grant from Self Heal Association. The garden is enjoyed by staff, patients and their carers. The volunteers benefit from working together creatively to develop an enriching space.

Paula Wilson is an experienced art psychotherapist who applied for funding to run an art-based children's therapeutic group in partnership with The Clay Yard Totnes and a local primary school. Following a successful pilot project, this further grant involved a second school in the programme of clay workshops.

Focussed Light is a new organisation which invites survivors of childhood sexual abuse to work creatively with digital and analogue photography. The project aims to develop new skills and provide a space for solace and recovery.

Finance

In summary, nine grants were awarded totalling £25,874 (2024: £25,130). There were no bursaries awarded this year.

The charity holds four investment funds with CCLA. The following table shows the total valuation of the funds held, which is reported quarterly.

Quarter	Date	Valuation
Q1 2024	31 March 2024	£924,027
Q2 2024	30 June 2024	£919,518
Q3 2024	30 September 2024	£914,072
Q4 2024	31 December 2024	£921,462
Q1 2025	31 March 2025	£882,056

The total value of the investment funds decreased by -£41,971 (2024: £83,871). Throughout 2024, the funds stayed within a narrow band (£914k-£924k). That is less than a 1% fluctuation across the year. 2024 was essentially stable, but followed by a downturn at the start of 2025 after the US election and subsequent global financial uncertainty.

The charity's current financial strategy is to take all dividends as cash, and this resulted in income of £26,386 (2024: £26,197). Expenditure on grants, bursaries and running costs was £33,660 (2024: £31,417), resulting in a deficit of -£7,274 (2024: -£5,220). The cash at the bank was slightly lower than last year, with a balance in the CAF Cash bank account on 31st March 2025 of £15,210 (2024: £22,484).

Thanks

As always, thanks go to all the Trustees who give up their time for the meetings, especially those who travel some distance to meet face to face.

Thanks also to the Trustees who host meetings at their homes.

The rota to share the chairing of meetings continues to work well and avoids this responsibility falling on the shoulders of just one person. Thanks to Sarah for her administrative support as without her we would get very little actually done.

Karen Huckvale, Chair
September 2025

THE SELF HEAL ASSOCIATION

England & Wales - Charity number 1094138

Accounts

THE SELF HEAL ASSOCIATION

**Unaudited Accounts
for the year ended 31 March 2024**

Company limited by guarantee

Company Number: 04335524

Charity No: 1094138

THE SELF HEAL ASSOCIATION

COMPANY INFORMATION

for the period Ending 31 March 2024

Registered Office PO Box 272
 St Thomas
 Exeter
 EX2 9ZL

Company Number: 04335524
Charity Number: 1094138

Directors:	Karen Huckvale	Chair
	Lisa Thorne	Treasurer
	Malcolm Learmonth	
	John Slater	
	Rose Verney	
	Cat Large	resigned September 2023

Secretary: Joe Miller

Independent Examiner: Exeter Community Accounting

Bankers: Caf Bank
 25 Kings Hill Avenue
 West Malling
 Kent ME 19 4JQ

Date of Incorporation 6th December 2001

THE SELF HEAL ASSOCIATION

Company Number 04335524

Charity Number: 1094138

INDEPENDENT EXAMINATION REPORT

For the period ended 31st March 2024

Basis of independent examiner's report

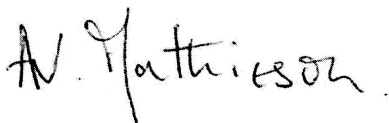
My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept

It also includes consideration of any unusual items or disclosures in the accounts, and seeking 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' and 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:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts with accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, attention would be drawn in order to enable a proper understanding of the accounts to be reached.



22 October 2024

Exeter Community Accounting

THE SELF HEAL ASSOCIATION

Company Number: 04335524

Charity Number: 1094138

DIRECTORS' REPORT

For the period ended 31st March 2024

The Directors submit their report and the financial statements

Principal Activity

The activities of the company are those concerned with social work, adult and other education, including grants.

Directors

The directors of the company in office during the year had no beneficial interests, the company being limited by guarantee.

Basis of preparation

This report has been prepared in accordance with the relevant provisions for small companies under the Companies Act 2006.

