



# Trustees' Annual Report for the period

Period start date			Period end date		
From	01	Sept	2020	To	31
					Aug
					2021

## 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 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

**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)**

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.

**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

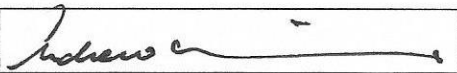

## Other optional information

## 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	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Respect Yourself

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## Receipts and payments accounts

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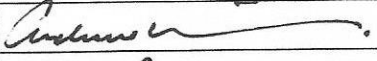

For the period from	01/09/2020	To	31/08/2021
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### Section A Receipts and payments

	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 £
<b>A1 Receipts</b>					
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
<b>Sub total (Gross income for AR)</b>	<b>581</b>	<b>-</b>	<b>-</b>	<b>581</b>	<b>1,911</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>581</b>	<b>-</b>	<b>-</b>	<b>581</b>	<b>1,911</b>
<b>A3 Payments</b>					
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
<b>Sub total</b>	<b>1,202</b>	<b>-</b>	<b>-</b>	<b>1,202</b>	<b>1,128</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,202</b>	<b>-</b>	<b>-</b>	<b>1,202</b>	<b>1,128</b>
<b>Net of receipts/(payments)</b>	<b>- 621</b>	<b>-</b>	<b>-</b>	<b>- 621</b>	<b>783</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>- 621</b>	<b>-</b>	<b>-</b>	<b>- 621</b>	<b>783</b>



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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		- 621	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	- 621	-	-
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Bank Account	5,503	-	5,509
	Bank Account	-	-	693
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
	Fundraising equipment, tables, gazebo and containers	462	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>		Fund to which liability relates	Amount due (optional)	When due (optional)
	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	