

INTERNATIONAL SELF-CARE FOUNDATION LTD

England & Wales · Charity number 1158114

Details

Status Registered

Legal form Charitable company

Company number [08840766](#)

Registered 2014-08-05

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

Contact

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Activities

Objects: THE CHARITY'S OBJECTS ('OBJECTS') ARE THE RELIEF OF SICKNESS BY THE PROMOTION, PRESERVATION AND PROTECTION OF HEALTH. THIS WILL BE BASED ON THE CONTEXT OF SELF-CARE, WHICH CAN BE DEFINED AS THE MAINTENANCE OF HEALTHY LIFESTYLES AND ENCOMPASSES THE CONCEPTS OF HYGIENE (GENERAL AND PERSONAL), NUTRITION (TYPE AND QUALITY OF FOOD EATEN), LIFESTYLE (SPORTING ACTIVITIES, LEISURE ETC), ENVIRONMENTAL FACTORS (LIVING CONDITIONS, SOCIAL HABITS, ETC.) SOCIO-ECONOMIC FACTORS (INCOME LEVEL, CULTURAL BELIEFS, ETC.) AND SELF-MEDICATION.

Activities: The objects of the ISF are the relief of sickness by the promotion, preservation and protection of health based on the context of self-care. ISF's core strategies are 1. Helping to develop evidence-based self-care concepts, practices and policies and 2. Helping to promote the role of self-care in health.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Akrotiri
- Albania
- Algeria
- Andorra
- Angola
- Argentina
- Austria
- Azerbaijan
- Belarus
- Belgium
- Benin
- Bolivia
- Bosnia And Herzegovina
- Botswana
- Brazil
- Bulgaria
- Burkina Faso
- Burundi
- Cameroon
- Cape Verde
- Central African Republic
- Chad
- Chile
- Colombia
- Comoros
- Congo
- Congo (Democratic Republic)
- Croatia
- Cyprus
- Czech Republic
- Denmark
- Dhekelia
- Djibouti
- Ecuador

- Egypt
- Equatorial Guinea
- Eritrea
- Estonia
- Eswatini
- Ethiopia
- Falkland Islands
- Faroe Islands
- Finland
- France
- French Guiana
- Gabon
- Georgia
- Germany
- Ghana
- Gibraltar
- Greece
- Guernsey
- Guinea
- Guinea-bissau
- Guyana
- Hungary
- Iceland
- Ireland
- Isle Of Man
- Italy
- Ivory Coast
- Jersey
- Kenya
- Kosovo
- Latvia
- Lesotho
- Liberia
- Libya
- Liechtenstein

- Lithuania
- Luxembourg
- Macedonia
- Madagascar
- Malawi
- Mali
- Malta
- Mauritania
- Mauritius
- Mayotte
- Moldova
- Monaco
- Montenegro
- Morocco
- Mozambique
- Namibia
- Netherlands
- Niger
- Nigeria
- Norway
- Paraguay
- Peru
- Poland
- Portugal
- Romania
- Russia
- Rwanda
- Réunion
- Saint Helena
- San Marino
- Senegal
- Serbia
- Seychelles
- Sierra Leone
- Slovakia

- Slovenia
- Somalia
- South Africa
- South Georgia And South Sandwich Islands
- South Sudan
- Spain
- Sudan
- Suriname
- Svalbard And Jan Mayen
- Sweden
- Switzerland
- São Tomé And Príncipe
- Tanzania
- The Gambia
- Togo
- Tunisia
- Uganda
- Ukraine
- Uruguay
- Venezuela
- Zambia
- Zimbabwe
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£52,093	£68,487	-	-
2024-01-31	£50,371	£22,346	-	-
2023-01-31	£54,122	£43,361	-	-
2022-01-31	£72,645	£29,628	-	-
2021-01-31	£405	£3,939	-	-

Trustees

Name	Role	Appointed
David Stewart Skinner		2020-08-12
Dr Austen El-Osta		2020-02-15

INTERNATIONAL SELF-CARE FOUNDATION LTD

England & Wales - Charity number 1158114

Accounts



INTERNATIONAL SELF-CARE FOUNDATION

WWW.ISFGLOBAL.ORG ADMIN@ISFGLOBAL.ORG

International Self-Care Foundation Limited
(A company limited by guarantee)

Trustees Annual Report
for the Year Ended 31 January 2025

Charity number 1158114
Company number 8840766

International Self-Care Foundation Limited

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Year Ended 31 January 2025

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International Self-Care Foundation Limited

Company Information

Year Ended 31 January 2025

Company Registration Number	:	1158114
Operational Address of the Charity	:	424 Kilmarnock Way Nepean, ON Canada K2J 0M5
Registered Address of the Charity	:	2 nd Floor Regis House 45 King William Street London EC4R 9AN
Directors (Trustees)	:	Mr David Skinner Dr Austen El-Osta
Bankers	:	Royal Bank of Canada P.O. Box 6011 Station A Montreal QC H3C 3B8
Independent Examiner	:	David Green MA (Cantab) FCA Azets Suites B & D Burnham Yard Beaconsfield Buckinghamshire HP9 2JH
Accountants	:	Azets Suites B & D Burnham Yard Beaconsfield Buckinghamshire HP9 2JH

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2025

The Directors presents the report and the financial statements of the charity for the year ended 31 January 2025. The directors have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS102) in preparing the annual report and financial statements of the charity.

Structure, Governance & Management

Governing Document

The International Self-Care Foundation (ISF) is a company limited by guarantee, incorporated in England and Wales on 10 January 2014. In the event of the company being wound up, members are each required to contribute an amount not exceeding £10.

The company is governed under the Articles of Association of International Self-Care Foundation Limited. These Articles cover the following elements: Interpretation; Liability of members; Objects; Powers; Application of income and property; Benefits and payments to charity directors and connected persons; Scope and powers permitting directors' or connected persons' benefits, Payment for supply of goods only - controls; Declaration of directors' interests; Conflicts of interests and conflicts of loyalties; Members; Classes of Membership; Termination of membership; General meetings; Notice of general meetings; Proceedings at general meetings; Content of proxy notices; Delivery of proxy notices; Written resolutions; Votes of members; Directors; Powers of directors; Retirement of directors; Appointment of directors; Disqualification and removal of directors; Remuneration of directors; Proceedings of directors; delegation; Validity of directors' decisions; Seal; Minutes; Accounts; Annual Report and Return and Register of Charities; Means of communication to be used; Indemnity; Rules; Disputes; Dissolution; Interpretation.

Trustees

Mr David Skinner

Dr Austen El-Osta

Management of the charity

The day-to-day management of the ISF is the responsibility of Mr. David Skinner, President of the Charity.

A sister organisation also called the International Self-Care Foundation is registered in Hong Kong as a charity. The focus of ISF Hong Kong is China. The two organisations are fully independent of each other and have no financial links.

Public Interest

The overall aim of the International Self-Care Foundation (ISF) is the preservation of health and wellness through encouraging people (individuals and populations) to 'self-care' – that is, to adopt and maintain more healthy lifestyles.

Healthier lifestyles are urgently needed because 'lifestyle' diseases – also called noncommunicable or chronic diseases, particularly heart attack and stroke, cancer, chronic

respiratory disease and diabetes – have reached epidemic proportions in most countries around the world. But lifestyle diseases are preventable – up to 80% of heart disease, stroke and type-2 diabetes, and over a third of cancers could be prevented by eliminating common risk factors, particularly tobacco use, unhealthy diet, physical inactivity and the harmful use of alcohol.

The beneficial purpose of ISF is to help prevent, delay or alter the course of preventable 'lifestyle' diseases by encouraging self-care – that is, the adoption of healthier lifestyles. 'Self-care' describes the activities involved in adopting healthy lifestyles and thereby preserving health and preventing or delaying lifestyle diseases. The WHO 1998 definition of self-care is:

'Self-Care is what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.'

However, one challenge of lifestyle disease prevention is that responsibility ultimately rests with individuals, and there are many practical issues and challenges. Furthermore, being substantially outside the remit of current health and social systems, self-care has in the past lacked a champion.

The International Self-Care Foundation has therefore been formed to champion self-care around the world. In practical terms, this involves helping to *develop evidence-based self-care concepts and practices* and helping to *promote the role of self-care in health*.

The public benefit of the International Self-Care Foundation's work is significant; healthy individuals can expect to remain healthier; healthcare professionals can concentrate on more serious cases, and public healthcare budget pressures will be relieved.

In presenting this report the Trustees confirm that they have had regard to the commission's public benefit guidance in exercising their powers and duties to which the guidance is relevant.

Objectives

The stated objects of the ISF are the relief of sickness by the promotion, preservation and protection of health and wellbeing. This is based on the concept of self-care praxis, which can be defined as the maintenance of healthy lifestyles and encompasses the concepts of hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc.), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.

The charity aims:

- To promote better health through the benefits of self-care and healthy lifestyles with a particular focus on keeping people healthy

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- To advance the education of the public in preserving and protecting health by the provision of educational support and information on self-care and healthy lifestyles to individuals based on the best available evidence (particularly from the World Health Organisation) and current best practice.
- To help in the development of optimal health practices and systems, ancillary to those provided by doctors, focusing on the development of disease prevention services and activities.

Self-care describes in a practical, person-centred way what we should all be doing to maintain our health, wellness and wellbeing. Through self-care people can be healthier and remain so into old age, managing minor ailments themselves. They can also better manage, delay or even prevent the appearance of lifestyle diseases such as heart attacks, strokes, diabetes and many cancers.

Self-care also presents enormous opportunities for all other stakeholders in health and wellbeing, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support in order to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care. There is also a fundamental need to support the development of self-care as an academic subject, to provide solid foundations and evidence-based recommendations to drive country programme implementation and policy development.

Broadly speaking, self-care is a practical, person-centred way to maintain our health, wellness and wellbeing. Through self-care, people can be healthier and remain so into old age. **The Seven Pillars of Self-Care** set out the fundamental activities that each of us can adopt to reduce the risk of so called 'lifestyle diseases' such as cardiovascular disease, strokes, type 2 diabetes, obesity and some types of cancers as well as taking actions to effectively deal with common, everyday self-manageable conditions.

Self-care also presents enormous opportunities for all other stakeholders in health, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care in various settings. There is also a fundamental need to support the development of self-care as an academic subject to illustrate the evidence base for self-care interventions and to provide a solid foundation for country programme implementation and policy prescriptions to promote healthy living and vitality in ageing.

The International Self-Care Foundation's (ISF) core strategy is to help develop evidence-based self-care concepts and practices, and to promote the role of self-care in health, working with other organisations as appropriate. ISF has a unique status in the self-care landscape by virtue of its specific focus on the individual self-carer, the promotion of self-care activities and R&D whilst maintaining a charitable status.

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Year Ended 31 January 2025

International Self-Care Foundation Report

In 2023, ISF embarked on a multi-year program to raise further awareness of the seven pillars of self-care. The kick-off of "Self-Care for all by 2030" began with the publication of a paper that focussed on the first pillar: [Health Literacy](#). The plan was to focus on successive pillars each year so that ISF may build greater awareness of the value of self-care, culminating in a series of 7 reports by 2030.

In 2024, the emphasis was shifted to the second pillar of [mental well-being](#). This publication was authored by David Skinner (ISF), Dr. El-Osta (ISF and SCARU) and Dr. Demarzo (UNIFESP). This second instalment of the Self-Care 2030 Insights Report was preceded by the publication of a feature about [mental health and self-care](#). In addition, mental health and self-care was featured in an article by Mr. Skinner in Open Access Government's journal (read the article [here](#)).

In addition to publishing the new Self-Care 2030 report, ISF was involved in advocacy efforts in partnership with the Global Self-Care Federation and the Self-Care Trailblazers Group. ISF is also a cardinal member of The United for Self-Care Coalition which has a goal to promote efforts with the World Health Organization.

ISF was pleased to be invited to participate in numerous meetings focussing on how self-care can contribute to the reduction in noncommunicable diseases (NCDs) and make universal health care (UHC) a reality. ISF was invited to help develop self-care policy positioning for the WHO Executive Committee through the Canadian Public Health Agency.

ISF co-authored a letter addressed the Secretary of State for Health & Social Care calling on Wes Streeting with a [proposal to advance self-care](#) as a foundational pillar of public health strategy in the UK.

The growing interest in self-care internationally

Over the past year, ISF increased its social media following and engagement on all platforms and updated the website content.

Broadly speaking, self-care is a practical, person-centred way to maintain our health, wellness and wellbeing. Through self-care, people can be healthier and remain so into old age. The [Seven Pillars of Self-Care](#) set out the fundamental ways each of us can reduce the risk of so called 'lifestyle diseases' such as cardiovascular disease, stroke, type 2 diabetes, obesity and some types of cancers, as well as taking actions to effectively deal with common, everyday self-manageable conditions.

Self-care also presents enormous opportunities for all other stakeholders in health, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support in order to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care in various settings. There is also a fundamental need to support the development of self-care as an academic subject to illustrate the evidence base for effective self-care interventions

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and to provide a solid foundation for country programme implementation and policy prescriptions to promote healthy living and vitality in ageing.

ISF's strategic focus continues to support the development of evidence-based self-care concepts and practices, and to promote the role of self-care in driving up empowerment, health and wellbeing, at home, in the community, in workplaces and in different setting in people from all walks of life

ISF has a unique status in the self-care landscape by virtue of its specific focus on the individual self-carer. This is a position ISF will seek to maintain as it is currently regarded as the only entity to represent and advocate for the self-carer. ISF is also recognised Internationally as a founder member of the Self-Care Academic Research Unit (SCARU) and in this way helps set the global agenda for self-care R&D whilst maintaining a charitable status.

This report is designed to provide a summary of ISF's main activities over the last year. This is primarily an internal newsletter but may be circulated externally.

International Self-Care Day 2024

[International Self-Care Day \(ISD\) 24/7](#) is recognised by the WHO and celebrated on 24 July each year. This commemorative day was created by ISF with the sole purpose of raising the profile of self-care around the world. ISD 24/7 provides a media-friendly forum and a focus for individuals and groups to (*independently*) promote self-care in their organisation or community.

All stakeholders in health and wellbeing are invited to use International Self-Care Day in independent, responsible ways to progress the cause of their self-care agenda for health, wellness and wellbeing. ISF is delighted to record that International Self-Care Day continues to expand around the world involving thousands of people in many different countries. As in previous years, numerous government organizations, NGOs, academic institutions, charities, health centres, associations, enterprises and many other types of organization used this device to responsibly promote their self-care agendas during ISD 2024.

