

RESPECT YOURSELF

England & Wales · Charity number 1161527

Details

Status Registered

Legal form CIO

Registered 2015-05-05

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

Contact

Address Respect Yourself
44 Ringland Road
Taverham
Norfolk
NR8 6HY

Phone 01603 813922

Email admin@respectyourself.org.uk

Website respectyourself.org.uk

Activities

Objects: TO ACT AS A RESOURCE FOR YOUNG PEOPLE BETWEEN THE AGES OF 13-25 BY PROVIDING INFORMATION AND ASSISTANCE AS A MEANS OF ADVANCING IN LIFE, HELPING YOUNG PEOPLE AND DEVELOPING THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS INDEPENDENT, MATURE AND RESPONSIBLE INDIVIDUALS.

Activities: To act as a resource for young people between the ages of 13-25 by providing information and assistance as a means of advancing in life, helping young people and developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Children/young People

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£538	£1,253	-	-
2023-08-31	£546	£1,014	-	-
2022-08-31	£1,105	£1,754	-	-
2021-08-31	£581	£1,202	-	-
2020-08-31	£1,910	£1,000	-	-

Trustees

Name	Role	Appointed
ANDREW RICHARDSON	Chair	2015-10-12
OMOLOLU OLUYEMI AGBEBI		2016-06-20
Roberta Dowling		2015-10-12

RESPECT YOURSELF

England & Wales - Charity number 1161527

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	Sept	2023		31	Aug	2024

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

 Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Richardson	Chair	Whole Year	
2	Yemmi Agbebi	Vice Chair	Whole Year	
3	Roberta Dowling	Secretary/Treasurer	Whole Year	
4				
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17				
18				
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20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Association Constitution - CIO

Trustee selection methods
(eg. appointed by, elected by)

Elected Committee

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To act as a resource for young people between the ages of 13-25 by providing information and assistance as a means of advancing in life, helping young people and developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals

Daily inspirational and educational messages published to young people through a number of digital channels, including social media.

Charity trustees have had regard to the commission's public benefit guidance when exercising and powers of duties to which the guidance is relevant.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

700 unique daily messages published to young people, giving guidance on better mental health within themselves and in supporting others.

Section E Financial review

Brief statement of the charity's policy on reserves

Respect Yourself's policy on reserves is if our charity folded for any reason the reserves would belong to the charity and not to any or all of the Trustees.

Details of any funds materially in deficit

No funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:



- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	ANDREW D.J. RICHARDSON	ROBERTA DOWLING
Position (eg Secretary, Chair, etc)	CHAIR	SECRETARY / TREASURER
Date	22/04/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Respect Yourself

1161527

Receipts and payments accounts

CC16a

For the period from	01/09/2023	To	31/08/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations		-	-	-	-
PayPal Donation	298	-	-	298	287
Just Givign		-	-	-	-
Amazon Smil/Easy Fundraising		-	-	-	19
Event Income		-	-	-	-
Volunteer Award		-	-	-	-
Payrol Giving	240	-	-	240	240
Interest	-	-	-	-	-
Sub total (Gross income for AR)	538	-	-	538	546
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	538	-	-	538	546
A3 Payments					
Website Costs	-	-	-	-	-
Registered Address	147	-	-	147	144
Insurance	1,097	-	-	1,097	1,005
Subscriptions	-	-	-	-	-
Training	-	-	-	-	-
DBS Checks	-	-	-	-	-
Professional Fees	-	-	-	-	-
Sundries	10	-	-	10	9
Networking	-	-	-	-	-
Sub total	1,253	-	-	1,253	1,158
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,253	-	-	1,253	1,158
Net of receipts/(payments)	- 715	-	-	- 715	- 612
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 715	-	-	- 715	- 612

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	
		715		
		-	-	-
		-	-	-
	Total cash funds	- 715	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK



Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Bank Account	3,576	-	-
	Bank Account	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Fundraising equipment, tables and containers	412	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Creditors	6	-	
	Unspent grants	0	-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Andrew Richardson	22/04/2025
	Roberta Dowling	22/04/2025

RESPECT YOURSELF

England & Wales - Charity number 1161527

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	Sept	2022		31	Aug	2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

44 Ringland Road	
Taverham	
Norwich, Norfolk	
Postcode	NR8 6HY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Richardson	Chair	Whole Year	
2	Yemmi Agbebi	Vice Chair	Whole Year	
3	Roberta Dowling	Secretary/Treasurer	Whole Year	
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20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Association Constitution - CIO

Trustee selection methods
(eg. appointed by, elected by)

Elected Committee

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To act as a resource for young people between the ages of 13-25 by providing information and assistance as a means of advancing in life, helping young people and developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals

Daily inspirational and educational messages published to young people through a number of digital channels, including social media.

Charity trustees have had regard to the commission's public benefit guidance when exercising and powers of duties to which the guidance is relevant.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

700 unique daily messages published to young people, giving guidance on better mental health within themselves and in supporting others.

Section E

Financial review

Brief statement of the charity's policy on reserves

Respect Yourself's policy on reserves is if our charity folded for any reason the reserves would belong to the charity and not to any or all of the Trustees.

Details of any funds materially in deficit

No funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

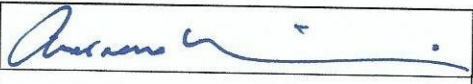

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	ANDREW RICHARDSON	ROBERTA DOWLING
Position (eg Secretary, Chair, etc)	CHAIR	TREASURER
Date	24/06/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Respect Yourself

1161527

Receipts and payments accounts

CC16a

For the period
from

01/09/2022

To

31/08/2023


Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	-	-	-	-	400
PayPal Donation	287	-	-	287	327
Just Giving	-	-	-	-	114
Amazon Smil/Easy Fundraising	19	-	-	19	10
Event Income	-	-	-	-	14
Volunteer Award	-	-	-	-	-
Payrol Giving	240	-	-	240	240
Interest	-	-	-	-	-
Sub total (Gross income for AR)	546	-	-	546	1,105
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	546	-	-	546	1,105
A3 Payments					
Website Costs	-	-	-	-	-
Registered Address	144	-	-	144	144
Insurance	1,005	-	-	1,005	1,580
Subscriptions	-	-	-	-	-
Training	-	-	-	-	-
DBS Checks	-	-	-	-	-
Professional Fees	-	-	-	-	-
Sundries	9	-	-	9	30
Networking	-	-	-	-	-
Sub total	1,158	-	-	1,158	1,754
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,158	-	-	1,158	1,754
Net of receipts/(payments)	- 612	-	-	612	649
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	612	-	-	612	649

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		- 649	-	
		-	-	-
		-	-	-
	Total cash funds	- 649	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Bank Account	4,241	-	5,509
	Bank Account	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Fundraising equipment, tables, gazebo and containers	462	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Creditors	0	-	
	Unspent grants	0	-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Andrew Richardson	24/06/2024
ROBERTA DOWLING	Roberta Dowling	24/06/2024

RESPECT YOURSELF

England & Wales - Charity number 1161527

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	Sept	2021		31	Aug	2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Richardson	Chair	Whole Year	
2	Yemmi Agbebi	Vice Chair	Whole Year	
3	Roberta Dowling	Secretary/Treasurer	Whole Year	
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19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	Association Constitution - CIO
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Elected by Committee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To act as a resource for young people between the ages of 13-25 by providing information and assistance as a means of advancing in life, helping young people and developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals

Daily inspirational and educational messages published to young people through a number of digital channels, including social media.