ON BEHALF OF THE BOARD

Karen Huckvale

Date


6th Dec 2024.

THE SELF HEAL ASSOCIATION
STATEMENT OF FINANCIAL ACTIVITIES
FOR YEAR ENDING 31 MARCH 2024

		Total Funds	Total Funds
	Notes	2023/2024	2022/2023
		£	£
INCOME & ENDOWMENTS FROM:			
Donations		300	-
Investment	1	25,841	25,841
Bank Interest		56	47
TOTAL INCOME		26,197	25,888
EXPENDITURE ON:			
Charitable Activities	2	25,130	22,855
Other Expenditure	3	6,287	7,260
TOTAL EXPENDITURE		31,417	30,115
NET EXPENDITURE BEFORE TRANSFERS		(5,220)	(4,226)
Unrealised Gains/Losses on investments		83,871	(47,436)
NET MOVEMENT IN FUNDS		78,651	(51,662)
TOTAL FUNDS BROUGHT FORWARD		867,872	919,534
TOTAL FUNDS CARRIED FORWARD	7	946,523	867,872

All activities derive from continuing operations.
The notes on the following pages form part of the financial statements.

THE SELF HEAL ASSOCIATION
BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2023/2024	2022/2023
		£	£
FIXED ASSETS			
Tangible		-	-
CURRENT ASSETS			
COIF Global Equity Fund		327,671	284,440
COIF Charities Investment Fund		262,746	240,937
COIF Charities Ethical Inv. Fund		257,025	234,032
COIF Charities Property Fund		76,535	80,697
COIF Charities deposit account		50	50
Tridos Bank		612	612
CafCash account		22,484	27,704
Debtors		-	-
		<u>947,123</u>	<u>868,472</u>
CREDITORS			
Amounts Falling due within one year	5	(600)	(600)
NET CURRENT ASSETS		<u>946,523</u>	<u>867,872</u>
FUNDS			
Unrestricted income fund	7	867,872	919,534
Revaluation reserves		78,651	(51,662)
TOTAL FUNDS		<u>946,523</u>	<u>867,872</u>

For the financial year ended 31 March 2024, The charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Approved by the Board on and signed on its behalf by:

Karen Huckvale

Date:


6 Dec 2024.

THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2024

1 Accounting Policies

Statement of Compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Exemption from Preparing Cash Flow Statement

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Resources Expended

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable Activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Tangible Fixed Assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life at the following rates;

Freehold Land	not depreciated
Freehold Buildings	2% pa straight line
Plant & Machinery	20% pa straight line
Fixtures & Fittings	20% pa straight line
Website Development Costs	33.3% pa straight line

Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the Charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and Cash Equivalent

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2024

Trade Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Funds

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

	Total Funds 2023/2024 £	Total Funds 2022/2023 £
1 Income from Investments		
COIF Global Equity Fund	7,550	7,550
COIF Charities Investment Fund	7,006	7,006
COIF Charities Ethical Inv. Fund	7,144	7,144
COIF Charities Property Fund	4,141	4,141
COIF Charities deposit account	6	1
Bank Interest	50	46
Other income	300	-
	26,197	25,888
2 Expenditure on Charitable Activities		
Grants Paid	25,130	22,855
Bursaries paid	-	-
	25,130	22,855
3 Support Costs		
Storage Rent	3,665	3,332
Admin Fees	1,423	3,156
Bank charges and interest	60	72
	5,149	6,560
4 Trustees Remuneration & Benefits		
Trustees Expenses	489	-
There were no related party transactions with trustees in the year		
5 Independent Examination Fees		
Independent examination of the financial statements	100	100
Other accountancy services	550	500
	650	600

6 Taxation
The charity is a registered charity and is therefore exempt from taxation.

7 Fund Accounts

	Opening Balance £	Incoming Resources £	Resources Expended £	Closing Balance £
Unrestricted funds	867,872	26,197	(31,417)	862,652
Revaluation reserve				83,871
Total unrestricted funds	867,872	26,197	(31,417)	946,523

All assets and liabilities as shown on the balance sheet are unrestricted.