ISF continues to focus on the New Decade of Self-Care and is developing a roadmap towards selfcare for all by 2030. On ISD 2024 there were many organizations who focused their efforts on better understanding of how self-care literacy can help improve outcomes and effective use of healthcare resources.

This year there were a larger number of organizations engaged in promoting selfcare on ISD. To further provide practical tools for individuals looking to better understand what they can do for their own health, ISF continued to promote its self-care [app](#) based on the seven pillars of selfcare. The expansion of ISD to a full month through the promotion of Self-care Month by WHO showed increased messaging leading up to ISD 2024. ISF received a large number of requests and contacts seeking to use the seven pillars in their messaging during this period. The social media promotion of ISD and mental health included new media such as YouTube for getting the message out. An example of this outreach can be found [here](#).

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ISF Expands its Network

Partnerships are very important to the ability of ISF to drive messaging and actions on responsible selfcare. The long-standing relationship with SCARU continued to result in several opportunities. For example, Dr El-Osta and David Skinner participated in a number of meetings focussed on the importance of self-care and the evidence base that supports the calls for stronger national policy and greater person-centred care.

Through a persistent social media program, ISF continued to grow its follower base. Also, the number of impressions for the seven pillars of self-care rose considerably. The peak impressions coincided with the week leading to, and including, ISD as well as Self-care Week in the UK.

ISF also continued its involvement with the [Selfcare Trailblazer Group](#) and participates in their communications and advocacy programmes. This platform provides good opportunities for ISF to interact with a wide variety of organizations in this network.

The **United Kingdom** celebrates [National Self-Care Week](#) (SCW) in November each year and both the Selfcare Forum and the UK Consumer Healthcare Products Association (PAGB) supported ISD. Furthermore, ISF sponsored the selfcare innovation awards and served as a part of the team judging entries. There were several great projects created to support selfcare and the Selfcare Forum worked closely with ISF in creating digital materials for SCW including a further promotion of the ISF app.

ISF IN CHINA

An important driving force for improved health is the growing interest in widely available searches for self-care information, which has reached 5.5 billion times globally in 2024. In China, this figure has also surpassed 2 billion. Overall, the growth of self-care reflects a shift in the way in which health care is perceived and delivered. Governments, health care professionals and payers increasingly recognize the important role individuals play in maintaining health and well-being. By actively monitoring their health status, individuals can use self-care to improve their life quality, reduce their dependence on health-care system and ultimately contribute to the overall health and well-being of society, while improving their own life experience.

The WHO issued 2024 Global Thematic Report - "Nothing for us, without us". The report emphasizes the serious threat of NCDs and mental illnesses faced by the world, and explains that the main way to reduce these diseases and maintain mental health should come from self-care.

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On July 24, 2024, the 13th 724 International Self-Care Day was sponsored by China Nonprescription Medicines Association and Xinhua Client "Xinhua Big Health", and co-organized by International Self-Care Foundation, and supported by China Nutrition and Health Food Association, China Pharmaceutical News and Information Association and more. The event was broadcast live through Xinhua client, PC and other media platforms, with nearly ten million viewers worldwide.

In China, the theme of 2024 International Self-Care Day was "Nothing for us, without us".

Important guests of the event include:

- Mr. Mao Qun'an, Vice President of Chinese Hospital Association, former Deputy Director of Patriotic Health Campaign Committee Office and the Office of the Committee for the Promotion of Healthy China Action, former Director of the Department of Planning, Development and Informatization of the National Healthcare Commission.
- Mr. Bian Zhenjia, President of China Nutrition and Health Food Association.
- Mr. Bai Huiliang, former President of China Nonprescription Medicines Association.
- Ms. Liu Pei, former Director of the Department of Policies and Regulations of the State Drug Administration.
- Mr. Zhang Wei, President of China Society for Drug Regulation.
- Mr. Shen Jingwang, Vice President of China News of Drug Information Association.
- Mr. Wang Ao, Vice President and Secretary General of China Nonprescription Medicines Association.
- Ms. Gao Yingying, Deputy Editor-in-Chief of Xinhua Client. and
- Ms. Jia Jia, Secretary General of the International Self-Care Foundation Greater China.

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In China, health and wellness is an important cultural tradition, and an expression of self-care, which brings together the great wisdom of the Chinese people and has become one of the most important means of preventing disease and strengthening the body. At the same time, we are pleased to see that in recent years, the national health-related government, industry organizations, enterprises, and professionals have been making active efforts, especially the establishment of the International Self-Care Day and its continuous promotion, so that the public not only has the concept of self-care, but also is trying to obtain government policy guidance and support to continue to accumulate the scientific methods of self-care. At the same time, the related enterprises also follow the public's demand and provide high-quality health products and services to society, so as to better satisfy people's health needs. The persistent efforts of society to realize this goal are at the core of achieving the goal of a healthy China.

ISF China held a very successful conference and participated in several other national initiatives including:

- 2024 International Self-Care Day - Bayer Healthcare's "First Step to Health" program – Pharmacist in my store
- 2024 International Self-Care Day - Baheal Pharma "Science of growing taller" program
- 2024 International Self-Care Day - Tianjin Pharmaceutical Da Ren Tang "Chinese heart, Healthy action" Program

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- 2024 International Self-Care Day – Guilong Pharmaceutical “Welfare activities on Teacher’s Day” Program
- 2024 International Self-Care Day - Qizheng Tibetan Medicine Public Welfare Program “Protect Our Hearts Together”
- 2024 International Self-Care Day – Wedge “Early 1,000 Days of Life” Care Action Project
- 2024 International Self-Care Day – Changshou Pharmaceutical “Good Night Action” Program



THE SEVEN PILLARS OF SELF-CARE FRAMEWORK

The Seven Pillars of Self-Care are described in better detail on the ISF [web site](#).

Each pillar describes in middle-range terms a set of activities that every individual should undertake; collectively the 7 pillars describe the entirety of self-care *from the perspective of the self-carer*.

Over the last few years, the 7 Pillars of Self-Care Framework has proved to be comprehensive, robust, practical and easily accessible tool that could be used by organisations and people from all walks of life. But the 7 pillars framework is more than just a visual diagram; it can be used as a framework to list specific activities for self-carers, selfcare support tasks for healthcare professionals, barriers, policies and much else.

THE WORLD HEALTH ORGANIZATION (WHO)

The WHO continues its work in the self-care space, namely by advocating for self-care as a key enabler of UHC. Whilst the focus thus far remains on self-care to promote health & wellbeing in the context of sexual and reproductive health & rights, there is a clarion call for the global self-care movement to now advance new guidelines for self-care for NCDs.

Crucially, it is also not understood that some countries (e.g. Brazil) are more inclined toward a universal health access as opposed to universal health coverage. Nevertheless, the work of WHO is very important to support the growing global interest in self-care.

Mr. Skinner & Dr. El-Osta continue to support WHO in their publication pipeline. The consortium is now also developing 3 papers earmarked for publication in *The Lancet* on International Self-Care Day.



ISF ACADEMIC PARTNERSHIPS

ISF is a unique organisation in the self-care space and as a charity we can work independently and supportively with other parties such as government departments, academia, charities, healthcare professional bodies, and others. Examples of ISF partnering with academia during 2024 include:

Imperial College London Self-Care Academic Research Unit (SCARU)

[The Self-Care Academic Research Unit \(SCARU\)](#) was launched in 2017 & remains as the only university academic unit in the world dedicated specifically to the study of self-care. SCARU is a tripartite collaboration between Imperial College London School of Primary Care & Public Health, ISF and the UK Self-Care Forum. SCARU's is already recognised as the academic home of self-care internationally.

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SCARU was part of a European consortium of partners that collectively sought €4m funding envelope from the EU Horizon Public Health Workstream for Primary Prevention and Self-Management of NCDs. ISF supported the application by providing a letter of support which was included in the pack. The outcome of the competitive proposal is expected in April 2025.

The Seven Pillars of Self-Care Study

ISF discussed plans to commission the Seven Pillars of Self-Care Study which will offer a novel and comprehensive approach to investigating self-care practices among community-dwelling adults, focusing on the knowledge, attitudes and behaviours related to the seven pillars defined by ISF. This study will fill critical gaps in existing research by examining how individuals engage with self-care in everyday life, particularly in non-clinical settings. While previous studies have explored self-care in isolated contexts (e.g., specific health behaviours or conditions), this study is unique in its holistic approach, evaluating all seven pillars concurrently to understand their interrelationships.

By assessing self-care across diverse demographic groups, the study will provide insights into how socio-economic, cultural and educational factors influence self-care practices. This will allow for the development of tailored interventions that address the unique barriers and facilitators experienced by different population segments. The findings will be particularly valuable for policymakers, healthcare providers and public health professionals seeking to design evidence-based, community-level interventions that promote healthier lifestyles.

In addition, the study's emphasis on self-care literacy and behaviours will contribute to the growing field of health literacy, advancing our understanding of how individuals interpret and apply health information in real-world settings. By generating robust, actionable data, this study will inform future research and practice in self-care, health promotion and preventive healthcare, ultimately supporting efforts to reduce healthcare costs and improve population health outcomes globally.

The study is expected to launch in March, with the report & papers earmarked for dissemination in time for ISD 2025.

INTERNATIONAL CENTRE FOR SELF-CARE RESEARCH

The [International Centre for Self-Care Research \(ICSCR\)](#) is a virtual centre focused on research into the health maintenance, monitoring, and management activities done by individuals and their families to deal with chronic illness. The number of people with chronic illness is burgeoning worldwide due to the aging population and unhealthy lifestyles. Self-care becomes increasingly important and complex as chronic illness develops. The vision of the Centre is a world where self-care is prioritized by individuals, families, and communities and is the first line of approach in every health care encounter. The mission of the Centre is to lead the self-care research endeavour, improving conceptual clarity and promoting interdisciplinary work informed by a shared vision. Toward this goal, the ICSCR is currently conducting an interdisciplinary, international study of the relationship between symptoms and self-care

management behaviours in adults with chronic illness. A secondary aim is to explore how everyday factors drive decision-making about symptoms and self-care behaviours.



ISF & the *SelfCare* Journal

ISF's strategic relationship with the peer-reviewed online academic journal *SelfCare* (<http://selfcarejournal.com>) continues. At the moment, too few of the many self-care initiatives around the world are scientifically designed, evaluated and published. Developing self-care programme design and assessments, coupled with the potential to publish case studies in *SelfCare* Journal, represents a major opportunity for the future.

Self-Care for All by 2030

During this new decade of selfcare ISF will continue to work in collaboration with a wide mix of international stakeholders to support the Foundation's commitment to the promotion of selfcare and to building the evidence base for its value to individuals, communities and society.

The Foundation will continue to support those who are active in promoting selfcare's role in health and those who are involved in research to build the evidence for selfcare's value to healthcare and individuals.

A handwritten signature in black ink, appearing to read "D. Skinner".

Mr David Skinner
President, International Self-Care Foundation
28 February 2025

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FINANCIAL REVIEW

Results for the period

A summary of results for the year is given on page 18 of this report.

Total income in the year was £52,093 (2024: £50,371) and total expenditure for the year was £68,487 (2024: £22,346) giving a deficit in the year of £16,394 (2024: surplus of £28,025).

Expenditure on charitable activity for the period was £56,643 (2024: £20,533) being 82.7% (2024: 91.9%) of expenditure. Governance costs were £11,844 (2024: £1,813), being 17.3% (2024: 8.1%) of expenditure. The expenditure ratios are skewed in the current year due to some additional legal and professional fees in the current year.

Unrestricted reserves of £103,774 (2024: £120,168) are carried over to the following financial year with a decrease in reserves due to the higher expenditure in the current year.

The Trustees gave their time freely to ISF and received no remuneration. No connected persons received any benefit or remuneration from ISF.

Expectations for the coming year

At the present burn rate ISF has sufficient funding for current activity levels, programmes and commitments in the coming year. There are no funding shortfalls or material commitments of concern for the coming year. Having illustrated the contribution that ISF can make to health and self-care, the objective in the coming year is to secure future funding and expand activities in line with the potential opportunities.

Fundraising remains an issue and a challenge. Expansion of the commercial donor base and grants from foundations, entrepreneurs or philanthropists remains the preferred approach for the future.

Other financial matters based on this which will need to be addressed include developing ISF's risk management and reserves policy.

Risk management and reserves policy

The Trustees considers that the major risk at this stage of development of the ISF relates to the financial sustainability of the ISF. Other risks are considered minor and manageable.

The Trustees agreed to defer discussion of financial sustainability until progress has been made in fundraising discussions with potential funders. Therefore the current level of reserves is considered appropriate by the trustees.

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2025

Statement of Trustees' responsibilities

The trustees (who are also directors of International Self-Care Foundation Limited for the purposes of Company Law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP (FRS 102).
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Audit

Under the terms of the Charities Act 2011, the Company does not require an audit, but it does require that the accounts are independently examined, and the corresponding report is included within the accounts.

Declaration

Approved by the Board on 28 February 2025 and signed on its behalf by:



.....
Mr David Skinner
President

International Self-Care Foundation Limited

Independent Examiner's Report to the Trustees of International Self-Care Foundation Limited

On the Accounts for the Year Ended 31 January 2025

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st January 2025 which are set out on pages 18 to 22.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
David Green MA (Cantab) FCA

Azets
Suites B & D
Burnham Yard
Beaconsfield
Buckinghamshire
HP9 2JH
28 February 2025

International Self-Care Foundation Limited

Statement of Financial Activities (including an Income and Expenditure account)

On the Accounts for the Year Ended 31 January 2025

	<u>Notes</u>	<u>Total Funds 2025</u> £	<u>Total Funds 2024</u> £
<u>Incoming resources</u>			
Donations	5	48,389	46,960
Bank Interest		3,704	3,411
Foreign exchange gain		-	-
		<hr/>	<hr/>
Total Incoming Resources		52,093	50,371
<u>Resources Expended</u>			
Charitable activities	6	(56,643)	(20,533)
Governance costs	7	(11,844)	(1,813)
		<hr/>	<hr/>
Total Resources Expended		(68,487)	(22,346)
		<hr/>	<hr/>
Net movement in the year		(16,394)	28,025
Reconciliation of Funds			
Total Funds brought forward		120,168	92,143
		<hr/>	<hr/>
Total Funds carried forward		103,774	120,168

The notes on pages 20 to 22 form part of these accounts

International Self-Care Foundation Limited

Balance Sheet (Company No: 08840766)

On the Accounts for the Year Ended 31 January 2025

	<u>Notes</u>	<u>Total Funds 2024</u> £	<u>Total Funds 2024</u> £
CURRENT ASSETS			
Cash in hand and at Bank		105,664	121,968
LESS: CURRENT LIABILITIES			
Creditors	8	(1,890)	(1,800)
NET CURRENT ASSETS		<u>103,774</u>	<u>120,168</u>
NET ASSETS		<u>103,774</u>	<u>120,168</u>
FINANCED BY:			
Unrestricted funds		<u>103,774</u>	<u>120,168</u>
		<u>103,774</u>	<u>120,168</u>

For the year ending 31 January 2025 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- 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 of Part 15 of the Companies Act 2006 relating to small charitable companies.