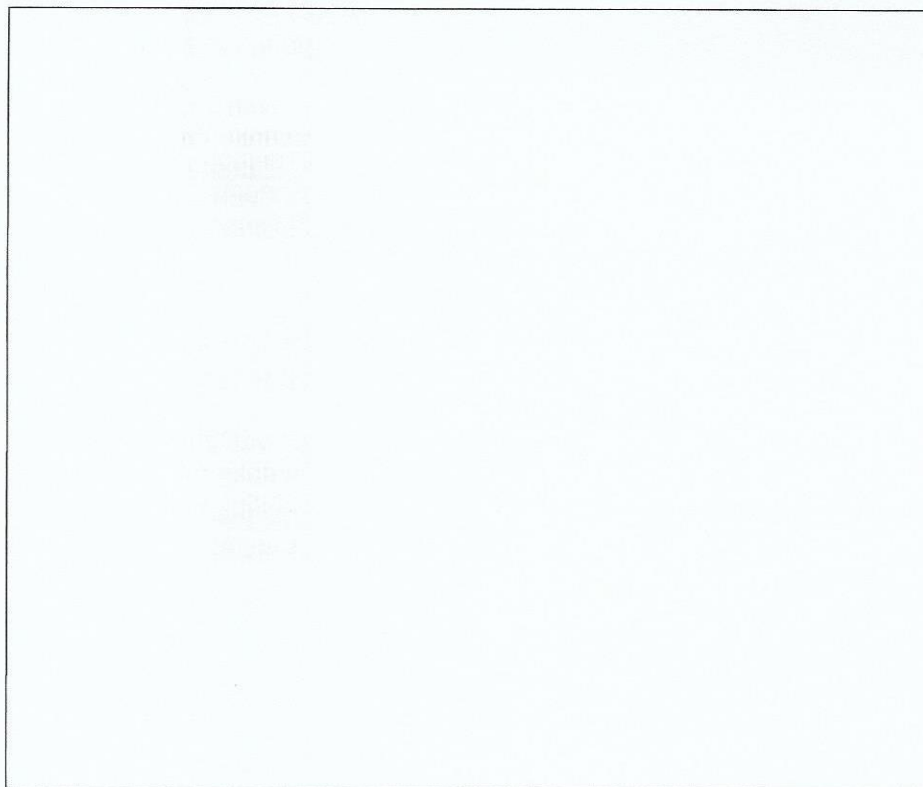
Charity trustees have had regard to the commission's public benefit guidance when exercising and powers of duties to which the guidance is relevant.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

700 unique daily messages published to young people, giving guidance on better mental health within themselves and in supporting others.

Section E Financial review

Brief statement of the charity's policy on reserves

Respect Yourself's policy on reserves is if our charity folded for any reason the reserves would belong to the charity and not to any or all of the Trustees

Details of any funds materially in deficit

No funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

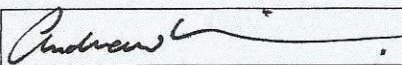
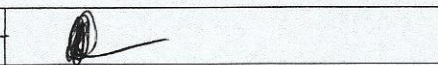
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Andrew Richardson	Roberta Ann Dowling
Position (eg Secretary, Chair, etc)	Chair	Secretary/Treasurer
Date	10/03/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Respect Yourself

1161527

Receipts and payments accounts

CC16a

For the period from	01/09/2021	To	31/08/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	400	-	-	400	11
PayPal Donation	327	-	-	327	330
Just Giving	114	-	-	114	-
Amazon Smil/Easy Fundraising	10	-	-	10	-
Event Income	14	-	-	14	-
Volunteer Award	-	-	-	-	-
Payrol Giving	240	-	-	240	240
Interest	-	-	-	-	-
Sub total (Gross income for AR)	1,105	-	-	1,105	581
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,105	-	-	1,105	581
A3 Payments					
Website Costs	-	-	-	-	8
Registered Address	144	-	-	144	168
Insurance	1,580	-	-	1,580	974
Subscriptions	-	-	-	-	-
Training	-	-	-	-	-
DBS Checks	-	-	-	-	-
Professional Fees	30	-	-	30	50
Sundries	-	-	-	-	2
Networking	-	-	-	-	-
Sub total	1,754	-	-	1,754	1,202
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,754	-	-	1,754	1,202
Net of receipts/(payments)	- 649	-	-	- 649	- 621
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 649	-	-	- 649	- 621

