



INTERNATIONAL SELF-CARE FOUNDATION

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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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Year Ended 31 January 2023

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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

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

- 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

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.

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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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Trustees' Annual Report (Including Directors' Report)

Year Ended 31 January 2023

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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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 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.

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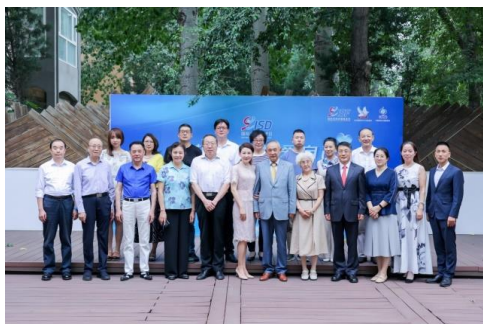
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At the Symposium the International Self-Care Foundation, Beijing International Peace Culture Foundation and the Beijing Health, Nutrition and Gastronomy Association, signed a strategic cooperation agreement to promote nutritional knowledge and improve 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.

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
<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)
<i>Total Resources Expended</i>		(10,761)	(29,799)
<i>Net movement in the year</i>		43,361	43,017
<u>Reconciliation of Funds</u>			
Total Funds brought forward		48,782	5,765
<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
	<hr/>	<hr/>
	-	87
8. GOVERNANCE COSTS		
Independent Examiner's Remuneration	1,722	1,683
Bank charges	142	52
	<hr/>	<hr/>
	1,864	1,735
9. CREDITORS		
Accruals	1,680	1,573
	<hr/>	<hr/>
	1,680	1,573

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.