These financial statements were approved by the Board on 28 February 2025 and signed on its behalf by:



.....
Mr David Skinner

President

The notes on pages 20 to 22 form part of these accounts

International Self-Care Foundation Limited

Notes to the Accounts (Company No: 08840766)

On the Accounts for the Year Ended 31 January 2025

1. GENERAL INFORMATION

International Self-Care Foundation Limited is a company limited by guarantee in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 2 of these financial statements. The nature of the charity's operations and principal activities are given in the Trustees' Annual Report (including Directors' Report).

2. 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 to the UK and Republic of Ireland (FRS102), the Companies Act 2006 and the Charities Act 2011.

3. ACCOUNTING POLICIES

The financial statements have been prepared under the historic cost convention. The financial statements are presented in sterling (£) which is also the functional currency of the company. The company meets the definition of a public benefit entity under FRS 102.

A summary of the significant accounting policies applied in the preparation of these accounts are set out below

(a) Incoming Resources

All incoming resources are included on the Statement of Financial Activities when recognised in the period in which the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

As provided in the SORP (FRS 102) no amount is included in the financial statements for volunteer time.

(b) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(c) Value Added Tax

The charity is not registered for Value Added Tax. In these Financial Statements, where applicable, expenditure is shown inclusive of VAT.

(d) Cash Flow Statement

Under Financial Reporting Standard SORP (FRS 102), the charity is not required to produce a Cash Flow Statement as it is a small charity.

(e) Funds

All the funds in the charity are unrestricted and are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

International Self-Care Foundation Limited

Notes to the Accounts

On the Accounts for the Year Ended 31 January 2021

(f) Going Concern

The accounts are prepared on a going concern basis. The use of the going concern basis of accounting is appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the Charity to continue as a going concern.

4. TAXATION

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

5. VOLUNTARY INCOME

	2025	2024
Donations	48,389	46,960
	<u>48,389</u>	<u>46,960</u>

6. ANALYSIS OF CHARITABLE ACTIVITIES

Social media & website	2,581	4,215
Travel	33,370	8,777
Prize money & ISD support	1,534	1,494
Charitable activity contractors	7,963	3,552
Foreign exchange loss	6,952	2,495
	<u>4,243</u>	
	<u>56,643</u>	<u>20,533</u>

7. GOVERNANCE COSTS

Independent Examiner's fees	1,852	1,766
Bank charges	124	47
Legal & Professional fees	9,868	-
	<u>11,844</u>	<u>1,813</u>

8. CREDITORS

Accruals	1,890	1,800
	<u>1,890</u>	<u>1,800</u>

International Self-Care Foundation Limited

Notes to the Accounts (Company No: 08840766)

On the Accounts for the Year Ended 31 January 2025

9. EMPLOYEE INFORMATION

There are no employees in the current or prior years.

10. TRUSTEE AND KEY MANAGEMENT PERSONNEL REMUNERATION AND EXPENSES

No remuneration was paid to the trustees during the current or prior years.

The total key management personnel remuneration is £nil (2024: £nil).

Expenses totalling £38,145 (2023: £12,628) were reimbursed to 1 (2024: 1) trustee during the year.

There are no other related party transactions during the current or prior years.

INTERNATIONAL SELF-CARE FOUNDATION LTD

England & Wales - Charity number 1158114

Accounts



INTERNATIONAL SELF-CARE FOUNDATION

WWW.ISFGLOBAL.ORG ADMIN@ISFGLOBAL.ORG

International Self-Care Foundation Limited
(A company limited by guarantee)

Trustees Annual Report
for the Year Ended 31 January 2024

Charity number 1158114
Company number 8840766

International Self-Care Foundation Limited

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International Self-Care Foundation Limited

Company Information

Year Ended 31 January 2024

Company Registration Number	:	1158114
Operational Address of the Charity	:	424 Kilmarnock Way Nepean, ON Canada K2J 0M5
Registered Address of the Charity	:	2 nd Floor Regis House 45 King William Street London EC4R 9AN
Directors (Trustees)	:	Mr David Skinner Dr Austen El-Osta
Bankers	:	Royal Bank of Canada P.O. Box 6011 Station A Montreal QC H3C 3B8
Independent Examiner	:	David Green MA (Cantab) ACA Azets Suites B & D Burnham Yard Beaconsfield Buckinghamshire HP9 2JH
Accountants	:	Azets Suites B & D Burnham Yard Beaconsfield Buckinghamshire HP9 2JH

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2024

The Directors presents the report and the financial statements of the charity for the year ended 31 January 2024. The directors have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS102) in preparing the annual report and financial statements of the charity.

Structure, Governance & Management

Governing Document

The International Self-Care Foundation (ISF) is a company limited by guarantee, incorporated in England and Wales on 10 January 2014. In the event of the company being wound up, members are each required to contribute an amount not exceeding £10.

The company is governed under the Articles of Association of International Self-Care Foundation Limited. These Articles cover the following elements: Interpretation; Liability of members; Objects; Powers; Application of income and property; Benefits and payments to charity directors and connected persons; Scope and powers permitting directors' or connected persons' benefits, Payment for supply of goods only - controls; Declaration of directors' interests; Conflicts of interests and conflicts of loyalties; Members; Classes of Membership; Termination of membership; General meetings; Notice of general meetings; Proceedings at general meetings; Content of proxy notices; Delivery of proxy notices; Written resolutions; Votes of members; Directors; Powers of directors; Retirement of directors; Appointment of directors; Disqualification and removal of directors; Remuneration of directors; Proceedings of directors; delegation; Validity of directors' decisions; Seal; Minutes; Accounts; Annual Report and Return and Register of Charities; Means of communication to be used; Indemnity; Rules; Disputes; Dissolution; Interpretation.

Trustees

Mr David Skinner

Dr Austen El-Osta

Management of the charity

The day-to-day management of the ISF is the responsibility of Mr. David Skinner, President of the Charity.

A sister organisation also called the International Self-Care Foundation is registered in Hong Kong as a charity. The focus of ISF Hong Kong is China. The two organisations are fully independent of each other and have no financial links.

Public Interest

The overall aim of the International Self-Care Foundation (ISF) is the preservation of health and wellness through encouraging people (individuals and populations) to 'self-care' – that is, to adopt and maintain more healthy lifestyles.

Healthier lifestyles are urgently needed because 'lifestyle' diseases – also called noncommunicable or chronic diseases, particularly heart attack and stroke, cancer, chronic

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2024

respiratory disease and diabetes – have reached epidemic proportions in most countries around the world. But lifestyle diseases are preventable – up to 80% of heart disease, stroke and type-2 diabetes, and over a third of cancers could be prevented by eliminating common risk factors, particularly tobacco use, unhealthy diet, physical inactivity and the harmful use of alcohol.

The beneficial purpose of ISF is to help prevent, delay or alter the course of preventable 'lifestyle' diseases by encouraging self-care – that is, the adoption of healthier lifestyles. 'Self-care' describes the activities involved in adopting healthy lifestyles and thereby preserving health and preventing or delaying lifestyle diseases. The WHO 1998 definition of self-care is:

'Self-Care is what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.'

However, one challenge of lifestyle disease prevention is that responsibility ultimately rests with individuals, and there are many practical issues and challenges. Furthermore, being substantially outside the remit of current health and social systems, self-care has in the past lacked a champion.

The International Self-Care Foundation has therefore been formed to champion self-care around the world. In practical terms, this involves helping to *develop evidence-based self-care concepts and practices* and helping to *promote the role of self-care in health*.

The public benefit of the International Self-Care Foundation's work is significant; healthy individuals can expect to remain healthier; healthcare professionals can concentrate on more serious cases, and public healthcare budget pressures will be relieved.

In presenting this report the Trustees confirm that they have had regard to the commission's public benefit guidance in exercising their powers and duties to which the guidance is relevant.

Objectives

The stated objects of the ISF are the relief of sickness by the promotion, preservation and protection of health and wellbeing. This is based on the concept of self-care praxis, which can be defined as the maintenance of healthy lifestyles and encompasses the concepts of hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc.), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.

The charity aims:

- To promote better health through the benefits of self-care and healthy lifestyles with a particular focus on keeping people healthy

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2024

- To advance the education of the public in preserving and protecting health by the provision of educational support and information on self-care and healthy lifestyles to individuals based on the best available evidence (particularly from the World Health Organisation) and current best practice.
- To help in the development of optimal health practices and systems, ancillary to those provided by doctors, focusing on the development of disease prevention services and activities.

Self-care describes in a practical, person-centred way what we should all be doing to maintain our health, wellness and wellbeing. Through self-care people can be healthier and remain so into old age, managing minor ailments themselves. They can also better manage, delay or even prevent the appearance of lifestyle diseases such as heart attacks, strokes, diabetes and many cancers.

Self-care also presents enormous opportunities for all other stakeholders in health and wellbeing, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support in order to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care. There is also a fundamental need to support the development of self-care as an academic subject, to provide solid foundations and evidence-based recommendations to drive country programme implementation and policy development.

Broadly speaking, self-care is a practical, person-centred way to maintain our health, wellness and wellbeing. Through self-care, people can be healthier and remain so into old age. **The Seven Pillars of Self-Care** set out the fundamental activities that each of us can adopt to reduce the risk of so called 'lifestyle diseases' such as cardiovascular disease, strokes, type 2 diabetes, obesity and some types of cancers as well as taking actions to effectively deal with common, everyday self-manageable conditions.

Self-care also presents enormous opportunities for all other stakeholders in health, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care in various settings. There is also a fundamental need to support the development of self-care as an academic subject to illustrate the evidence base for self-care interventions and to provide a solid foundation for country programme implementation and policy prescriptions to promote healthy living and vitality in ageing.

The International Self-Care Foundation's (ISF) core strategy is to help develop evidence-based self-care concepts and practices, and to promote the role of self-care in health, working with other organisations as appropriate. ISF has a unique status in the self-care landscape by virtue of its specific focus on the individual self-carer, the promotion of self-care activities and R&D whilst maintaining a charitable status.

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2024

International Self-Care Foundation 2023 Report

In 2023, ISF embarked on a multi-year program to raise further awareness of the seven pillars of self-care. The kick-off of "Self-care for all by 2030" began with the publication of a future-oriented publication focussing on the first pillar: literacy (<https://cdn.researchfeatures.com/External/SCARU/SC2030Insights/index.html>). This publication was co-authored by David Skinner (ISF), Dr. El-Austa (SCARU) and Dr. Peter Smith (Self-care Forum) and launched coincident with International Self-care Day. The forward plan is to focus on successive pillars each year and build greater awareness of the value of self-care. In 2024 the emphasis will be on mental well-being.

In addition to publishing the Self-care 2030 report, ISF was involved in advocacy efforts in partnership with the Global Self-care Federation and the Self-care Trailblazers Group. The United for Self-care Coalition was founded to promote efforts with the World Health Organization.

ISF was pleased to be invited to participate in global meeting of academics in London where the key enablers to further research were discussed and plans made to further develop a network focussed on self-care research.

Over the past year, ISF increased its social media following and engagement on all platforms and re-launched a refreshed and updated website.

Broadly speaking, self-care is a practical, person-centred way to maintain our health, wellness and wellbeing. Through self-care, people can be healthier and remain so into old age. The [Seven Pillars of Self-Care](#) set out the fundamental ways each of us can reduce the risk of so called 'lifestyle diseases' such as cardiovascular disease, stroke, type 2 diabetes, obesity and some types of cancers, as well as taking actions to effectively deal with common, everyday self-manageable conditions.

Self-care also presents enormous opportunities for all other stakeholders in health, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support in order to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care in various settings. There is also a fundamental need to support the development of self-care as an academic subject to illustrate the evidence base for effective self-care interventions and to provide a solid foundation for country programme implementation and policy prescriptions to promote healthy living and vitality in ageing.

ISF's strategic focus continues to support the development of evidence-based self-care concepts and practices, and to promote the role of self-care in health, working with other organisations as appropriate. ISF has a unique status in the self-care landscape by virtue of its specific focus on the individual self-carer, the promotion of self-care activities and R&D whilst maintaining a charitable status.

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2024

This report is designed to provide a summary of ISF's main activities over the last year. This is primarily an internal newsletter but may be circulated externally.

International Self-Care Day 2023

[International Self-Care Day \(ISD\) 24/7](#) is recognised by the WHO and celebrated on 24 July each year. This commemorative day was created by ISF with the sole purpose of raising the profile of self-care around the world. ISD 24/7 provides a media-friendly forum and a focus for individuals and groups to (*independently*) promote self-care in their organisation or community.

All stakeholders in health and wellbeing are invited to use International Self-Care Day in independent, responsible ways to progress the cause of their self-care agenda for health, wellness and wellbeing. ISF is delighted to record that International Self-Care Day continues to expand around the world involving thousands of people in many different countries. As in previous years, numerous government organizations, NGOs, academic institutions, charities, health centres, associations, enterprises and many other types of organization used this device to responsibly promote their self-care agendas during ISD 2022.

ISF continues to focus on the New Decade of Self-Care and is developing a roadmap towards selfcare for all by 2030. On ISD 2023 there were many organizations who focused their efforts on better understanding of how self-care literacy can help improve outcomes and effective use of healthcare resources.

This year there were a larger number of organizations engaged in promoting selfcare on ISD. To further provide practical tools for individuals looking to better understand what they can do for their own health, ISF continued to promote its self-care [app](#) based on the seven pillars of selfcare. The expansion of ISD to a full month through the promotion of Selfcare Month by WHO showed increased messaging leading up to ISD 2023. ISF received a record number of requests and contacts seeking to use the seven pillars in their messaging during this period.

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2024

ISF Continues to Expand its Network

Partnerships are very important to the ability of ISF to drive messaging and actions on responsible selfcare. The long-standing relationship with SCARU continued to result in several opportunities. For example, Dr El-Osta and David Skinner participated in a number of meetings focussed on the importance of selfcare and the evidence base that supports the calls for stronger national policy and greater person-centred care.

Through a persistent social media program, ISF grew its follower base. Twitter grew by 21% and LinkedIn by 71% year over year. Facebook held steady at 13,000 likes. Also, the number of impressions for the seven pillars of self-care hit 22,000. The peak impressions coincided with the week leading to, and including, ISD as well as Selfcare Week in the UK. This year again saw an increase in the number of organizations seeking to belong to the ISF Network.