8 Controlling entity
The charity is controlled by the trustees who are all directors of the company.



Chair's Report for April 2023 - March 2024

Highlights

The Youth Arts & Health Trust, based in Exeter, provides creative arts activities for children and young people experiencing mental health difficulties. In order to address the charity's growing waiting list, Self Heal Association made an award to increase access to art therapies both face to face and online.

MoMENTum Devon CIC supports male survivors of childhood sexual abuse. The organisation applied for financial support towards a weekend residential workshop which was held in July 2023. The grant awarded was spent on art materials and also provided a number of partially subsidised places.

Okehampton Men in Sheds is a volunteer-led project which repairs, recycles and makes items on request for organisations in their local community. The Shedders were keen to get out of their Shed and support a range of local events in the community during summer 2023. This grant paid for tools and building materials for Okehampton Big Green Week, fun fair games for local fetes, bird boxes and planters.

Paula Wilson is an experienced art psychotherapist who applied for funding to run an art-based children's therapeutic group in partnership with The Clay Yard Totnes and a local primary school. This pilot project aimed to test the project idea. With a second school already interested, the overall aim is to offer a rolling programme of clay workshops.

Helen Hamilton completed Insider Art's Foundation Course in Art Therapy 18 years ago and since then has worked with different mental health-related, therapeutic and arts-based groups in South Africa, USA and UK. In autumn 2022 Helen established *Art in Reflection* support group for women in the Crediton area. This second grant enabled the continuation of the initiative, offering one 10-week group per term, totalling three groups per year, and expanding the capacity of each group.

Ubuntu Devon provides a multicultural counselling services for all ethnic minority groups in Devon. Self Heal Association awarded a grant towards The Growing Project, based at a city allotment in Exeter, where participants could grow crops, share and socialise.

TRAIL stands for Teignmouth Recycled Art In the Landscape. This is an artist-led organisation dedicated to promoting environmental awareness through the power of recycled art. TRAIL creates an annual sculpture trail along the Teignmouth seafront which captivates summer visitors with its thought-provoking recycled artworks and compelling environmental messages.

Finance

In summary, seven grants were awarded totalling £25,130 (2023: £22,855). There were no bursaries awarded this year.

The charity holds four investment funds with CCLA. The following table shows the total valuation of the funds held, which is reported quarterly.

Quarter	Date	Valuation
Q1 2023	31 March 2023	£840,156
Q2 2023	30 June 2023	£847,649
Q3 2023	30 September 2023	£833,900
Q4 2023	31 December 2023	£891,115
Q1 2024	31 March 2024	£924,027

The increase in the investment funds was £83,871 (2023: -£47,435) over the course of this year. Following a slight drop in value in the summer, performance in the second half of the fiscal year was very strong.

The charity's current financial strategy is to take all dividends as cash, and this resulted in income of £26,197 (2023: £25,841). Expenditure on grants, bursaries and running costs was £31,417 (2023: £30,114), resulting in a deficit of -£5,220 (2023: -£4,273). The cash at the bank was slightly lower than last year, with a balance in the CAF Cash bank account on 31st March 2024 of £22,484 (2022: £27,704).

Thanks

Thanks to all the Trustees, old and new, who give up their time for the meetings, especially those who travel some distance to meet face to face.

Thanks also to the Trustees who host meetings at their homes and to John who continues to provide Zoom invitations, when needed.

The rota to share the chairing of meetings continues to work well and avoids this responsibility falling on the shoulders of just one person. Thanks to Sarah for her administrative support as without her we would get very little actually done.

Karen Huckvale, Chair
November 2024

THE SELF HEAL ASSOCIATION

England & Wales - Charity number 1094138

Accounts

THE SELF HEAL ASSOCIATION

Unaudited Accounts

Company limited by guarantee

Company Number: 04335524

Charity No: 1094138

THE SELF HEAL ASSOCIATION

COMPANY INFORMATION

for the period Ending 31 March 2023

Registered Office PO Box 272
St Thomas
Exeter
EX2 9ZL

Company Number: 04335524
Charity Number: 1094138

Directors:	Karen Huckvale	Chair
	Lisa Thorne	Treasurer
	Malcolm Learmonth	
	John Slater	
	Rose Verney	appointed May 2022
	Cat Large	appointed September 2022