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		649	-	
		-	-	-
		-	-	-
	Total cash funds	649	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

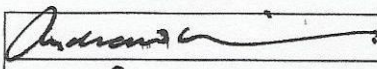

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Bank Account	4,854	-	5,509
	Bank Account	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Fundraising equipment, tables, gazebo and containers	462	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Creditors	6	-	
	Unspent grants	0	-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Andrew Richardson	10/03/2023
	Roberta Dowling	10/03/2023

RESPECT YOURSELF

England & Wales - Charity number 1161527

Accounts



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From	Period start date			To	Period end date		
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3	Roberta Dowling	Secretary/Treasurer	Whole Year	
4	Michelle Wilson		Whole Year	
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

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You may choose to include additional information, where relevant, about:

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To act as a resource for young people between the ages of 13-25 by providing information and assistance as a means of advancing in life, helping young people and developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals

Daily inspirational and educational messages published to young people through a number of digital channels, including social media.

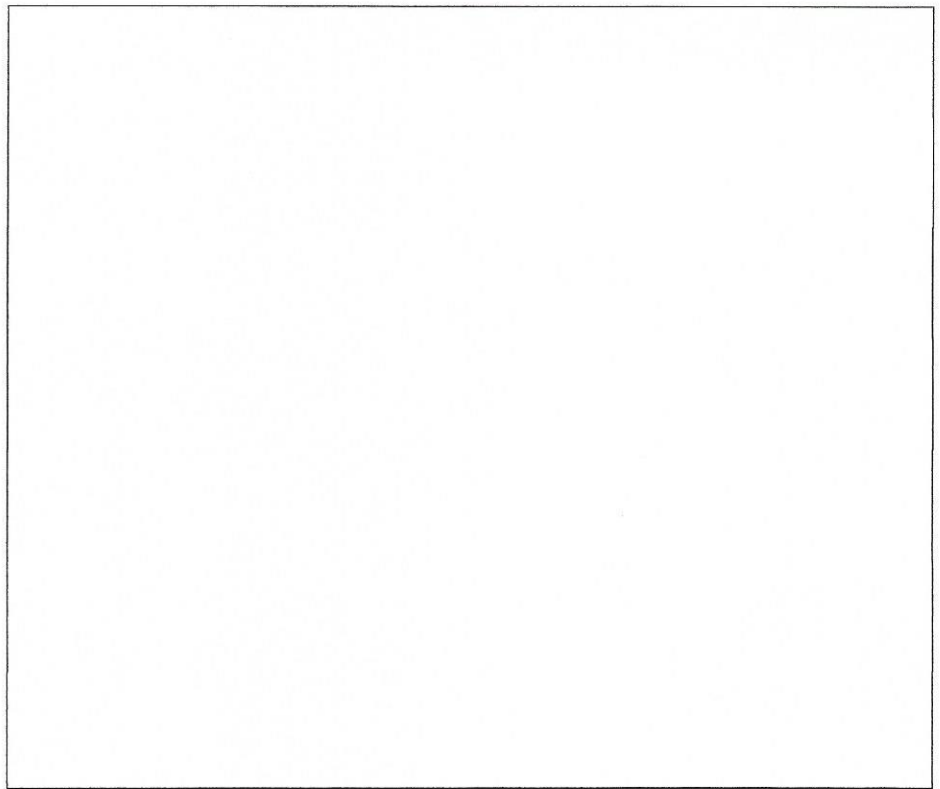
Charity trustees have had regard to the commission's public benefit guidance when exercising and powers of duties to which the guidance is relevant.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

700 unique daily messages published to young people, giving guidance on better mental health within themselves and in supporting others.