ISF also continued its involvement with the [Selfcare Trailblazer Group](#) and participates in their communications and advocacy programmes. This platform provides good opportunities for ISF to interact with a wide variety of organizations in this network.

The **United Kingdom** celebrates [National Self-Care Week](#) (SCW) in November each year and both the Selfcare Forum and the UK Consumer Healthcare Products Association (PAGB) supported ISD. Furthermore, ISF sponsored the selfcare innovation awards and served as a part of the team judging entries. There were several great projects created to support selfcare and the Selfcare Forum worked closely with ISF in creating digital materials for SCW including a further promotion of the ISF app.

ISF China

On July 24, 2023 International Self-Care Day, the theme activity "Self-Care for a Healthy Future" was held in Beijing. The activity was jointly organized by the International Self-Care Foundation, China OTC Drug Association and Xinhua Big Health, the end-user of Xinhuanet, and hosted by China Overseas Chinese Public Welfare Foundation. With the strong support of China Nutrition and Health Food Association, China Drug Regulatory Research Society, China Medical News and Information Association and other units, the event was successfully held and broadcasted globally simultaneously on the Xinhuanet client, with nearly 3 million viewers.

This year marks the fourth year of the World Health Organization's Self-Care Month. In this year's campaign, WHO emphasizes that self-care is a form of empowerment that empowers people to take an active part in and control their own health. With the increasing pressure on social health systems, self-care will become an important part of the health system. The early application of self-care will improve people's health level to a bigger extent. Therefore, self-care is everyone's right and everyone's responsibility. In 2011, China Non-Prescription Drug Association and China Medical and Health Development Foundation jointly launched an initiative in Beijing. In 2012, the World Self-Medicating Industry Association, the World Medical Association and the International Federation of Pharmacy issued the Shanghai Declaration, which identified July 24 as the International Self-Care Day (ISD) every year, and the

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2024

International Self-Care Day was recognized by the World Health Organization. International Self-Care Day is celebrated on July 24 every year, which means that everyone should take care of the physical and mental health of themselves and their families 24 hours a day, 7 days a week.

At this meeting, Mr. Wang Guoqiang, former Deputy director of the National Health and Family Planning Commission and former director of the State Administration of Traditional Chinese Medicine, delivered a speech for the conference. He said: health is an important cultural tradition in China. "Traditional Chinese medicine is a great creation of the Chinese nation, embodies the broad wisdom of the Chinese people, and has become one of the important means for people to prevent diseases and strengthen their bodies." Since 2020, the world has taken a huge turn, and in the face of Covid-19, the importance of people's self-care has been highlighted more than ever. Not only do we need to build strong and resilient health systems; It is more important to cultivate the awareness and actions of the people to pay attention to self-care and public health.

To implement the five key tasks proposed in the Healthy China 2030 Plan formulated by the CPC Central Committee, it is necessary to fully mobilize the whole people to carry out self-health care, while giving full play to the advantages and role of traditional Chinese medicine. In recent years, the national health-related government, industry institutions, enterprises, professionals are actively working hard, especially the establishment and continuous promotion of the International Self-Care Day, so that the public not only have the concept of self-care, but also strive to obtain government policy guidance and support. At the same time, related enterprises also follow the public demands and continue to provide high-quality health products and services for the society, so as to better meet people's health needs. The whole society is making unremitting efforts to achieve this goal, which is the core of achieving the goal of healthy China.



Left: Wang Guoqiang.

Right: Bai Huiliang

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2024



Left: Wang Fang

Right: Lei Ting

As one of the organizers of this event, Mr. Bai Huiliang, former member of the China Non-Prescription Drug Association, said: In the post-epidemic era, the public's self-care awareness and health management ability are also constantly improving. The health concept of "Preventive Treatment of Disease" is being widely accepted, from the past "passive treatment" to the present "active prevention", "everyone is the first responsible person for their own health" is becoming a new trend in health.

Ms. Wang Fang, director of the Department of Cardiology, chief physician and doctoral supervisor of Beijing Hospital, gave a keynote speech titled "Self-care - How to make Cardiovascular Health Better". She pointed out in the report: good lifestyle habits, consistent practice of self-care is the key to a long and healthy life. From life-saving diagnosis and treatment scenarios to self-care moments of eating balance and physical and mental health, the secret to health lies in the continuous application of self-care.

Ms. Lei Ting, Deputy Director of the Public Welfare Management Service Centre of the China Overseas Chinese Federation, said in her speech that as a special fund management organization of the International Self Health Foundation in mainland China, the China Overseas Chinese Public Welfare Foundation has been tirelessly paying attention to and supporting the development of the International Self Health Fund, providing all-round and comprehensive support for the promotion of self-health undertakings. She hopes that the development of self-health undertakings will continue to improve in the future.

Since its establishment in 2011, the International Self-Care Day has promoted public welfare actions for 12 consecutive years, popularized the concept of self-care, and called on people to pay attention to their own health; As the link and bridge between government departments and health brand enterprises, China Non-prescription Drug Association provides suggestions for the national health cause and guides enterprises to promote the correct health popularization; With the establishment of the National Healthy China Action Promotion Committee, it is necessary for industry organizations, public welfare organizations and commercial enterprises to contribute to promoting this great initiative.

ISF China also held several additional events that raised awareness of the value of self-care.

THE SEVEN PILLARS OF SELF-CARE FRAMEWORK

ISF has created a middle-range *description* of self-care – the “Seven Pillars of Self-Care” (see: <http://isfglobal.org/practise-self-care/the-seven-pillars-of-self-care/>).

Each pillar describes in middle-range terms a set of activities that every individual should undertake; collectively the 7 pillars describe the entirety of self-care *from the perspective of the self-carer*.

Over the last few years, the 7 Pillars of Self-Care Framework has proved to be comprehensive, robust, practical and easily accessible tool that could be used by organisations and people from all walks of life. But the 7 pillars framework is more than just a visual diagram; it can be used as a framework to list specific activities for self-carers, selfcare support tasks for healthcare professionals, barriers, policies and much else.

In 2023, the pillars were translated into additional languages, and more are on the way in 2024.

THE WORLD HEALTH ORGANIZATION (WHO)

The body of evidence in favour of including self-care as a key component of national and international health policy is ever-growing. Many countries have already begun to do this by developing self-care blueprints and national strategies. To achieve universal health coverage, we need to include self-care as a cross-cutting theme to inform how people think about their own health and well-being journey and how health care and services are positioned in the future. Both providers and patients need robust systems that support them and their needs. The WHO remains committed to supporting on self-care and have recently published the Self-Care Competencies Framework: Self-Care Competencies Framework

Imperial SCARU & ISF continue their collaboration with key individuals in WHO, including development of the [Self-Care Capability Assessment \(CAPITAN\) toolkit](#) which is based on the seven pillars of self-care framework.

ISF ACADEMIC PARTNERSHIPS

ISF is a unique organisation in the self-care space and as a charity we can work independently and supportively with other parties such as government departments, academia, charities, healthcare professional bodies, and others. Examples of ISF partnering with academia during 2023 include:

International Self-Care Foundation Limited

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Imperial College London Self-Care Academic Research Unit (SCARU)

[The Self-Care Academic Research Unit \(SCARU\)](#) was launched in 2017 & remains as the only university academic unit in the world dedicated specifically to the study of self-care. SCARU is a tripartite collaboration between Imperial College London School of Primary Care & Public Health, ISF and the UK Self-Care Forum. SCARU's Vision is to be the leading academic base for self-care in England, focused on the contributions that individuals, networks and communities can make in helping people to prevent disease, improve their wellbeing and self-manage their condition.

The [London Self-Care, Health and Wellbeing Summit](#) was held on 14 & 15 September 2023 at Imperial College London's prestigious South Kensington Campus. The Summit was hosted by Dr Austen El-Osta of the Self-Care Academic Research Unit (SCARU) at Imperial College London School of Public Health. This thought leadership event was made possible through the generous support of a grant from the Worldwide Universities Network awarded to Distinguished Professor Jon Adams of the School of Public Health at the University of Technology Sydney, Australia.

This dynamic one-and-a-half-day event brought together 18 thought leaders from across the world to examine and debate the intricate landscape of self-care research with a focus on implications for self-care policy and practice. The Summit helped clarify the urgent research and development priorities for self-care, focusing on how self-care could be leveraged to prevent and respond to chronic disease as well as maintaining health and wellbeing over the life course.

INTERNATIONAL CENTRE FOR SELF-CARE RESEARCH

The [International Centre for Self-Care Research \(ICSCR\)](#) is a virtual centre focused on research into the health maintenance, monitoring, and management activities done by individuals and their families to deal with chronic illness. The number of people with chronic illness is burgeoning worldwide due to the aging population and unhealthy lifestyles. Self-care becomes increasingly important and complex as chronic illness develops. The vision of the Centre is a world where self-care is prioritized by individuals, families, and communities and is the first line of approach in every health care encounter. The mission of the Centre is to lead the self-care research endeavour, improving conceptual clarity and promoting interdisciplinary work informed by a shared vision. Toward this goal, the ICSCR is currently conducting an interdisciplinary, international study of the relationship between symptoms and self-care management behaviours in adults with chronic illness. A secondary aim is to explore how everyday factors drive decision-making about symptoms and self-care behaviours.

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ISF & the *SelfCare* Journal

ISF's strategic relationship with the peer-reviewed online academic journal *SelfCare* (<http://selfcarejournal.com>) continues. At the moment, too few of the many self-care initiatives around the world are scientifically designed, evaluated and published. Developing self-care programme design and assessments, coupled with the potential to publish case studies in *SelfCare* Journal, represents a major opportunity for the future.

Self-Care for All by 2030

During this new decade of selfcare ISF will continue to work in collaboration with a wide mix of international stakeholders to support the Foundation's commitment to the promotion of selfcare and to building the evidence base for its value to individuals, communities and society.

The Foundation will continue to support those who are active in promoting selfcare's role in health and those who are involved in research to build the evidence for selfcare's value to healthcare and individuals.

Mr David Skinner
President, International Self-Care Foundation

International Self-Care Foundation Limited

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FINANCIAL REVIEW

Results for the period

A summary of results for the year is given on page 17 of this report.

Total income in the year was £50,371 (2023: £54,122) and total expenditure for the year was £22,346 (2023: £10,761) giving a surplus in the year of £28,025 (2023: £43,361).

Expenditure on charitable activity for the period was £20,533 (2023: £8,897) being 91.9% (2023: 82.7%) of expenditure. Governance costs were £1,813 (2023: £1,864), being 8.1% (2023: 17.3%) of expenditure. The expenditure ratios are skewed in the current year due to the large increase in charitable activities expenditure compared to the current year.

Unrestricted reserves of £120,168 (2023: £92,143) are carried over to the following financial year with a large increase due to the large increase in donations.

The Trustees gave their time freely to ISF and received no remuneration. No connected persons received any benefit or remuneration from ISF.

Expectations for 2024/2025

At the present burn rate ISF has sufficient funding for current activity levels, programmes and commitments in the 2024/2025 year. There are no funding shortfalls or material commitments of concern for the coming year. Having illustrated the contribution that ISF can make to health and self-care, the objective in the coming year is to secure future funding and expand activities in line with the potential opportunities.

Fundraising remains an issue and a challenge. Expansion of the commercial donor base and grants from foundations, entrepreneurs or philanthropists remains the preferred approach for 2024/25.

Other financial matters based on this which will need to be addressed include developing ISF's risk management and reserves policy.

Risk management and reserves policy

The Trustees considers that the major risk at this stage of development of the ISF relates to the financial sustainability of the ISF. Other risks are considered minor and manageable.

The Trustees agreed to defer discussion of financial sustainability until progress has been made in fundraising discussions with potential funders. Therefore the current level of reserves is considered appropriate by the trustees.

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2024

Statement of Trustees' responsibilities

The trustees (who are also directors of International Self-Care Foundation Limited for the purposes of Company Law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP (FRS 102).
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Audit

Under the terms of the Charities Act 2011, the Company does not require an audit, but it does require that the accounts are independently examined, and the corresponding report is included within the accounts.

Declaration

Approved by the Board on 28 February 2024 and signed on its behalf by:



.....
Mr David Skinner
President

International Self-Care Foundation Limited

Independent Examiner's Report to the Trustees of International Self-Care Foundation Limited

On the Accounts for the Year Ended 31 January 2024

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st January 2024 which are set out on pages 16 to 20.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
David Green MA (Cantab) FCA

Azets
Suites B & D
Burnham Yard
Beaconsfield
Buckinghamshire
HP9 2JH

Date: 28 February 2024

International Self-Care Foundation Limited

Statement of Financial Activities (including an Income and Expenditure account)

On the Accounts for the Year Ended 31 January 2024

	<u>Notes</u>	<u>Total Funds 2024</u> £	<u>Total Funds 2023</u> £
<u>Incoming resources</u>			
Donations	5	46,960	51,697
Bank Interest		3,411	856
Foreign exchange gain		-	1,569
<i>Total Incoming Resources</i>		50,371	54,122
<u>Resources Expended</u>			
Charitable activities	6	(20,533)	(8,897)
Governance costs	7	(1,813)	(1,864)
<i>Total Resources Expended</i>		(22,346)	(10,761)
<i>Net movement in the year</i>		28,025	43,361
Reconciliation of Funds			
Total Funds brought forward		92,143	48,782
<i>Total Funds carried forward</i>		120,168	92,143

All income and expenditure derive from continuing activities.

The notes on pages 19 to 21 form part of these accounts

International Self-Care Foundation Limited

Balance Sheet (Company No: 08840766)

On the Accounts for the Year Ended 31 January 2024

	<u>Notes</u>	<u>Total Funds 2024</u> £	<u>Total Funds 2023</u> £
CURRENT ASSETS			
Cash in hand and at Bank		121,968	93,823
LESS: CURRENT LIABILITIES			
Creditors	8	(1,800)	(1,680)
NET CURRENT ASSETS		<u>120,168</u>	<u>92,143</u>
NET ASSETS		<u>120,168</u>	<u>92,143</u>
FINANCED BY:			
Unrestricted funds		<u>120,168</u>	<u>92,143</u>
		<u>120,168</u>	<u>92,143</u>

For the year ending 31 January 2024 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- 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 of Part 15 of the Companies Act 2006 relating to small charitable companies.