Secretary: Joe Miller

Accountants: Exeter Community Accounting

Bankers: Caf Bank
25 Kings Hill Avenue
West Malling
Kent ME 19 4JQ

Date of Incorporation 6th December 2001

THE SELF HEAL ASSOCIATION

Company Number 04335524

Charity Number: 1094138

INDEPENDENT EXAMINATION REPORT

For the period ended 31st March 2023

Basis of independent examiner's report

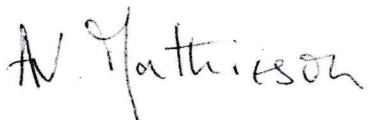
My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept

It also includes consideration of any unusual items or disclosures in the accounts, and seeking 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' and 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:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts with accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



24-Jul-23

Exeter Community Accounting

THE SELF HEAL ASSOCIATION

Company Number: 04335524

Charity Number: 1094138

DIRECTORS' REPORT

For the period ended 31st March 2023

The Directors submit their report and the financial statements

Principal Activity

adult and other education, including grants.

Directors

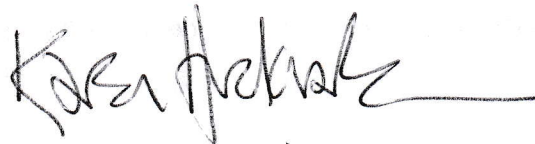
The directors of the company in office during the year had no beneficial interests, the company being limited by guarantee.

Basis of preparation

This report has been prepared in accordance with the relevant provisions for small companies under the Companies Act 2006.

ON BEHALF OF THE BOARD

Karen Huckvale



Date

22 Nov 123

THE SELF HEAL ASSOCIATION
STATEMENT OF FINANCIAL ACTIVITIES
FOR YEAR ENDING 31 MARCH 2023

		Total Funds	Total Funds
	Notes	2022/2023	2021/2022
		£	£
INCOME & ENDOWMENTS FROM:			
Investment	1	25,841	25,562
Bank Interest		47	
TOTAL INCOME		25,888	25,562
EXPENDITURE ON:			
	2	22,855	9,183
Other Expenditure	3	7,260	6,006
TOTAL EXPENDITURE		30,114	15,189
NET EXPENDITURE BEFORE TRANSFERS		(4,226)	10,373
Unrealised Gains/Losses on investments		(47,436)	74,408
NET MOVEMENT IN FUNDS		(51,662)	84,781
TOTAL FUNDS BROUGHT FORWARD		919,534	834,753
TOTAL FUNDS CARRIED FORWARD	9	867,872	919,534

All activities derive from continuing operations.

The notes on the following pages form part of the financial statements.

THE SELF HEAL ASSOCIATION
BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2022/2023	2021/2022
		£	£
FIXED ASSETS			
Tangible			
CURRENT ASSETS			
COIF Global Equity Fund		284,440	294,902
		240,937	250,414
COIF Charities Ethical Inv. Fund		234,032	246,312
COIF Charities Property Fund		80,697	95,914
COIF Charities deposit account		50	50
Tridos Bank		612	612
CafCash account		27,704	31,930
Debtors		-	-
		<u>868,472</u>	<u>625,232</u>
CREDITORS			
Amounts Falling due within one year	8	(600)	(600)
NET CURRENT ASSETS		<u>867,872</u>	<u>624,632</u>
FUNDS			
Unrestricted income fund	9	919,534	834,753
Revaluation reserves		(51,662)	84,781
TOTAL FUNDS		<u>867,872</u>	<u>919,534</u>

For the financial year ended 31 March 2023, The charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Approved by the Board on and signed on its behalf by:

Karen Huckvale



THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2023

1 Accounting Policies

Statement of Compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Exemption from Preparing Cash Flow Statement

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Resources Expended

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable Activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Tangible Fixed Assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life at the following rates;

Freehold Land	not depreciated
Freehold Buildings	2% pa straight line
Plant & Machinery	20% pa straight line
Fixtures & Fittings	20% pa straight line
Website Development Costs	33.3% pa straight line

Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the Charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and Cash Equivalent