Section E

Financial review

Brief statement of the charity's policy on reserves

Respect Yourself's policy on reserves is if our charity folded for any reason the reserves would belong to the charity and not to any or all of the Trustees

Details of any funds materially in deficit

No funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

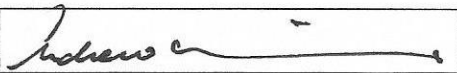

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Andrew Richardson	Roberta Ann Dowling
Position (eg Secretary, Chair, etc)	Chair	Secretary/Treasurer
Date	21/06/2022	



Receipts and payments accounts

CC16a

For the period from	01/09/2020	To	31/08/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	11	-	-	11	750
PayPal Donation	330	-	-	330	612
Fund Matching	-	-	-	-	262
Amazon Smil/Easy Fundraising	-	-	-	-	6
Event Income	-	-	-	-	40
Volunteer Award	-	-	-	-	-
Payrol Giving	240	-	-	240	240
Interest	-	-	-	-	1
Sub total (Gross income for AR)	581	-	-	581	1,911
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	581	-	-	581	1,911
A3 Payments					
Website Costs	8	-	-	8	8
Registered Address	168	-	-	168	120
Insurance	974	-	-	974	940
Subscriptions	-	-	-	-	-
Training	-	-	-	-	-
DBS Checks	-	-	-	-	-
Professional Fees	50	-	-	50	-
Sundries	2	-	-	2	-
Networking	-	-	-	-	60
Sub total	1,202	-	-	1,202	1,128
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,202	-	-	1,202	1,128
Net of receipts/(payments)	- 621	-	-	- 621	783
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 621	-	-	- 621	783

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		621	-	
		-	-	-
		-	-	-
	Total cash funds	621	-	-

(agree balances with receipts and payments account(s))

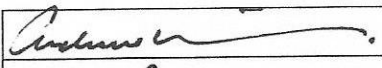

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Bank Account	5,503	-	5,509
	Bank Account	-	-	693
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Fundraising equipment, tables, gazebo and containers	462	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Creditors	6	-	
	Unspent grants	3230	-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Andrew Richardson	21/06/2022
	Roberta Dowling	21/06/2022

RESPECT YOURSELF

England & Wales - Charity number 1161527

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	Sept	2019		31	Aug	2020

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

28 Queen's Road	
Hethersett	
Norwich, Norfolk	
Postcode	NR9 3DB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Richardson	Chair	Whole Year	
2	Yemmi Agberbi	Vice Chair	Whole Year	
3	Roberta Dowling	Secretary/Treasurer	Whole Year	
4	Michelle Wilson		Whole Year	
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Association Constitution - CIO

Trustee selection methods
(eg. appointed by, elected by)

Elected by Committee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To act as a resource for young people between the ages of 13-25 by providing information and assistance as a means of advancing in life, helping young people and developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals

Daily inspirational and educational messages published to young people through a number of digital channels, including social media.