These financial statements were approved by the Board on 28 February 2024 and signed on its behalf by:



Mr David Skinner

President

The notes on pages 19 to 21 form part of these accounts

International Self-Care Foundation Limited

Notes to the Accounts (Company No: 08840766)

On the Accounts for the Year Ended 31 January 2024

1. GENERAL INFORMATION

International Self-Care Foundation Limited is a company limited by guarantee in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 2 of these financial statements. The nature of the charity's operations and principal activities are given in the Trustees' Annual Report (including Directors' Report).

2. 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 to the UK and Republic of Ireland (FRS102), the Companies Act 2006 and the Charities Act 2011.

3. ACCOUNTING POLICIES

The financial statements have been prepared under the historic cost convention. The financial statements are presented in sterling (£) which is also the functional currency of the company. The company meets the definition of a public benefit entity under FRS 102.

A summary of the significant accounting policies applied in the preparation of these accounts are set out below

(a) Incoming Resources

All incoming resources are included on the Statement of Financial Activities when recognised in the period in which the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

As provided in the SORP (FRS 102) no amount is included in the financial statements for volunteer time.

(b) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(c) Value Added Tax

The charity is not registered for Value Added Tax. In these Financial Statements, where applicable, expenditure is shown inclusive of VAT.

(d) Cash Flow Statement

Under Financial Reporting Standard SORP (FRS 102), the charity is not required to produce a Cash Flow Statement as it is a small charity.

(e) Funds

All the funds in the charity are unrestricted and are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

International Self-Care Foundation Limited

Notes to the Accounts (cont)

On the Accounts for the Year Ended 31 January 2021

(f) Going Concern

The accounts are prepared on a going concern basis. The use of the going concern basis of accounting is appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the Charity to continue as a going concern.

4. TAXATION

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

5. VOLUNTARY INCOME

	2024	2023
Donations	46,960	51,697
	<u>46,960</u>	<u>51,697</u>

6. ANALYSIS OF CHARITABLE ACTIVITIES

Social media & website	4,215	-
Travel	8,777	7,451
Prize money & ISD support	1,494	1,446
Charitable activity contractors	3,552	-
Foreign exchange loss	2,495	-
	<u>20,533</u>	<u>8,897</u>

7. GOVERNANCE COSTS

Independent Examiner's Remuneration	1,766	1,722
Bank charges	47	142
	<u>1,813</u>	<u>1,864</u>

8. CREDITORS

Accruals	1,800	1,680
	<u>1,800</u>	<u>1,680</u>

International Self-Care Foundation Limited

Notes to the Accounts (Company No: 08840766)

On the Accounts for the Year Ended 31 January 2024

9. EMPLOYEE INFORMATION

There are no employees in the current or prior years.

10. TRUSTEE AND KEY MANAGEMENT PERSONNEL REMUNERATION AND EXPENSES

No remuneration was paid to the trustees during the current or prior years.

The total key management personnel remuneration is £nil (2023: £nil).

Expenses totalling £12,628 (2023: £7,451) were reimbursed to 1 (2023: 1) trustee during the year.

11. RELATED PARTY TRANSACTIONS

There are no related party transactions during the current or prior years.

INTERNATIONAL SELF-CARE FOUNDATION LTD

England & Wales - Charity number 1158114

Accounts



INTERNATIONAL SELF-CARE FOUNDATION

WWW.ISFGLOBAL.ORG ADMIN@ISFGLOBAL.ORG

International Self-Care Foundation Limited
(A company limited by guarantee)

Trustees Annual Report
for the Year Ended 31 January 2023

Charity number 1158114
Company number 8840766

International Self-Care Foundation Limited

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International Self-Care Foundation Limited

Company Information

Year Ended 31 January 2023

Company Registration Number	:	1158114
Operational Address of the Charity	:	424 Kilmarnock Way Nepean, ON Canada K2J 0M5
Registered Address of the Charity	:	2 nd Floor Regis House 45 King William Street London EC4R 9AN
Directors (Trustees)	:	Mr David Skinner Dr Austen El-Osta
Bankers	:	Royal Bank of Canada P.O. Box 6011 Station A Montreal QC H3C 3B8
Independent Examiner	:	David Green MA (Cantab) ACA Azets Suites B & D Burnham Yard Beaconsfield Buckinghamshire HP9 2JH
Accountants	:	Azets Suites B & D Burnham Yard Beaconsfield Buckinghamshire HP9 2JH

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2023

The Directors presents the report and the financial statements of the charity for the year ended 31 January 2023. The directors have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS102) in preparing the annual report and financial statements of the charity.

Structure, Governance & Management

Governing Document

The International Self-Care Foundation (ISF) is a company limited by guarantee, incorporated in England and Wales on 10 January 2014. In the event of the company being wound up, members are each required to contribute an amount not exceeding £10.

The company is governed under the Articles of Association of International Self-Care Foundation Limited. These Articles cover the following elements: Interpretation; Liability of members; Objects; Powers; Application of income and property; Benefits and payments to charity directors and connected persons; Scope and powers permitting directors' or connected persons' benefits, Payment for supply of goods only - controls; Declaration of directors' interests; Conflicts of interests and conflicts of loyalties; Members; Classes of Membership; Termination of membership; General meetings; Notice of general meetings; Proceedings at general meetings; Content of proxy notices; Delivery of proxy notices; Written resolutions; Votes of members; Directors; Powers of directors; Retirement of directors; Appointment of directors; Disqualification and removal of directors; Remuneration of directors; Proceedings of directors; delegation; Validity of directors' decisions; Seal; Minutes; Accounts; Annual Report and Return and Register of Charities; Means of communication to be used; Indemnity; Rules; Disputes; Dissolution; Interpretation.

Trustees

Mr David Skinner

Dr Austen El-Osta

Management of the charity

The day-to-day management of the ISF is the responsibility of Mr. David Skinner, President of the Charity.

A sister organisation also called the International Self-Care Foundation is registered in Hong Kong as a charity. The focus of ISF Hong Kong is China. The two organisations are fully independent of each other and have no financial links.

Public Interest

The overall aim of the International Self-Care Foundation (ISF) is the preservation of health and wellness through encouraging people (individuals and populations) to 'self-care' – that is, to adopt and maintain more healthy lifestyles.

Healthier lifestyles are urgently needed because 'lifestyle' diseases – also called noncommunicable or chronic diseases, particularly heart attack and stroke, cancer, chronic

International Self-Care Foundation Limited

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respiratory disease and diabetes – have reached epidemic proportions in most countries around the world. But lifestyle diseases are preventable – up to 80% of heart disease, stroke and type-2 diabetes, and over a third of cancers could be prevented by eliminating common risk factors, particularly tobacco use, unhealthy diet, physical inactivity and the harmful use of alcohol.

The beneficial purpose of ISF is to help prevent, delay or alter the course of preventable 'lifestyle' diseases by encouraging self-care – that is, the adoption of healthier lifestyles. 'Self-care' describes the activities involved in adopting healthy lifestyles and thereby preserving health and preventing or delaying lifestyle diseases. The WHO 1998 definition of self-care is:

'Self-Care is what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.'

However, one challenge of lifestyle disease prevention is that responsibility ultimately rests with individuals, and there are many practical issues and challenges. Furthermore, being substantially outside the remit of current health and social systems, self-care has in the past lacked a champion.

The International Self-Care Foundation has therefore been formed to champion self-care around the world. In practical terms, this involves helping to *develop evidence-based self-care concepts and practices* and helping to *promote the role of self-care in health*.

The public benefit of the International Self-Care Foundation's work is significant; healthy individuals can expect to remain healthier; healthcare professionals can concentrate on more serious cases, and public healthcare budget pressures will be relieved.

In presenting this report the Trustees confirm that they have had regard to the commission's public benefit guidance in exercising their powers and duties to which the guidance is relevant.

Objectives

The stated objects of the ISF are the relief of sickness by the promotion, preservation and protection of health and wellbeing. This is based on the concept of self-care praxis, which can be defined as the maintenance of healthy lifestyles and encompasses the concepts of hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc.), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.

The charity aims:

- To promote better health through the benefits of self-care and healthy lifestyles with a particular focus on keeping people healthy

International Self-Care Foundation Limited

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- To advance the education of the public in preserving and protecting health by the provision of educational support and information on self-care and healthy lifestyles to individuals based on the best available evidence (particularly from the World Health Organisation) and current best practice.
- To help in the development of optimal health practices and systems, ancillary to those provided by doctors, focusing on the development of disease prevention services and activities.

Self-care describes in a practical, person-centred way what we should all be doing to maintain our health, wellness and wellbeing. Through self-care people can be healthier and remain so into old age, managing minor ailments themselves. They can also better manage, delay or even prevent the appearance of lifestyle diseases such as heart attacks, strokes, diabetes and many cancers.

Self-care also presents enormous opportunities for all other stakeholders in health and wellbeing, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support in order to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care. There is also a fundamental need to support the development of self-care as an academic subject, to provide solid foundations and evidence-based recommendations to drive country programme implementation and policy development.

Looking back at 2020 and the ensuing covid-19 pandemic, it was opportune to raise the profile of self-care as the critical answer to tackling the pandemic, although the term 'self-care' failed to get significant mention from Public Health Agencies and Politicians. With the ravages of the Covid-19 pandemic in daily focus, self-care became the first-response tool to help lower the risk of infection and flatten the curve by reducing the reproduction number (R) of the SARS-CoV-2 virus and limiting pressure on scarce healthcare resources. Simple activities that people can do to reduce the risk of virus transmission including good hygiene practices, using hand sanitizer, social distancing and wearing personal protective equipment are all acts of self-care. So why was it so rare to hear our health professionals, government agencies and politicians use the term self-care? Is there a stigma associated with the term? Perhaps, but rather than dwelling on why, there now exists an opportunity in this new decade to drive home the singular importance of self-care, and for the term to gain its rightful place in the lexicon of public health.

Broadly speaking, self-care is a practical, person-centred way to maintain our health, wellness and wellbeing. Through self-care, people can be healthier and remain so into old age. **The Seven Pillars of Self-Care** set out the fundamental activities that each of us can adopt to reduce the risk of so called 'lifestyle diseases' such as cardiovascular disease, strokes, type 2 diabetes, obesity and some types of cancers as well as taking actions to effectively deal with common, everyday self-manageable conditions.

Self-care also presents enormous opportunities for all other stakeholders in health, including healthcare professionals, health services, industry and governments. However, self-care as a

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concept and in practice needs worldwide development and support to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care in various settings. There is also a fundamental need to support the development of self-care as an academic subject to illustrate the evidence base for self-care interventions and to provide a solid foundation for country programme implementation and policy prescriptions to promote healthy living and vitality in ageing.

The International Self-Care Foundation's (ISF) core strategy is to help develop evidence-based self-care concepts and practices, and to promote the role of self-care in health, working with other organisations as appropriate. ISF has a unique status in the self-care landscape by virtue of its specific focus on the individual self-carer, the promotion of self-care activities and R&D whilst maintaining a charitable status.

International Self-Care Foundation 2021 Report

The past year saw the Covid pandemic continue to impact individuals and healthcare systems. Never has there been such a clear demonstration that without adequate self-care practices in place, health systems would crumble under the weight of increased utilization of healthcare services and finite resources. Simple self-care activities that people can do to reduce the risk of virus transmission include good hygiene practices, using hand sanitizer, social distancing and wearing personal protective equipment. It would appear that 2021 was a year of progress with respect to the number of organizations actively promoting self-care as a means to improve person-centred health and to keep unscheduled demand for formal healthcare resources in check.

There are many self-manageable conditions that can be either prevented or managed by adopting good health-seeking self-care behaviours as exemplified in the Seven Pillars of Self-Care framework. In view of the rising need for access to self-care resources, and to support individuals in their personal self-care journey, ISF launched a smartphone application in International Selfcare Day (ISD) (24 July 2021). The opportunity to drive home the singular importance of self-care has gained momentum and the target of self-care for all by 2030 continues to be one of the best way forward to achieving health for all.

Broadly speaking, self-care is a practical, person-centred way to maintain our health, wellness and wellbeing. Through self-care, people can be healthier and remain so into old age. The [Seven Pillars of Self-Care](#) set out the fundamental ways each of us can reduce the risk of so called 'lifestyle diseases' such as cardiovascular disease, stroke, type 2 diabetes, obesity and some types of cancers, as well as taking actions to effectively deal with common, everyday self-manageable conditions.

Self-care also presents enormous opportunities for all other stakeholders in health, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support in order to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care in various settings. There is also a fundamental need to support the development of self-

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

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care as an academic subject to illustrate the evidence base for effective self-care interventions and to provide a solid foundation for country programme implementation and policy prescriptions to promote healthy living and vitality in ageing.

ISF's strategic focus continues to support the development of evidence-based self-care concepts and practices, and to promote the role of self-care in health, working with other organisations as appropriate. ISF has a unique status in the self-care landscape by virtue of its specific focus on the individual self-carer, the promotion of self-care activities and R&D whilst maintaining a charitable status.

This report is designed to provide a summary of ISF's main activities over the last year. This is primarily an internal newsletter but may be circulated externally.

International Self-Care Day 2022

[International Self-Care Day \(ISD\) 24/7](#) is recognised by the WHO and celebrated on 24 July each year. This commemorative day was created by ISF with the sole purpose of raising the profile of self-care around the world. ISD 24/7 provides a media-friendly forum and a focus for individuals and groups to (independently) promote self-care in their organisation or community.

All stakeholders in health and wellbeing are invited to use International Self-Care Day in independent, responsible ways to progress the cause of their self-care agenda for health, wellness and wellbeing. ISF is delighted to record that International Self-Care Day continues to expand around the world involving thousands of people in many different countries. As in previous years, numerous government organizations, NGOs, academic institutions, charities, health centres, associations, enterprises and many other types of organization used this device to responsibly promote their self-care agendas during ISD 2021.

ISF continues to focus on the New Decade of Self-Care and is developing a roadmap towards selfcare for all by 2030. On ISD 2022 there were many organizations who focused their efforts on better understanding of how self-care was impacted by Covid and how public health teams could better incorporate self-care in their unified response to the pandemic.

This year there were a larger number of organizations engaged in promoting selfcare on ISD. To further provide practical tools for individuals looking to better understand what they can do for their own health, ISF promoted its self-care [app](#) based on the seven pillars of selfcare. The expansion of ISD to a full month through the promotion of Selfcare Month by WHO showed increased messaging leading up to ISD 2022. ISF received a record number of requests and contacts seeking to use the seven pillars in their messaging during this period.

ISF Expands its Network

Partnerships are very important to the ability of ISF to drive messaging and actions on responsible selfcare. The long-standing relationship with SCARU continued to result in several opportunities. For example, Dr El-Osta and David Skinner participated in a number of meetings

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focused on the importance of selfcare and the evidence base that supports the calls for stronger national policy and greater person-centred care.