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2023

Trade Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Funds

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

	Total Funds 2022/2023 £	Total Funds 2021/2022 £
1 Income from Investments		
COIF Global Equity Fund	7,550	7,550
COIF Charities Investment Fund	7,006	6,868
COIF Charities Ethical Inv. Fund	7,144	7,003
COIF Charities Property Fund	4,141	4,141
COIF Charities deposit account	1	-
Bank Interest	46	-
	25,888	18,012
2 Expenditure on Charitable Activities		
Grants Paid	22,855	9,183
Bursaries paid	-	-
	22,855	9,183
3 Support Costs		
Storage Rent	3,332	3,059
Admin Fees	3,156	2,250
Bank charges and interest	72	96
Accountancy	700	600
	7,260	6,006
4 Trustees Remuneration & Benefits		
During the year trustees received no expenses (2022 - £0)		
There were no related party transactions with trustees in the year		
5 Independent Examination Fees		
Independent examination of the financial statements	100	100
Other accountancy Services	500	500
	600	600
6 Taxation		
The charity is a registered charity and is therefore exempt from taxation.		

THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2021

7	Creditors	2022/2023	2021/2022
		£	£
	Amounts falling due within one year		
	Trade creditors	600	600
		<u>600</u>	<u>600</u>

8 Fund Accounts

	Opening Balance £	Incoming Resources £	Resources Expended £	Closing Balance £
Unrestricted funds	919,534	25,888	(30,114)	915,308
Revaluation reserve				(47,436)
Total unrestricted funds	919,534	25,888	(30,114)	867,872
Total funds	919,534	25,888	(30,114)	867,872

All assets and liabilities as shown on the balance sheet are unrestricted.

9 Controlling entity

The charity is controlled by the trustees who are all directors of the company.

THE SELF HEAL ASSOCIATION

England & Wales - Charity number 1094138

Accounts

THE SELF HEAL ASSOCIATION

**Unaudited Accounts
Year Ending 31st March 2022**

Company limited by guarantee
Company Number: 04335524
Charity No: 1094138

THE SELF HEAL ASSOCIATION

COMPANY INFORMATION

for the period Ending 31 March 2022

Registered Office PO Box 272
 St Thomas
 Exeter
 EX2 9ZL

Company Number: 04335524
Charity Number: 1094138

Directors:	Karen Huckvale	Chair
	Lisa Thorne	
	Malcolm Learmonth	
	Yvette Parker	resigned 18 March 2022
	John Slater	

Secretary: Joe Miller

Accountants: Exeter Community Accounting

Bankers: Caf Bank
 25 Kings Hill Avenue
 West Malling
 Kent ME 19 4JQ

Date of Incorporation 6th December 2001

THE SELF HEAL ASSOCIATION

Company Number 04335524

Charity Number: 1094138

INDEPENDENT EXAMINATION REPORT

For the period ended 31st March 2022

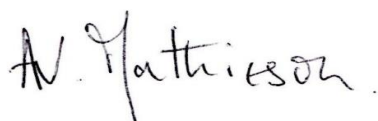
Basis of independent examiner's report

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 or disclosures in the accounts, and seeking 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' and 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:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts with accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



21-Sep-22

Exeter Community Accounting

THE SELF HEAL ASSOCIATION

Company Number: 04335524

Charity Number: 1094138

DIRECTORS' REPORT

The Directors submit their report and the financial statements

Principal Activity

The activities of the company are those connected with social work, adult and other education, including grants.

Directors

The directors of the company in office during the year had no beneficial interests, the company being limited by guarantee.

Basis of preparation

This report has been prepared in accordance with the relevant provisions for small companies under the Companies Act 2006.

ON BEHALF OF THE BOARD

Karen Huckvale

Date


30th Nov 2022.