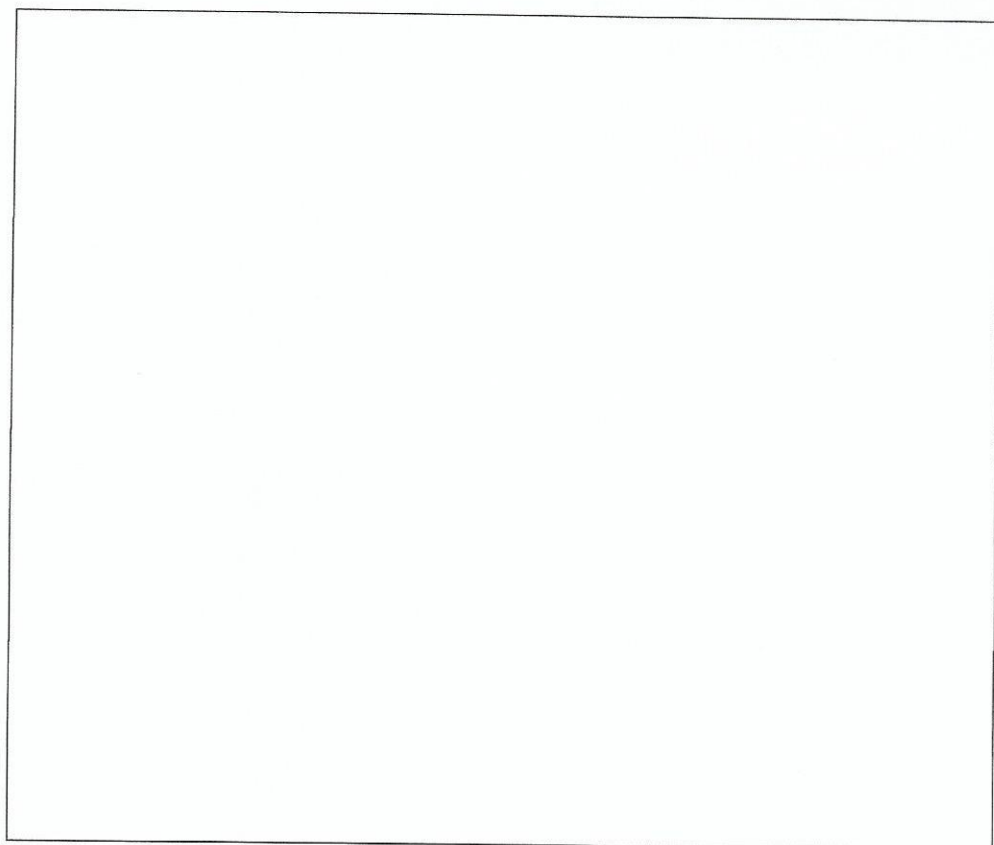
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Additional details of objectives and activities (Optional information)

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- policy programme related investment;
- contribution made by volunteers.



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Summary of the main achievements of the charity during the year

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Details of any funds materially in deficit

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- how expenditure has supported the key objectives of the charity;
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Section F

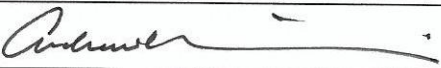
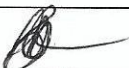
Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	ANDREW RICHARDSON	ROBERTA DAWLING
Position (eg Secretary, Chair, etc)	CHAIR	SECRETARY / TREASURER
Date	14.06.2021	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Respect Yourself 1161527

Receipts and payments accounts

CC16a

For the period from	01/09/2019	To	31/08/2020
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	750	-	-	750	11
PayPal Donation	612	-	-	612	-
Fund Matching	262	-	-	262	1,195
Amazon Smil/Easy fundraising	6	-	-	6	-
Event Income £615 -£17.00	40	-	-	40	598
Volunteer Award	-	-	-	-	200
Payrol Giving	240	-	-	240	240
Interest	1	-	-	1	2
Sub total (Gross income for AR)	1,911	-	-	1,911	2,246
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,911	-	-	1,911	2,246
A3 Payments					
Website costs	8	-	-	8	7
Registered Address	120	-	-	120	144
Insurance	940	-	-	940	903
Subscriptions	-	-	-	-	23
Training	-	-	-	-	-
DBS checks	-	-	-	-	132
Professional Fees	-	-	-	-	-
Sundries	-	-	-	-	67
Networking	60	-	-	60	-
Sub total	1,128	-	-	1,128	1,276
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,128	-	-	1,128	1,276
Net of receipts/(payments)	783	-	-	783	970
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	783	-	-	783	970

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		783	-	-
		-	-	-
		-	-	-
	Total cash funds	783	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

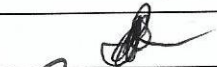
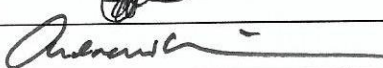
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Bank Account	5,509	-	-
	Bank Account	-	693	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Fundraising equipment, tables, gazebo, and containers	462	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Creditors	84	-	
	Unspent grants	3230	-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Roberta Dowling	12/06/2021
	Andrew Richardson	14/06/2021