Through a persistent social media program, ISF grew its follower base by 25% (currently 15,000 followers). Also, the number of impressions for the seven pillars of selfcare grew by 21%. The peak impressions coincided with the week leading to, and including, ISD as well as Selfcare Week in the UK. This year again saw an increase in the number of organizations seeking to belong to the ISF Network. This was aided by an awareness campaign around the Selfcare app and ISD.

ISF was also featured in other organization's social media outreach. For example, Wellness World featured an in-depth review of ISF's activity and purpose (see: <https://www.youtube.com/watch?v=WPjUr8XiKM0>).

ISF also expanded its involvement with the [Selfcare Trailblazer Group](#) to participate in their communications and advocacy programmes. While most of the discussions in 2022 were focussed on sexual health and reproductive rights, there were good opportunities to interact with a wide variety of organizations in this network.

The **United Kingdom** celebrates [National Self-Care Week](#) (SCW) in November each year and both the Selfcare Forum and the UK Consumer Healthcare Products Association (PAGB) supported ISD. Furthermore, ISF sponsored the selfcare innovation awards and served as a part of the team judging entries. There were several great projects created to support selfcare and the Selfcare Forum worked closely with ISF in creating digital materials for SCW including a further promotion of the ISF app.

ISF in China

2022 was an extraordinary year for China. With the COVID-19 pandemic remaining a serious concern and the Chinese economy under pressure, there was an increased need to increase awareness of the importance of self-care in everyone's daily lives. Several key activities focussed on awareness and opportunity.

During the World Health Organization's Self-Care Month, there was a focus on information about, and progress towards self-care interventions posted on WHO's regional and country twitter feeds through official media channels. WHO called on people around the world to actively participate in their own Self-Care Month activities.

For ISD 2022, the International Self-Care Foundation along with the China Over-The-Counter Drug Association and the Beijing International Peace Cultural Foundation helped organize a symposium in Beijing. This was organized with the cooperation of Heyuan Museum, Beijing Peace and Healthy Development Center, and with the strong support of Overseas Chinese Public Welfare Foundation and Beijing Health, Nutrition and Gastronomy Association. This was the 12th International Self-Care Day to be held in China.

International Self-Care Foundation Limited

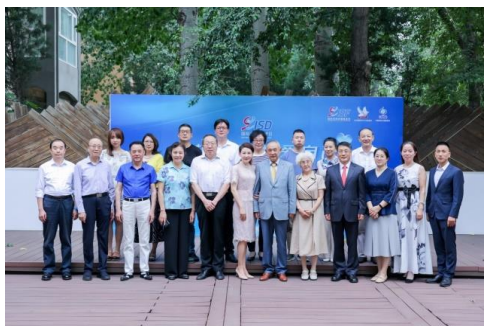
Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2023

At the Symposium the International Self-Care Foundation, Beijing International Peace Culture Foundation and the Beijing Health, Nutrition and Gastronomy Association, signed a strategic cooperation agreement to promote nutritional knowledge and improve health literacy. The program will begin in the area where the Heyuan Museum and gradually cover the surrounding communities.

Other ISD 2022 activities included the following:

- China's Over-The-Counter Drug Association, a member of the International Self-Care Alliance, launched a health education activity with the theme of "Ten Years of Health: My health is up to me", which was supported by Bayer Health Consumer Products.
- The Tangshan Disease Control Center of the Peasant Labor Party carried out public health publicity activities and actively promoted the benefits of good nutrition and proper exercise. These efforts were intended to help people improve their lifestyle and enhance their health through self-care.



THE SEVEN PILLARS OF SELF-CARE FRAMEWORK

ISF has created a middle-range description of self-care – the “Seven Pillars of Self-Care” (see: <http://isfglobal.org/practise-self-care/the-seven-pillars-of-self-care/>).

Each pillar describes in middle-range terms a set of activities that every individual should undertake; collectively the 7 pillars describe the entirety of self-care from the perspective of the self-carer.

Over the last few years, the 7 Pillars of Self-Care Framework has proved to be comprehensive, robust, practical and easily accessible tool that could be used by organisations and people from all walks of life. But the 7 pillars framework is more than just a visual diagram; it can be used as a framework to list specific activities for self-carers, selfcare support tasks for healthcare professionals, barriers, policies and much else.

The World Health Organization (WHO)

2021 saw the publication of WHO's [Guideline on Self-Care Interventions for Health and Well-Being](#), which updates and expands on the 2019 “consolidated guideline on self-care interventions for health: sexual and reproductive health and rights”. In the guideline, the WHO is unequivocal in its support for self-care, as a complement to primary and secondary healthcare systems, and makes a series of recommendations around specific self-care interventions in antenatal, intrapartum and postnatal care, family planning – including that daily and emergency contraceptives should be made available OTC – and in relation to non-communicable diseases like cardiovascular disease and diabetes.

That same year also saw the launch of [The WHO Academy](#) which is the World Health Organization's state-of-the-art lifelong learning centre, bringing the very latest innovations in adult learning to global health. Using the latest technologies, it will enable all learners to tailor their learning experiences to meet their own needs and award them digital credentials they can use to verify their competencies and advance their careers. This presents an opportunity to develop healthcare professional and personal competencies to promote self-care, health & wellbeing.

In 2022 the WHO published the [Classification for Self-Care Interventions for Health](#). This new classification scheme is health systems focused and offers a simplified language to help support a dialogue between diverse public health practitioners in five key areas:

1. synthesizing evidence and research;
2. promoting advocacy and communication;
3. conducting national inventories and landscape analyses;
4. articulating needs based on identified health system challenges;
5. formulating operational considerations for implementation guidance.

ISF supports this initiative, and the Foundation was represented via Dr Austen El-Osta who sat as a member of the Expert Review Group for this classification toolkit.

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2023

ISF ACADEMIC PARTNERSHIPS

ISF is a unique organisation in the self-care space and as a charity we can work independently and supportively with other parties such as government departments, academia, charities, healthcare professional bodies, and others. Examples of ISF partnering with academia during 2022 include

Imperial College London Self-Care Academic Research Unit

[The Self-Care Academic Research Unit \(SCARU\)](#) was launched in 2017 & remains as the only university academic unit in the world dedicated specifically to the study of self-care. SCARU is a tripartite collaboration between Imperial College London School of Primary Care & Public Health, ISF and the UK Self-Care Forum. SCARU's Vision is to be the leading academic base for self-care in England, focused on the contributions that individuals, networks and communities can make in helping people to prevent disease, improve their wellbeing and self-manage their condition.

In 2021 SCARU was commissioned by the [Self-Care Trailblazer Group \(SCTG\)](#) to develop a first of its kind, pragmatic [self-care policy and practice mapping tool](#). The purpose of this tool is to understand the extent to which countries are implementing the 24 recommendations outlined in the 2019 WHO Consolidated Guideline on Self-Care: Sexual and Reproductive Health and Rights (SRHR) in policy and practice. This work was completed and presented at the International Conference on Family Planning in October 2022. A similar workstream has now been initiated in Mozambique, Nepal & Malawi as part of the [Self-Care Maverick Collective](#).

Working in collaboration with ISF & the Self-Care Forum UK, SCARU also launched a horizon scanning exercise to consider how the world may be like in 2030, and what this means for self-care policy and practice. The horizon scanning exercise will be informed by discussions with a wide mix of health & social care stakeholders including commissioners of health & wellbeing initiatives, physiotherapists, social prescribers, doctors, nurses, pharmacists & local authority staff. The proposed Self-Care 2030 Insights Report was earmarked for publication on International Self-Care Day (24 July) 2022, but this was deferred to ISD 2023 to align more closely with the launch of the Self-Driven Healthcare (SDH) 2030 Report- a sister report that offers a baseline definition of the [emergent concept of Self-Driven Healthcare](#).

International Centre for Self-Care Research

The [International Centre for Self-Care Research \(ICSCR\)](#) is a virtual centre focused on research into the health maintenance, monitoring, and management activities done by individuals and their families to deal with chronic illness. The number of people with chronic illness is burgeoning worldwide due to the aging population and unhealthy lifestyles. Self-care becomes increasingly important and complex as chronic illness develops. The vision of the Centre is a world where self-care is prioritized by individuals, families, and communities and is the first line of approach in every health care encounter. The mission of the Centre is to lead the self-care research endeavour, improving conceptual clarity and promoting interdisciplinary work informed by a shared vision. Toward this goal, the ICSCR is currently conducting an interdisciplinary, international study of the relationship between symptoms and self-care

management behaviours in adults with chronic illness. A secondary aim is to explore how everyday factors drive decision-making about symptoms and self-care behaviours.



ISF & the SelfCare Journal

ISF's strategic relationship with the peer-reviewed online academic journal *SelfCare* (<http://selfcarejournal.com>) continues. At the moment, too few of the many self-care initiatives around the world are scientifically designed, evaluated and published. Developing self-care programme design and assessments, coupled with the potential to publish case studies in *SelfCare* Journal, represents a major opportunity for the future.

Self-Care for All by 2030

During this new decade of selfcare ISF will continue to work in collaboration with a wide mix of international stakeholders to support the Foundation's commitment to the promotion of selfcare and to building the evidence base for its value to individuals, communities and society.

The Foundation will continue to support those who are active in promoting selfcare's role in health and those who are involved in research to build the evidence for selfcare's value to healthcare and individuals.

Mr David Skinner
President, International Self-Care Foundation

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2023

FINANCIAL REVIEW

Results for the period

A summary of results for the year is given on page 16 of this report.

Total income in the year was £54,122 (2022: £72,816) and total expenditure for the year was £10,761 (2022: £29,799) giving a surplus in the year of £43,361 (2022: £43,017).

Expenditure on charitable activity for the period was £8,897 (2022: £27,977) being 82.7% (2022: 93.9%) of expenditure. The cost of generating income was £Nil (2022: £87), being 0% (2022: 0.3%) of expenditure. Governance costs were £1,864 (2022: £1,735), being 17.3% (2022: 5.8%) of expenditure. The expenditure ratios are skewed in the current year due to the large decrease in charitable activities expenditure compared to the current year.

Unrestricted reserves of £92,143 (2022: £48,782) are carried over to the following financial year with a large increase due to the large increase in donations.

The Trustees gave their time freely to ISF and received no remuneration. No connected persons received any benefit or remuneration from ISF.

Expectations for 2023/2024

At the present burn rate ISF has sufficient funding for current activity levels, programmes and commitments in the 2023/2024 year. There are no funding shortfalls or material commitments of concern for the coming year. Having illustrated the contribution that ISF can make to health and self-care, the objective in the coming year is to secure future funding and expand activities in line with the potential opportunities.

Fundraising remains an issue and a challenge. Expansion of the commercial donor base and grants from foundations, entrepreneurs or philanthropists remains the preferred approach for 2023/24.

Other financial matters based on this which will need to be addressed include developing ISF's risk management and reserves policy.

Risk management and reserves policy

The Trustees considers that the major risk at this stage of development of the ISF relates to the financial sustainability of the ISF. Other risks are considered minor and manageable.

The Trustees agreed to defer discussion of financial sustainability until progress has been made in fundraising discussions with potential funders. Therefore the current level of reserves is considered appropriate by the trustees.

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2023

Statement of Trustees' responsibilities

The trustees (who are also directors of International Self-Care Foundation Limited for the purposes of Company Law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP (FRS 102).
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Audit

Under the terms of the Charities Act 2011, the Company does not require an audit, but it does require that the accounts are independently examined, and the corresponding report is included within the accounts.

Declaration

Approved by the Board on xx February 2023 and signed on its behalf by:



.....
Mr David Skinner
President

International Self-Care Foundation Limited

Independent Examiner's Report to the Trustees of International Self-Care Foundation Limited

On the Accounts for the Year Ended 31 January 2023

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st January 2023 which are set out on pages 16 to 20.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
David Green MA (Cantab) ACA

Azets
Suites B & D
Burnham Yard
Beaconsfield
Buckinghamshire
HP9 2JH
xx February 2023

International Self-Care Foundation Limited

Statement of Financial Activities (including an Income and Expenditure account)

On the Accounts for the Year Ended 31 January 2023

	<u>Notes</u>	<u>Total Funds 2023</u> £	<u>Total Funds 2022</u> £
<u>Incoming resources</u>			
Donations	5	51,697	72,468
Bank Interest		856	177
Foreign exchange gain		1,569	171
		<hr/>	<hr/>
<i>Total Incoming Resources</i>		54,122	72,816
<u>Resources Expended</u>			
Charitable activities	6	(8,897)	(27,977)
Cost of generating funds	7	-	(87)
Governance costs	8	(1,864)	(1,735)
		<hr/>	<hr/>
<i>Total Resources Expended</i>		(10,761)	(29,799)
		<hr/>	<hr/>
<i>Net movement in the year</i>		43,361	43,017
<u>Reconciliation of Funds</u>			
Total Funds brought forward		48,782	5,765
		<hr/>	<hr/>
<i>Total Funds carried forward</i>		92,143	48,782

All income and expenditure derive from continuing activities.

The notes on pages 18 to 20 form part of these accounts

International Self-Care Foundation Limited

Balance Sheet (Company No: 08840766)

On the Accounts for the Year Ended 31 January 2023

	<u>Notes</u>	<u>Total Funds 2023</u> £	<u>Total Funds 2022</u> £
CURRENT ASSETS			
Cash in hand and at Bank		93,823	50,355
LESS: CURRENT LIABILITIES			
Creditors	9	(1,680)	(1,573)
NET CURRENT ASSETS		<u>92,143</u>	<u>48,782</u>
NET ASSETS		<u>92,143</u>	<u>48,782</u>
FINANCED BY:			
Unrestricted funds		<u>92,143</u>	<u>48,782</u>
		<u>92,143</u>	<u>48,782</u>

For the year ending 31 January 2023 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- 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 of Part 15 of the Companies Act 2006 relating to small charitable companies.

These financial statements were approved by the Board on xx February 2023 and signed on its behalf by:



.....

Mr David Skinner

President

The notes on pages 18 to 20 form part of these accounts

Notes to the Accounts

On the Accounts for the Year Ended 31 January 2023

1. GENERAL INFORMATION

International Self-Care Foundation Limited is a company limited by guarantee in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 2 of these financial statements. The nature of the charity's operations and principal activities are given in the Trustees' Annual Report (including Directors' Report).

2. 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 to the UK and Republic of Ireland (FRS102), the Companies Act 2006 and the Charities Act 2011.

3. ACCOUNTING POLICIES

The financial statements have been prepared under the historic cost convention. The financial statements are presented in sterling (£) which is also the functional currency of the company. The company meets the definition of a public benefit entity under FRS 102.