THE SELF HEAL ASSOCIATION
STATEMENT OF FINANCIAL ACTIVITIES
FOR YEAR ENDING 31 MARCH 2022

		Total Funds	Total Funds
	Notes	2021/2022 £	2020/2021 £
INCOME & ENDOWMENTS FROM:			
Investment	1	25,562	24,847
TOTAL INCOME		25,562	24,847
EXPENDITURE ON:			
Charitable Activities	2	9,183	10,874
Other Expenditure	3	6,006	7,636
TOTAL EXPENDITURE		15,189	18,510
NET EXPENDITURE BEFORE TRANSFERS		10,373	6,337
Unrealised Gains/Losses on investments		74,408	139,858
NET MOVEMENT IN FUNDS		84,781	146,195
TOTAL FUNDS BROUGHT FORWARD		834,753	688,558
TOTAL FUNDS CARRIED FORWARD	9	919,534	834,753

All activities derive from continuing operations.

The notes on the following pages form part of the financial statements.

THE SELF HEAL ASSOCIATION
BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2021/2022	2020/2021
		£	£
FIXED ASSETS			
Tangible			-
CURRENT ASSETS			
COIF Charities Investment Fund		250,414	272,074
COIF Charities Ethical Inv. Fund		246,312	230,519
COIF Global Equity Fund		294,902	227,086
COIF Charities Property Fund		95,914	83,455
COIF Charities deposit account		50	50
Tridos Bank		612	612
CafCash account		31,930	25,182
Debtors		-	-
		<u>920,134</u>	<u>838,979</u>
CREDITORS			
Amounts Falling due within one year	8	(600)	(4,226)
NET CURRENT ASSETS		<u>919,534</u>	<u>834,753</u>
FUNDS			
Unrestricted income fund	9	834,753	694,895
Revaluation reserves		84,781	139,858
TOTAL FUNDS		<u>919,534</u>	<u>834,753</u>

For the financial year ended 31 March 2022, The charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Approved by the Board on and signed on its behalf by:

Karen Huckvale



THE SELF HEAL ASSOCIATION
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2022

1 Accounting Policies

Statement of Compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Exemption from Preparing Cash Flow Statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Resources Expended

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable Activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Tangible Fixed Assets

Depreciation is provided on tangible fixed assets at the following annual rates in order to write off each asset over its estimated useful life at the following rates;

Freehold Land	not depreciated
Freehold Buildings	2% pa straight line
Plant & Machinery	20% pa straight line
Fixtures & Fittings	20% pa straight line
Website Development Costs	33.3% pa straight line

Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the Charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and Cash Equivalent

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

THE SELF HEAL ASSOCIATION

NOTES TO THE ACCOUNTS **FOR THE YEAR ENDING 31 MARCH 2022**

Trade Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Funds

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

	Total Funds 2021/2022 £	Total Funds 2020/2021 £
1 Income from Investments		
COIF Charities Investment Fund	19,895	6,733
COIF Charities Ethical Inv. Fund	19,226	6,862
COIF Global Equity Fund	22,828	7,406
COIF Charities Property Fund	12,459	3,845
COIF Charities deposit account	-	-
Bank Interest	-	-
	74,408	24,847
2 Expenditure on Charitable Activities		
Grants Paid	9,183	10,874
Bursaries paid	-	-
	9,183	10,874
3 Support Costs		
Storage Rent	3,059	2,894
Website costs	-	255
Admin Fees	2,250	3,626
Trustees Expenses	-	142
Bank charges and interest	96	69
Accountancy	600	650
	6,006	7,635
4 Trustees Remuneration & Benefits		
During the year trustees received no expenses (2021 - £142)		
There were no related party transactions with trustees in the year		
5 Independent Examination Fees		
Independent examination of the financial statements	100	100
Other accountancy Services	500	500
	600	600
6 Taxation		
The charity is a registered charity and is therefore exempt from taxation.		

THE SELF HEAL ASSOCIATION

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDING 31 MARCH 2021

7	Creditors	2021/2022	2020/2021
		£	£
	Amounts falling due within one year		
	Trade creditors	600	4,226
		600	4,226

8 **Fund Accounts**

	Opening Balance £	Incoming Resources £	Resources Expended £	Closing Balance £
Unrestricted funds	834,753	25,562	(15,189)	845,126
Revaluation reserve				74,408
Total unrestricted funds	834,753	25,562	(15,189)	919,534
 Total funds	 834,753	 25,562	 (15,189)	 919,534

All assets and liabilities as shown on the balance sheet are unrestricted.

9 **Controlling entity**

The charity is controlled by the trustees who are all directors of the company.