A summary of the significant accounting policies applied in the preparation of these accounts are set out below:

(a) Incoming Resources

All incoming resources are included on the Statement of Financial Activities when recognised in the period in which the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

As provided in the SORP (FRS 102) no amount is included in the financial statements for volunteer time.

(b) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(c) Value Added Tax

The charity is not registered for Value Added Tax. In these Financial Statements, where applicable, expenditure is shown inclusive of VAT.

International Self-Care Foundation Limited

Notes to the Accounts

On the Accounts for the Year Ended 31 January 2023

(d) Cash Flow Statement

Under Financial Reporting Standard SORP (FRS 102), the charity is not required to produce a Cash Flow Statement as it is a small charity.

(e) Funds

All the funds in the charity are unrestricted and are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

(f) Going Concern

The accounts are prepared on a going concern basis. The use of the going concern basis of accounting is appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the Charity to continue as a going concern.

4. TAXATION

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

5. VOLUNTARY INCOME

	2023	2022
Donations	51,697	72,468
	<u>51,697</u>	<u>72,468</u>

6. ANALYSIS OF CHARITABLE ACTIVITIES

Social media & website	-	23,413
Travel	7,451	1,023
Prize money & ISD support	1,446	3,541
	<u>8,897</u>	<u>27,977</u>

International Self-Care Foundation Limited

Notes to the Accounts

On the Accounts for the Year Ended 31 January 2023

	2023	2022
7. ANALYSIS OF COST OF GENERATING FUNDS		
Postage and stationery	-	13
Subscriptions	-	74
	<u>-</u>	<u>87</u>
8. GOVERNANCE COSTS		
Independent Examiner's Remuneration	1,722	1,683
Bank charges	142	52
	<u>1,864</u>	<u>1,735</u>
9. CREDITORS		
Accruals	1,680	1,573
	<u>1,680</u>	<u>1,573</u>

10. EMPLOYEE INFORMATION

There are no employees in the current or prior years.

11. TRUSTEE AND KEY MANAGEMENT PERSONNEL REMUNERATION AND EXPENSES

No remuneration was paid to the trustees during the current or prior years.

The total key management personnel remuneration is £nil (2022: £nil)

Expenses totalling £7,451 (2022: £2,042) were reimbursed to 1 (2022: nil) trustee during the year.

12. RELATED PARTY TRANSACTIONS

There are no related party transactions during the current or prior years.

INTERNATIONAL SELF-CARE FOUNDATION LTD

England & Wales - Charity number 1158114

Accounts



INTERNATIONAL SELF-CARE FOUNDATION

WWW.ISFGLOBAL.ORG ADMIN@ISFGLOBAL.ORG

International Self-Care Foundation Limited
(A company limited by guarantee)

Trustees Annual Report
for the Year Ended 31 January 2022

Charity number 1158114
Company number 8840766

International Self-Care Foundation Limited

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International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2022

Company Registration Number	:	1158114
Operational Address of the Charity	:	424 Kilmarnock Way Nepean, ON Canada K2J 0M5
Registered Address of the Charity	:	2 nd Floor Regis House 45 King William Street London EC4R 9AN
Directors (Trustees)	:	Mr David Skinner Dr Austen El-Osta
Bankers	:	Royal Bank of Canada P.O. Box 6011 Station A Montreal QC H3C 3B8
Independent Examiner	:	David Green MA (Cantab) ACA Azets Suites B & D Burnham Yard Beaconsfield Buckinghamshire HP9 2JH
Accountants	:	Azets Suites B & D Burnham Yard Beaconsfield Buckinghamshire HP9 2JH

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2022

The Directors presents the report and the financial statements of the charity for the year ended 31 January 2022. The directors have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS102) in preparing the annual report and financial statements of the charity.

Structure, Governance & Management

Governing Document

The International Self-Care Foundation (ISF) is a company limited by guarantee, incorporated in England and Wales on 10 January 2014. In the event of the company being wound up, members are each required to contribute an amount not exceeding £10.

The company is governed under the Articles of Association of International Self-Care Foundation Limited. These Articles cover the following elements: Interpretation; Liability of members; Objects; Powers; Application of income and property; Benefits and payments to charity directors and connected persons; Scope and powers permitting directors' or connected persons' benefits, Payment for supply of goods only - controls; Declaration of directors' interests; Conflicts of interests and conflicts of loyalties; Members; Classes of Membership; Termination of membership; General meetings; Notice of general meetings; Proceedings at general meetings; Content of proxy notices; Delivery of proxy notices; Written resolutions; Votes of members; Directors; Powers of directors; Retirement of directors; Appointment of directors; Disqualification and removal of directors; Remuneration of directors; Proceedings of directors; delegation; Validity of directors' decisions; Seal; Minutes; Accounts; Annual Report and Return and Register of Charities; Means of communication to be used; Indemnity; Rules; Disputes; Dissolution; Interpretation.

Trustees

Mr David Skinner

Dr Austen El-Osta

Management of the charity

The day-to-day management of the ISF is the responsibility of Mr. David Skinner, President of the Charity.

A sister organisation also called the International Self-Care Foundation is registered in Hong Kong as a charity. The focus of ISF Hong Kong is China. The two organisations are fully independent of each other and have no financial links.

Public Interest

The overall aim of the International Self-Care Foundation (ISF) is the preservation of health and wellness through encouraging people (individuals and populations) to 'self-care' – that is, to adopt and maintain more healthy lifestyles.

Healthier lifestyles are urgently needed because 'lifestyle' diseases – also called noncommunicable or chronic diseases, particularly heart attack and stroke, cancer, chronic

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2022

respiratory disease and diabetes – have reached epidemic proportions in most countries around the world. But lifestyle diseases are preventable – up to 80% of heart disease, stroke and type-2 diabetes, and over a third of cancers could be prevented by eliminating common risk factors, particularly tobacco use, unhealthy diet, physical inactivity and the harmful use of alcohol.

The beneficial purpose of ISF is to help prevent, delay or alter the course of preventable 'lifestyle' diseases by encouraging self-care – that is, the adoption of healthier lifestyles. 'Self-care' describes the activities involved in adopting healthy lifestyles and thereby preserving health and preventing or delaying lifestyle diseases. The WHO 1998 definition of self-care is:

'Self-Care is what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.'

However, one challenge of lifestyle disease prevention is that responsibility ultimately rests with individuals, and there are many practical issues and challenges. Furthermore, being substantially outside the remit of current health and social systems, self-care has in the past lacked a champion.

The International Self-Care Foundation has therefore been formed to champion self-care around the world. In practical terms, this involves helping to *develop evidence-based self-care concepts and practices* and helping to *promote the role of self-care in health*.

The public benefit of the International Self-Care Foundation's work is significant; healthy individuals can expect to remain healthier; healthcare professionals can concentrate on more serious cases, and public healthcare budget pressures will be relieved.

In presenting this report the Trustees confirm that they have had regard to the commission's public benefit guidance in exercising their powers and duties to which the guidance is relevant.

Objectives

The stated objects of the ISF are the relief of sickness by the promotion, preservation and protection of health and wellbeing. This is based on the concept of self-care praxis, which can be defined as the maintenance of healthy lifestyles and encompasses the concepts of hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc.), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.

The charity aims:

- To promote better health through the benefits of self-care and healthy lifestyles with a particular focus on keeping people healthy

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2022

- To advance the education of the public in preserving and protecting health by the provision of educational support and information on self-care and healthy lifestyles to individuals based on the best available evidence (particularly from the World Health Organisation) and current best practice.
- To help in the development of optimal health practices and systems, ancillary to those provided by doctors, focusing on the development of disease prevention services and activities.

Self-care describes in a practical, person-centred way what we should all be doing to maintain our health, wellness and wellbeing. Through self-care people can be healthier and remain so into old age, managing minor ailments themselves. They can also better manage, delay or even prevent the appearance of lifestyle diseases such as heart attacks, strokes, diabetes and many cancers.

Self-care also presents enormous opportunities for all other stakeholders in health and wellbeing, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support in order to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care. There is also a fundamental need to support the development of self-care as an academic subject, to provide solid foundations and evidence-based recommendations to drive country programme implementation and policy development.

Looking back at 2020 and the ensuing covid-19 pandemic, it was opportune to raise the profile of self-care as the critical answer to tackling the pandemic, although the term 'self-care' failed to get significant mention from Public Health Agencies and Politicians. With the ravages of the Covid-19 pandemic in daily focus, self-care became the first-response tool to help lower the risk of infection and flatten the curve by reducing the reproduction number (R) of the SARS-CoV-2 virus and limiting pressure on scarce healthcare resources. Simple activities that people can do to reduce the risk of virus transmission including good hygiene practices, using hand sanitizer, social distancing and wearing personal protective equipment are all acts of self-care. So why was it so rare to hear our health professionals, government agencies and politicians use the term self-care? Is there a stigma associated with the term? Perhaps, but rather than dwelling on why, there now exists an opportunity in this new decade to drive home the singular importance of self-care, and for the term to gain its rightful place in the lexicon of public health.

Broadly speaking, self-care is a practical, person-centred way to maintain our health, wellness and wellbeing. Through self-care, people can be healthier and remain so into old age. **The Seven Pillars of Self-Care** set out the fundamental activities that each of us can adopt to reduce the risk of so called 'lifestyle diseases' such as cardiovascular disease, strokes, type 2 diabetes, obesity and some types of cancers as well as taking actions to effectively deal with common, everyday self-manageable conditions.

Self-care also presents enormous opportunities for all other stakeholders in health, including healthcare professionals, health services, industry and governments. However, self-care as a

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concept and in practice needs worldwide development and support to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care in various settings. There is also a fundamental need to support the development of self-care as an academic subject to illustrate the evidence base for self-care interventions and to provide a solid foundation for country programme implementation and policy prescriptions to promote healthy living and vitality in ageing.

The International Self-Care Foundation's (ISF) core strategy is to help develop evidence-based self-care concepts and practices, and to promote the role of self-care in health, working with other organisations as appropriate. ISF has a unique status in the self-care landscape by virtue of its specific focus on the individual self-carer, the promotion of self-care activities and R&D whilst maintaining a charitable status.

International Self-Care Foundation Report

The past year saw the Covid pandemic continue to impact individuals and healthcare systems. Never has there been such a clear demonstration that without adequate self-care practices in place, health systems would crumble under the weight of increased utilization of healthcare services and finite resources. Simple self-care activities that people can do to reduce the risk of virus transmission include good hygiene practices, using hand sanitizer, social distancing and wearing personal protective equipment. It would appear that 2021 was a year of progress with respect to the number of organizations actively promoting self-care as a means to improve person-centred health and to keep unscheduled demand for formal healthcare resources in check.

There are many self-manageable conditions that can be either prevented or managed by adopting good health-seeking self-care behaviours as exemplified in the Seven Pillars of Self-Care framework. In view of the rising need for access to self-care resources, and to support individuals in their personal self-care journey, ISF launched a smartphone application in International Selfcare Day (ISD) (24 July 2021). The opportunity to drive home the singular importance of self-care has gained momentum and the target of self-care for all by 2030 continues to be one of the best way forward to achieving health for all.

Broadly speaking, self-care is a practical, person-centred way to maintain our health, wellness and wellbeing. Through self-care, people can be healthier and remain so into old age. The [Seven Pillars of Self-Care](#) set out the fundamental ways each of us can reduce the risk of so called 'lifestyle diseases' such as cardiovascular disease, stroke, type 2 diabetes, obesity and some types of cancers, as well as taking actions to effectively deal with common, everyday self-manageable conditions.

Self-care also presents enormous opportunities for all other stakeholders in health, including healthcare professionals, health services, industry and governments. However, self-care as a concept and in practice needs worldwide development and support in order to realise its full potential. There is a fundamental need to raise the visibility of and articulate the case for self-care in various settings. There is also a fundamental need to support the development of self-

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care as an academic subject to illustrate the evidence base for effective self-care interventions and to provide a solid foundation for country programme implementation and policy prescriptions to promote healthy living and vitality in ageing.

ISF's strategic focus continues to support the development of evidence-based self-care concepts and practices, and to promote the role of self-care in health, working with other organisations as appropriate. ISF has a unique status in the self-care landscape by virtue of its specific focus on the individual self-carer, the promotion of self-care activities and R&D whilst maintaining a charitable status.

This report is designed to provide a summary of ISF's main activities over the last year. This is primarily an internal newsletter but may be circulated externally.

International Self-Care Day 2021

[International Self-Care Day \(ISD\) 24/7](#) is recognised by the WHO and celebrated on 24 July each year. This commemorative day was created by ISF with the sole purpose of raising the profile of self-care around the world. ISD 24/7 provides a media-friendly forum and a focus for individuals and groups to (independently) promote self-care in their organisation or community.

All stakeholders in health and wellbeing are invited to use International Self-Care Day in independent, responsible ways to progress the cause of their self-care agenda for health, wellness and wellbeing. ISF is delighted to record that International Self-Care Day continues to expand around the world involving thousands of people in many different countries. As in previous years, numerous government organizations, NGOs, academic institutions, charities, health centres, associations, enterprises and many other types of organization used this device to responsibly promote their self-care agendas during ISD 2021.

ISF continues to focus on the New Decade of Self-Care and is developing a roadmap towards selfcare for all by 2030. On ISD 2021 there were many organizations who focused their efforts on better understanding of how self-care was impacted by Covid and how public health teams could better incorporate self-care in their unified response to the pandemic.

This year there were a larger number of organizations engaged in promoting selfcare on ISD. To further provide practical tools for individuals looking to better understand what they can do for their own health, ISF launched a self-care app based on the seven pillars of selfcare. This was done in partnership with SCARU and Self-Care Catalysts. Social media pickup on the new app and ISD was greater than any other year to date.

ISF Expands its Network

Partnerships are very important to the ability of ISF to drive messaging and actions on responsible selfcare. The long-standing relationship with SCARU continued to result in a number of opportunities. For example, Dr. El-Osta and David Skinner participated in a number of conferences as keynote speaker and presenters on the importance of selfcare and the

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evidence base that supports the calls for stronger national policy and greater person-centred care.

Through a persistent social media program, ISF gained new followers and increased the number of organizations seeking to belong to the ISF Network. This was aided by an awareness campaign around the launch of the app.

ISF also joined the [Selfcare Trailblazer Group](#) to participate in their communications and advocacy programmes.

The United Kingdom celebrates [National Self-Care Week](#) (SCW) in November each year and both the Selfcare Forum and the UK Consumer Healthcare Products Association (PAGB) supported ISD. Furthermore, ISF sponsored the selfcare innovation awards and served as a part of the team judging entries. There were several great projects created to support selfcare and the Selfcare Forum worked closely with ISF in creating digital materials for SCW including a further promotion of the ISF app.

ISF in China

Several key events took place in China during 2021.

On June 3rd to celebrate "World Bicycle Day", a cycling activity was held in Heyuan Museum in Beijing, sponsored by the Embassy of Turkmenistan in China, The China World Peace Foundation and the Beijing International Peace Culture Foundation, and supported by the International Self-Care Foundation. The theme was "Celebrating World Cycle Day - Health and Connectivity in the International Year of Peace and Confidence". "World Bicycle Day" called for environmental protection, health, green travel and lifestyle. Cycling is a healthy activity that forms a part of the seven pillars of self-care

To celebrate International Self-Care Day ISF China co-hosted an event with the theme: "Enjoy health with boundless mind". Partners in this event included: Beijing International Peace Culture Foundation and Capital Health-Care Nutrition & Food Association. It was hosted by the Beijing Peace and Health Development Center.

The 11th International Self-Health Day was successfully held in Heyuan Museum in Beijing with the support of the co-organizers, including China Association of Nonprescription Medicines, United Front Work Department of Beijing Municipal Committee of the CPC, China World Peace Foundation and the Chinese Embassy in China.

In this event, the International Self-Care Foundation, Beijing International Peace Culture Foundation and Capital Health-Care Nutrition & Food Association signed a strategic cooperation agreement to establish a "Big Health Industry Platform". In the future, the platform will carry out activities such as industry demand and supply information exchange, policy research and discussion, resource recommendation and matching. Strategic cooperation also includes sharing resources and assisting each other in public welfare, charity and business

exchanges, promoting the development of the health industry, and coordinating resources to help vulnerable groups in society.

THE SEVEN PILLARS OF SELF-CARE FRAMEWORK

ISF has created a middle-range description of self-care – the “Seven Pillars of Self-Care” (see: <http://isfglobal.org/practise-self-care/the-seven-pillars-of-self-care/>).

Each pillar describes in middle-range terms a set of activities that every individual should undertake; collectively the 7 pillars describe the entirety of self-care from the perspective of the self-carer.

During 2021, additional language versions were made available. ISF continues to progress further translations to reach a wider audience, including translations in Greek.



Over the last few years, the 7 Pillars of Self-Care Framework has proved to be comprehensive, robust, practical and easily accessible tool that could be used by organisations and people from all walks of life. But the 7 pillars framework is more than just a visual diagram; it can be used as a

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framework to list specific activities for self-carers, selfcare support tasks for healthcare professionals, barriers, policies and much else.

The World Health Organization (WHO)

2021 saw the publication of WHO's [Guideline on Self-Care Interventions for Health and Well-Being](#), which updates and expands on the 2019 "consolidated guideline on self-care interventions for health: sexual and reproductive health and rights". In the guideline, the WHO is unequivocal in its support for self-care, as a complement to primary and secondary healthcare systems, and makes a series of recommendations around specific self-care interventions in antenatal, intrapartum and postnatal care, family planning – including that daily and emergency contraceptives should be made available OTC – and in relation to non-communicable diseases like cardiovascular disease and diabetes.

This year also saw the launch of [The WHO Academy](#) which is the World Health Organization's state-of-the-art lifelong learning centre, bringing the very latest innovations in adult learning to global health. Using the latest technologies, it will enable all learners to tailor their learning experiences to meet their own needs and award them digital credentials they can use to verify their competencies and advance their careers. This presents an opportunity to develop healthcare professional and personal competencies to promote self-care, health & wellbeing.

ISF ACADEMIC PARTNERSHIPS

ISF is a unique organisation in the self-care space and as a charity we can work independently and supportively with other parties such as government departments, academia, charities, healthcare professional bodies, and others. Examples of ISF partnering with academia during 2021 include:

Imperial College London Self-Care Academic Research Unit

[The Self-Care Academic Research Unit \(SCARU\)](#) was launched in 2017 & remains as the only university academic unit in the world dedicated specifically to the study of self-care. SCARU is a tripartite collaboration between Imperial College London School of Primary Care & Public Health, ISF and the UK Self-Care Forum. SCARU's Vision is to be the leading academic base for self-care in England, focused on the contributions that individuals, networks and communities can make in helping people to prevent disease, improve their wellbeing and self-manage their condition.

In 2021 SCARU was commissioned by the [Self-Care Trailblazer Group \(SCTG\)](#) to develop a first of its kind, pragmatic [self-care policy and practice mapping tool](#). The purpose of this tool is to understand the extent to which countries are implementing the 24 recommendations outlined in the 2019 WHO Consolidated Guideline on Self-Care: Sexual and Reproductive Health and Rights (SRHR) in policy and practice

Working in collaboration with ISF & the Self-Care Forum UK, SCARU also launched a horizon scanning exercise to consider how the world may be like in 2030, and what this means for self-care policy and practice. The horizon scanning exercise will be informed by discussions with a wide mix of health & social care stakeholders including commissioners of health & wellbeing

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initiatives, physiotherapists, social prescribers, doctors, nurses, pharmacists & local authority staff. The proposed Self-Care 2030 Insights Report will be published in published on International Self-Care Day (24 July) D 2022.

International Centre for Self-Care Research

The [International Centre for Self-Care Research \(ICSCR\)](#) is a virtual centre focused on research into the health maintenance, monitoring, and management activities done by individuals and their families to deal with chronic illness. The number of people with chronic illness is burgeoning worldwide due to the aging population and unhealthy lifestyles. Self-care becomes increasingly important and complex as chronic illness develops. The vision of the Centre is a world where self-care is prioritized by individuals, families, and communities and is the first line of approach in every health care encounter. The mission of the Centre is to lead the self-care research endeavour, improving conceptual clarity and promoting interdisciplinary work informed by a shared vision. Toward this goal, the ICSCR is currently conducting an interdisciplinary, international study of the relationship between symptoms and self-care management behaviours in adults with chronic illness. A secondary aim is to explore how everyday factors drive decision-making about symptoms and self-care behaviours.



ISF & the SelfCare Journal

ISF's strategic relationship with the peer-reviewed online academic journal SelfCare (<http://selfcarejournal.com>) has been extended. At the moment, too few of the many self-care initiatives around the world are scientifically designed, evaluated and published. Developing self-care programme design and assessments, coupled with the potential to publish case studies in SelfCare Journal, represents a major opportunity for the future.

Self-Care for All by 2030

During this new decade of selfcare ISF will continue to work in collaboration with a wide mix of international stakeholders to support the Foundation's commitment to the promotion of selfcare and to building the evidence base for its value to individuals, communities and society.

The Foundation will continue to support those who are active in promoting selfcare's role in health and those who are involved in research to build the evidence for selfcare's value to healthcare and individuals.

International Self-Care Foundation Limited

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Year Ended 31 January 2022

FINANCIAL REVIEW

Results for the period

A summary of results for the year is given on page 15 of this report.

Total income in the year was £72,645 (2021: £405). Total expenditure for the year was £29,628 (2021: £3,939).

Expenditure on charitable activity for the period was £27,977 (2021: £1,791) being 94.4% (2021: 45.5%) of expenditure. The cost of generating income was £87 (2021: £155), being 0.3% (2021: 3.9%) of expenditure. Governance costs were £1,564 (2021: £1,993), being 5.3% (2021: 50.6%) of expenditure. The expenditure ratios are skewed in the prior year due to the large decrease in charitable activities expenditure compared to the current year.

Unrestricted reserves of £48,782 (2021: £5,765) are carried over to the following financial year with a large increase due to the large increase in donations.

The Trustees gave their time freely to ISF and received no remuneration. No connected persons received any benefit or remuneration from ISF.

Expectations for 2022/2023

At the present burn rate ISF has sufficient funding for current activity levels, programmes and commitments in the 2021/2022 year. There are no funding shortfalls or material commitments of concern for the coming year. Having illustrated the contribution that ISF can make to health and self-care, the objective in the coming year is to secure future funding and expand activities in line with the potential opportunities.

Fundraising remains an issue and a challenge. Expansion of the commercial donor base and grants from foundations, entrepreneurs or philanthropists remains the preferred approach for 2022/23.

Other financial matters based on this which will need to be addressed include developing ISF's risk management and reserves policy.

Risk management and reserves policy

The Trustees considers that the major risk at this stage of development of the ISF relates to the financial sustainability of the ISF. Other risks are considered minor and manageable.

The Trustees agreed to defer discussion of financial sustainability until progress has been made in fundraising discussions with potential funders. At this stage in the development of ISF it is not considered necessary or practical to set aside funds as a reserve.

International Self-Care Foundation Limited

Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2022

Statement of Trustees' responsibilities

The trustees (who are also directors of International Self-Care Foundation Limited for the purposes of Company Law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP (FRS 102).
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Audit

Under the terms of the Charities Act 2011, the Company does not require an audit, but it does require that the accounts are independently examined, and the corresponding report is included within the accounts.

Declaration

Approved by the Board on 25 February 2022 and signed on its behalf by:



.....
Mr David Skinner
President

International Self-Care Foundation Limited

Independent Examiner's Report to the Trustees of International Self-Care Foundation Limited

On the Accounts for the Year Ended 31 January 2022

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st January 2022 which are set out on pages 15 to 20.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
David Green MA (Cantab) ACA

Azets
Suites B & D
Burnham Yard
Beaconsfield
Buckinghamshire
HP9 2JH
25 February 2022

International Self-Care Foundation Limited

Statement of Financial Activities (including an Income and Expenditure account)

On the Accounts for the Year Ended 31 January 2022

	<u>Notes</u>	<u>Total Funds 2022</u> £	<u>Total Funds 2021</u> £
<u>Incoming resources</u>			
Incoming resources from Charitable Activities			
Donations	5	72,468	405
Bank Interest		<u>177</u>	<u>-</u>
<i>Total Incoming Resources</i>		<u>72,645</u>	<u>405</u>
<u>Resources Expended</u>			
Charitable activities	6	(27,977)	(1,791)
Cost of generating funds	7	(87)	(155)
Governance costs	8	<u>(1,564)</u>	<u>(1,993)</u>
<i>Total Resources Expended</i>		<u>(29,628)</u>	<u>(3,939)</u>
<i>Net movement in the year</i>		43,017	(3,534)
Reconciliation of Funds			
Total Funds brought forward		<u>5,765</u>	<u>9,299</u>
<i>Total Funds carried forward</i>		<u>48,782</u>	<u>5,765</u>

All income and expenditure derive from continuing activities.

The notes on pages 18 to 20 form part of these accounts

International Self-Care Foundation Limited

Balance Sheet (Company No: 08840766)

On the Accounts for the Year Ended 31 January 2021

	<u>Notes</u>	<u>Total Funds 2022</u> £	<u>Total Funds 2021</u> £
CURRENT ASSETS			
Cash in hand and at Bank		50,355	7,295
LESS: CURRENT LIABILITIES			
Creditors	9	(1,573)	(1,530)
		<hr/>	<hr/>
NET CURRENT ASSETS		<u>48,782</u>	<u>5,765</u>
		<hr/>	<hr/>
NET ASSETS		<u>48,782</u>	<u>5,765</u>
FINANCED BY:			
Unrestricted funds		<u>48,782</u>	<u>5,765</u>
		<hr/>	<hr/>
		<u>48,782</u>	<u>5,765</u>

For the year ending 31 January 2022 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

International Self-Care Foundation Limited

Balance Sheet (Company No: 08840766) - continued

On the Accounts for the Year Ended 31 January 2022

These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

These financial statements were approved by the Board on 25 February 2022 and signed on its behalf by:



.....

Mr David Skinner

President

The notes on pages 18 to 20 form part of these accounts

Notes to the Accounts

On the Accounts for the Year Ended 31 January 2022

1. GENERAL INFORMATION

International Self-Care Foundation Limited is a company limited by guarantee in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 2 of these financial statements. The nature of the charity's operations and principal activities are given in the Trustees' Annual Report (including Directors' Report).

2. 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 to the UK and Republic of Ireland (FRS102), the Companies Act 2006 and the Charities Act 2011.

3. ACCOUNTING POLICIES

The financial statements have been prepared under the historic cost convention. The financial statements are presented in sterling (£) which is also the functional currency of the company. The company meets the definition of a public benefit entity under FRS 102.

A summary of the significant accounting policies applied in the preparation of these accounts are set out below

(a) Incoming Resources

All incoming resources are included on the Statement of Financial Activities when recognised in the period in which the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

As provided in the SORP (FRS 102) no amount is included in the financial statements for volunteer time.

(b) Expenditure recognition

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably .

(c) Value Added Tax

The charity is not registered for Value Added Tax. In these Financial Statements, where applicable, expenditure is shown inclusive of VAT.

International Self-Care Foundation Limited

Notes to the Accounts

On the Accounts for the Year Ended 31 January 2022

(d) Cash Flow Statement

Under Financial Reporting Standard SORP (FRS 102), the charity is not required to produce a Cash Flow Statement as it is a small charity.

(e) Funds

All the funds in the charity are unrestricted and are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

(f) Going Concern

The accounts are prepared on a going concern basis. The use of the going concern basis of accounting is appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the Charity to continue as a going concern.

4. TAXATION

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

5. VOLUNTARY INCOME

	2022	2021
Donations	72,468	405
	<u>72,468</u>	<u>405</u>

6. ANALYSIS OF CHARITABLE ACTIVITIES

Social media & website	23,413	591
Travel	1,023	-
Prize money & ISD support	3,541	-
Charitable activity contractors	-	1,200
	<u>27,977</u>	<u>1,791</u>

International Self-Care Foundation Limited

Notes to the Accounts

On the Accounts for the Year Ended 31 January 2022

	2022	2021
7. ANALYSIS OF COST OF GENERATING FUNDS		
Postage and stationery	13	155
Subscriptions	74	-
	<u>87</u>	<u>155</u>
8. GOVERNANCE COSTS		
Independent Examiner's Remuneration	1,683	1,543
Bank charges	52	64
Computer costs	-	152
Foreign exchange (gain)/loss	(171)	234
	<u>1,564</u>	<u>1,993</u>
9. CREDITORS		
Accruals	1,573	1,530
	<u>1,573</u>	<u>1,530</u>

10. EMPLOYEE INFORMATION

There are no employees in the current or prior years.

11. TRUSTEE AND KEY MANAGEMENT PERSONNEL REMUNERATION AND EXPENSES

No remuneration was paid to the trustees during the current or prior years.

The total key management personnel remuneration is £nil (2021: £nil)

Expenses totalling £2,042 (2021: £nil) were reimbursed to 1 (2021: nil) trustee during the year.

12. RELATED PARTY TRANSACTIONS

There are no related party transactions during the current or prior years.